

**KAHPERD**

 **CONVENTION 2017**

**Washburn University**

**Topeka, Kansas**

**October 25-27, 2017**

**KAHPERD Convention – Topeka, KS**

**October 25-27, 2017**

**Committee Chairs**

**Convention Manager Kim Morrissey**

**Convention Program Wendy Scholten**

**On-Site Managers Tiffany Dirks, Ross Friesen**

**Exhibits Roy Wohl**

**Banquet Roy Wohl, Tiffany Dirks**

**Registration Kim Morrissey, Kathy Kochersperger**

**Parking Josh Dirks**

**Snacks/Hospitality Margie Miller, Nancy Province**

**Equipment Tiffany Dirks, Ross Friesen**

**Signs/Maps/Boards Park Lockwood**

**Packet Preparation Margie Miller, Nancy Provinec**

**Social/Entertainment Kim Morrissey**

**Publicity Kim Morrissey, Jason Ramirez, April Baugh**

**Gifts/Door Prizes Claudia Welch, Wendy Scholten, KAHPERD**

**Grants/Outside Funding Wendy Scholten, Kim Morrissey**

**Student Organizer Tiffany Dirks, Ross Friesen**

**Hotel Kim Morrissey**

**Welcome to Topeka and Washburn University**

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**KAHPERD Welcome - President Claudia Welch**

On behalf of the KAHPERD Executive Board and committees, welcome to the 2017 KAHPERD Convention here in Topeka. Thank you for joining us and for making the commitment to your profession to be the best you can be. With the assistance of our local host – Washburn University – we have planned an outstanding program for you!

At last year convention, SHAPE America announced a bold new vision designed to inspire the health and physical education professionals. This commitment - better known as “50 Million Strong by 2029” – will empower all children to lead healthy and active lives through effective health and physical education programs. To be successful, we will need to reconsider, reimagine and redesign how we deliver physical education and health education to Kansas students. For the health and physical education professions this is truly a time of great opportunity. But to succeed, all of us will need new skills and the motivation to impact students’ learning and behavior so that it will carry them into adulthood.

At this convention, you’ll have many opportunities to learn more about the central role you can play in “50 Million Strong by 2029” and updated information on “Every Student Succeeds Act” (ESSA). You can also share your own ideas so we can learn from you. In addition to attending presentations, take time to introduce yourself to colleagues from around the state. All of us share a common desire to give students the skills, knowledge and motivation to lead physically active and healthy lives.

Please take some time to visit our exhibitors and enjoy Topeka. Finally, be sure to connect with any of us on the KAHPERD Board to share your thoughts and suggestions about our convention or the future of health and physical education professions.

You are all truly **Super Heroes, “** MOVERS, SHAKERS, & ACTIVE SCHOOL EDUCATORS”.

Have a great convention!

Claudia Welch

KAHPERD President

**KAHPERD EXECUTIVE BOARD**



**Executive Director**

Vicki Worrell

Department of HPER

Emporia State University

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**President**

Claudia Welch

Seaman High School

Topeka, Kansas

**Past President**

Wendy Scholten

Retired

Olathe, Kansas

**President Elect**

Maryls Gwaltney

Bentley Primary School



**Secretary**

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Goodard Academy

Kingman, KS

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Jannelle Robins-Gaede

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Deerfield, Kansas



 **Member at Large**

April Baugh

**Parliamentarian**

Meggin DeMoss

Retired

***Special Guests***

***2017 KAHPERD Convention***



***DONALD R GLOVER*** has taught Physical Education for fifty years. This experience includes Elementary, Secondary, Adapted, Preschool and University level.

 In 1981, Glover was recognized as **Minnesota Teacher of the Year** and in 1989 he was recognized as the state’s first **Adapted Physical Education Teacher of the** **Year.** He has written seven books, published numerous magazine and journal articles on Physical Education and sport and has been a clinician at more than 100 conferences and clinics. These clinics and conferences have been local, state, national and international. Glover has also coached Cross Country, Basketball and Track for 50 years.

 Don’s philosophy for this dynamic workshop is to “give teachers current practical information and content that they can immediately implement into their classroom curriculum.

Glovers books include:

* Team Building Through Physical Challenge---More Team Building Challenges
* Competition/Cooperation---making the Link-----Character Education
* Essentials of Team Building----40 Years in the Gym---Building Character, Community and a Growth Mindset in Physical Education

**Mary McCarley** is a health and physical education teacher at Hawthorne Academy of Health Sciences in Charlotte, North Carolina. She has 14 years of teaching experience and excels at creating an engaging student-centered environment with a focus on real world learning based on personal interest and self-exploration. Mary graduated from UNC-Chapel Hill with an Exercise and Sports Science degree and East Carolina University with a Master of Arts in Education in Health Education. She is a National Board Certified Teacher in Health Education. In addition, Mary is the 2016 North Carolina High School Teacher of the Year for Health Education and the 2016 High School Southern District Teacher of the Year for the Advancement of Health Education. Mary is currently working with Goodheart-Willcox to co-author their middle school textbook.

**Anthony (Tony) Loomis-** Tony Loomis is proud to live and teach in Connecticut. After teaching high school physical education for 12 years he became and currently serves as the Health & Wellness Curriculum Resource Teacher for Wallingford Public Schools. Tony earned his bachelor's degree from Springfield College, and his master's degree from the University of Northern Iowa in partnership with the Grundy Center PE4Life Institute. In 2005 he won the CTAHPERD Outstanding New Professional Award. Tony is a member of the country's first ever Cadre of Physical Education Trainers. He travels around the state of Connecticut providing high quality professional development. Tony is also a member and officer for his state organization, CTAHPERD. In 2014, he was honored as both the Eastern District High School TOY and AAHPERD's National High School TOY!

** Liz Willis-** Elizabeth (Liz) Willis is a T44 below the left-knee amputee. She recently competed at the Paralympic games in Rio de Janeiro, 2016.  Willis was the only U.S ambulatory athlete who qualified in all of the sprints (100m, 200m, and 400m), and took home the 6th place finish in the 400m.  All of this was accomplished in 5 short years after having her leg amputated following complications of labor and delivery. Her son, Calum, was born 8 weeks prematurely and Liz was diagnosed with Crohn’s Disease.

Progress post amputation was made quickly largely in part of realistic goal setting centered on areas of passion and purpose.

“My childhood dreams quickly turned into reality as proactive steps have been taken to properly train as a professional athlete.”

In addition to athletics, Liz has her master’s in Special education and currently is in the process of adopting a 6 month old through the Kansas Foster Care program.

** Marlys Gwaltney** – 2017 KAHPERD and Central District Elementary Teacher of the year. A graduate of Topeka West High School and Fort Hays State University with a master’s degree in Physical Education, Marlys has been a physical education and health teacher for 22 years. During her tenure at Bentley Primary School in the USD440 school district, Marlys has served on numerous committees, coached volleyball and track, served as the athletic trainer for the high school football team, and has constantly promoted an active and healthy lifestyle for her young students. In the past few years, Ms. Gwaltney has received several grants and awards, some of these include: the national Jump Rope for Heart Grant Award, KAHPERD Jump Rope for Heart Coordinator of the Year, Let’s Move Active Schools National Recognition Award, USD440 Teacher of the Year, and KAHPERD’s Model Schools Gold Award. Marlys was also named Elementary PE Teacher of the Year for KAHPERD and SHAPE America’s Central District and is currently a nominee for the 2018 Kansas Teacher of the Year. This fall Ms. Gwaltney will hold the office of President for KAHPERD, helping the organization and its members connect, grow, and lead.



 **Sarah Jo Heath –** 2017 KAHPERD and Central District Adapted Teacher of the Year. Sarah Jo teaches Adapted Physical Education for the Sedgwick County Area Educational Services Interlocal Cooperative. She has been teaching for 8 years. in 2017, Sarah was the runner up for the SHAPE America National Adapted Teacher of the Year. Her focus on diverse developmental and remedial activities paired with her planning and instruction help ensure students experiences success alongside nondisabled peers. Sarah's favorite thing about teaching students with exceptionalities is celebrating student success, no matter how small.

## Dr. Randy WatsonRandy Watson

**Kansas Commissioner of Education**

The Commissioner is the appointed Chief Administrative Officer over the Kansas State Department of Education.  The Kansas Department of Education is organized into two divisions, Fiscal and Administrative Services and the Learning Services Division

**Karl Ely – 2015 Middle School TEACHER OF THE YEAR and Central District Middle School TEACHER OF THE YEAR**. Karlgraduated from Wichita State University in 2002. He has been teaching in Wichita Public Schools for 14 years and is currently teach K-8 Physical Education at Christa McAuliffe Academy. He also coaches cross country and boys basketball. In his free time, he enjoys spending time with his wife and two daughters.

**Brandon Wolff – 2014 KAHPERD and 2015 SHAPE America Central District Middle School Teacher of the Year –** Brandon has been teaching physical education and health for 15 years, he currently teachs at Maize South Middle School. As a physical educator, his job inside and outside of the classroom is to promote students to be healthy physically, mentally and socially.  Some accomplishments are 2014 KAHPERD Middle School Teacher of the Year, 2015 Shape America Central District Middle School Teacher of the Year and Let’s Move in Active Schools National Award winner.

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**Meggin DeMoss – SHAPE America Central District Past-President, KAHPERD Past President**



**Vicki Worrell – KAHPERD Executive Director, AAHPERD Past President, NASPE Elementary TEACHER OF THE YEAR**

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**Rhonda Holt – NASPE Elementary TEACHER OF THE YEAR**

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**Rick Pappas – KAHPERD and Central District Elementary TEACHER OF THE YEAR, KAHPERD Past Presidentd**

**2017 KAHPERD CONVENTION PROGRAM**

**Washburn University**

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| **Wednesday, October 25, 2017** |
| **9:00-5:00****PLYOGA Fitness Teacher Certification****Seaman High School** |
| **1:00- 4:00 PM****President’s Youth Fitness Program****Seaman High School** |
| **Movers & Shakers Social****Capital Plaza Hotel****Invitation only 4:30-5:30** |
| **5:30- 8:00 PM****Early Packet Pick-up****Capitol Plaza Hotel**  |
| **Pre-Convention Social****5:30-7:00 PM****Capitol Plaza Hotel** |
| **7:00-9:00 PM****KAHPERD Board Meeting****Capitol Plaza Hotel**  |

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| **Thursday, October 26, 2017** |
| **7:00- 10:30 AM****Registration****Petro Allied Health Center** |
| **9:00-3:00****Exhibits Open****11:35-12:05 Exhibit Extravaganza****Lee Arena**  |
| **General Session 8:15-8:30****Welcome****Location: Lee Arena A**  |
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| **8:45-9:35**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Elementary** | **The Essentials of Team Building**This session will help attendees to understand the importance of team building to the curriculum. What steps should be taken prior to doing Team Building--What are some roles associated with a team’s ability to function, and actually doing some Team Building challenges will form the basis of this session. This session works hard to help develop the affective domain and capture the spirit of our students. If we capture the spirit the body is more likely to follow.Continues until 10:35 | Donald Glover |
| **Lee Arena A** | **Secondary** | **GOODMINTON**GOODMINTON It is a combination of badminton and table tennis without a net. It can be played by 4th-12th grade students. | Suzy Manning  |
| **Lee Arena B** | **Elementary****Future Professional** | **Intro to Teaching Games for Understanding**This session will introduce the basics of Teaching Games for Understanding teaching model. The goal of the this session give PE teachers a good starting point for the TGFU model and give them a few examples of how/where to start. | Patrick WhitneyMichelle Lawson |
| **Dance Studio** | **Dance** | **Folk Dance For Everyone**Learn simple folk dances that are fun to perform and educational. Modifications will be given and suggestions for integrating these with classroom curriculum will also be provided.  | Janice Jewett, Julia Spresser, Natalie Magee-Darling, Cole Shewmake |
| **Room 226** | **Elementary** | **Yoga: Smiling from the Inside Out**Attendees will learn:1. Basics of breath work incorporating a balloon & basic anatomy 2. Postures (animal/nature names), terminology and benefits of youth yoga sequences that are fun and easy to follow.3. Ideas to help keep the children engaged and calm with help of peaceful music, wood stick chime and calm happy meditation circle.4. Tone and volume that may be appropriate in yoga class.5. Visualization exercise at the end of yoga practice | Chelsey Powell-Davenport |
| **Room 224** | **Health** | **10 Strategies to Create a Fun and Motivating Health Classroom**Join Shape America’s 2016 Southern District Health Teacher of the Year, Mary McCarley, as she shares fun and motivating standard-based strategies, activities and assessments that will increase student engagement in the health classroom. Teachers will leave with 10 or more new ideas, activities, and assessments that can be easily implemented in the classroom. | Mary McCarley |
| **Room 221** | **Dance** | **Revised Kansas Dance Standards 2017: Making Connections between Dance and Physical Education**Presentation will share the revised KS Dance Standards that are based on the National Core Arts Standards. Discussion will include areas in which the Dance Standards align with PE and Health Standards. Ways that the Dance and PE standards differ will highlight Enduring Understandings that students learn while exploring and answering Essential Questions in dance. Also included, how the eleven Dance Standards are addressed through four processes: Creating, Performing/Presenting/Producing, Responding, and Communicating. | Laura DonnellyJoyce Huser |
| **Room 225** | **Advocacy** **ALL** | **Make a Difference: Effective Advocacy**Public policies determine whether every Kansas child can thrive, and educators are important advocates for health, education, and economic policies that benefit Kansas children. This workshop will build skills to advocate on behalf of Kansas children. Participants will learn how to build strong relationships with their policymakers and how to influence policy decisions. We will also discuss what lies in store for the 2018 Kansas Legislative Session. Participants can preview this workshop’s content at http://kac.org/take-action/toolkit/. | Amanda Gress |
| **Computer Room** | **Elementary** | **EZ Scan®! The New Lap Counting App**It’s fast, it’s EZ and it’s affordable. It’s EZ Scan®. No more entering data by hand; kids scan their cards and the data syncs to your computer. Bonus! EZ Scan® verbally interacts with and encourages your kids. What fun! A win for everyone. Works with tablets and phones. Free EZ Scan® subscription awarded at the session. | Brandy Coker |

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|  **9:45-10:35**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Elementary**  | **The Essentials of Team Building**Continued from 8:45 | Donald Glover |
| **Lee Arena A** | **Elementary** | **Tools for Teaching OPEN Instant Activities and Building Personal and Social Responsibility in Students**Elementary teachers know and understand the need to get students active and engaged as soon as they enter the PE Classroom. This session serves to help teachers get students moving quickly, while also work toward grade level outcomes and reinforcing personal and social responsibility in PE. Also learn about the free OPEN curriculum. | Stephanie Dickson |
| **Lee Arena B** | **Secondary****High School** | **Ultimate Frisbee and Spirit of the Game**Ultimate Frisbee is a self-officiated sport and uses the unique concept of Spirit of the Game even the highest levels of competition. Attendees will learn methods to teach Spirit of the Game and other basic concepts of Ultimate. | Amanda BordersStephanie Rupp, Erik Shook, Jacob Pfeifer, Isaac Entz, Isaac Blick, Carey Jacquinot, Laura Gehrt, Jenna Galletta, Jordan Ast  |
| **Dance Studio** | **Joint Projects****ALL** | **Joint Project Extravaganza**Want free equipment? Want free resources? Want to Rock your Jump Rope for Heart or Hoops for Heart event? Join our session on how to have a successful JRFH/HFH event! | Jamie McVeyNathan BurgessAHA staff |
| **Room 226** | **Health** | **Integrating Nutrition Education into PE**This fun, hands-on session will showcase some practical examples of activities that can be incorporated into physical education classes to help enhance students’ knowledge on nutrition and assist you in meeting your district wellness policy goals and state requirements. | Robyn Stuewe, MA, RDN, LD, CHES -  |
| **Room 224** | **Health****Exhibitor** | **Health Education: Captivate, Educate, and Activate Behaviors**Health activation focuses on taking small steps to create and sustain new behaviors rather than overemphasizing educational points and scientific facts. During this session, participants will learn to apply health activation principles to their health education and health promotion efforts so that outputs reflect health-enhancing behaviors that pave the way to healthy lifestyle choices. Participants will critically examine their instructional strategies and programs, and then apply educational strategies that build skills and motivate health-enhancing behaviors. | Neal Nachtigall Donna Hardie  |
| **Room 221** | **Recreation****Elementary- Secondary** | **Juggling Basics-As Easy as 1-2-3**Intermediate juggling will enable you to improve your skill level, teaching effectiveness and be more confident about including juggling into your school’s curriculum! Students from elementary to college can all improve their personal eye-hand coordination, self-confidence, brain development and have a ton of plain old fashioned FUN in the process! Amaze yourself and eliminate the thought..."Oh, I can't juggle." | Scott GormanShelly Grimes |
| **Room 225** | **Future Professionals** | **Develop & Grow Your Professional Brand**This session is designed to provide young professionals and young professional organization leaders with information to excel in their professional endeavors. As they work to develop their unique brand. | Dr. Rick Hardy |
| **Computer Room** | **Elementary** | **Get Moving with GoNoodle!**GoNoodle helps teachers introduce new topics, review & practice fluency, and assess progress. Teachers can get kids up and moving while practicing core-subjects! GoNoodle is sponsored by Blue Cross Blue Shield of Kansas. GoNoodle is a suite of 100 plus learning games with over 100 custom question sets, PLUS the ability to customize your own games with your own questions, PLUS 100 printable learning extensions.  Teachers will learn the basics of using GoNoodle, create accounts, and how to navigate the website purposefully | Kristie Bruce |

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|  **10:45-11:35.**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Elementary** | **Winning Activities At The Secondary Level**This highly active session is all about what works and having fun. Come learn the favorite activities of a National High School TOY. Some involve vigorous activity, some require lots of thinking, and others are just plain fun! Be ready to participate, and you will be sure to leave with some gems! Psychomotor: Participate in at least 5 inclusive and vigorous activities.Cognitive: Explain how at least one of these activities can be implemented immediately into one’s curriculum.Affective: Have fun while vigorously playing at least 5 activities. | Tony Loomis |
| **Lee Arena A** | **Elementary** | **Standards Based Stations** This super creative session will give you and your students a huge boost of fun fitness stations for elementary school. We will be using SQAIRs, noodles, cones and balls. Leave with 31 free downloadable station cards with standards and I CAN statements. Giving away equipment at end. | Jade Ng |
| **Lee Arena B** | **Elementary** | **Let's Go Biking**Attendees will participate in bike lessons that align with the National Standards and examples of ways to fund the purchasing of bikes. | Reenie Stogsdill   Christy Hunt   Trey Johnson   Rodney Hess    |
| **Dance Studio** | **Secondary** | **Cardio Core Combat**Cardio Core Combat will be a great cardiovascular workout designed for middle school grades and higher to promote heart rate training, coordination, balance, and strength. Most importantly it will be FUN!! The class consist of karate and boxing style moves that are non-contact (air movements) to encourage cardio health. Students will learn kicks, jabs, punches, and proper techniques for additional bag work to use for their classes that promote a healthy lifestyle. | Michelle GrimesJulia Spresser |
| **Room 226** | **Elementary** | **Mindfulness in a Minute**Have you thought of incorporating Mindfulness or Yoga into your curriculum, but can't find the time? Does you staff need a mental break during the school year? Attendees will discover resources and activity ideas to introduce mindfulness and yoga techniques in five minutes or less. Session attendees will leave with a toolbox of technology, literature and activity ideas to incorporate in the gym, classroom, teachers lounge or home. | Sarah Jo Heath,  |
| **Room 224** | **Health** | **Supercharge Your Health Class**Join Shape America’s 2016 Southern District Health Teacher of the Year, Mary McCarley, as she shares engaging and innovative standard-based activities and assessments that are proven to be effective in the health classroom. All activities and assessments shared can be adapted to best meet the needs and grade level of your students and can be easily implemented in the classroom. Teachers will leave with new ideas, activities, and assessments for their teacher toolbox.  | Mary McCarley  |
| **Room 221** | **Future Professionals****Future Professionals****Social**  |  **You are the Future!**KAHPERD Future Professional Chair and Chair-Elect will share their experiences of being a KAHPERD and SHAPE America member and how it has helped prepare them for teaching. The KAHPERD Executive Director, Joint Projects Chair, a KAHPERD Executive Board Member and KAHPERD Future Professional Advisor will also be available to answer questions students might have in preparing to be physical education teacher. Snacks and door prizes will be given. This is a “don’t miss” session for college/university student. | Rick Pappas - Ashley Foss Troy BabcockMeggin DeMossKarla Stenzel Vicki Worrell  |
| **Room 225** | **Elementary** | **Systems Approach to Increase Physical Activity During PE Time By Improved Class System Management**Physical education (PE) is recommended to have at least 50% of time spent in moderate-to-vigorous physical activity (MVPA), however, students spend only about 36% of time in MVPA. This session will cover strategies to increase time spent in MVPA in PE by integrating blocks of time for physical activity stacked together during normal classroom routines and using a 3-phase process: investigate; design; and practice. | Jennifer ChurchChelsey Slechter |
| **Computer Room** | **All** | **Kansas PE-Drop In**This session will introduce the revised Physical Dimensions, Focus and Essentials curriculum. Attendees will learn how to log on the the website and create their own account. They will learn how to search the site and create lesson plans.This session is for all levels. | Meggin DeMossRhonda Holt |
| **11:35-12:05** | **Exhibit time- visit the exhibits** |
| **12:10- 12:30** | **General Session****Speaker: Randy Watson** **Kansas Commissioner of Education****Location: Lee Arena A** |
| **12:30-1:15** | **Lunch** **Lee Arena****KAHPERD Heart Hero Rewards Luncheon** **Invitation only-McPherson Booster Room**  |

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|  **1:20-2:10 .**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Elementary** | **Fitness Ideas for Physical Education**Different activities will be presented that have a focus on fitness ideas. Shaped for students in grades 2nd-6th. To help with teaching muscles, types of fitness, calories in/out... | Ken Murfay Emporia State Students |
| **Lee Arena A** | **Elementary****SPONSOR** | **Action Team Games**Action Team games By Gopher Sport. This is a 50 Minute presentation for educators to learn team building and to see the new products gopher has to offer. | Mike Tindal |
| **Lee Arena B** | **Secondary** | **Paddle Zlam**Participants in this session will walk away with the knowledge of an new and exciting activity that they can take back and share with their students, as well as their friends. This game combines precision paddling, volleying, running and mental awareness alike. Players get so caught up in the game they don’t even realize the extent to which they are doing physical activity. One participant will walk away with their very own Paddle Zlam game! | Vicki Worrell |
| **Dance Studio** | **Elementary** | **PE-USIC - Pairing PE and Music to rock the school!**Through our PE-USIC presentation, we intend to provide attendees with a tool box of activities that they can utilize in the PE and Music classrooms when those disciplines are combined. We will demonstrate and explain how we are able to make PE-USIC work in our elementary school and how our dancing day performances work. We hope attendees will have many ideas they can utilize in their classrooms to promote PE-USIC in their schools. | Cindy JohnsonLindsay Blurton |
| **Room 226** | **Other** | **PA Beyond PE**Want to take your physical education concepts beyond the gym for students to experience them in practical applications? Unsure of how to offer your classroom teachers more than just Brain Breaks to provide physical activity throughout the day? Curious about how to engage students in a growth mindset and achieve meaningful goal-setting? Attendees will walk away with a variety of tools to promote their PE program, implement running programs, and create an active school environment. | Marlys Gwaltney  |
| **Room 224** | **Health** | **Thrive in K-5 Health: Mini Lessons your Students Will Love**Join Shape America’s 2016 Southern District Health Teacher of the Year, Mary McCarley, as she shares K-5 health curriculum that students will love. These mini health lessons are easy for the teacher to facilitate and fun for the students. Teachers will learn strategies to overcome current obstacles and leave with a fun and motivating K-5 curriculum.  | Mary McCarley  |
| **Room 221** | **All****Exhibitor** | **Step Up your Sport Stacking Program**An advanced Sport Stacking activity session showcasing physical activities from our comprehensive curriculum. Triple up Triple down relay, March Madness, and Fetch 12 are featured activities. Experience the excitement, fun and movement these activities offer every student regardless of ability. First time attendees receive FREE Instructional materials. | Jackie Hall |
| **Computer Room** | **All** | **Kansas PE-Drop In**This session will introduce the revised Physical Dimensions, Focus and Essentials curriculum. Attendees will learn how to log on the the website and create their own account. They will learn how to search the site and create lesson plans.This session is for all levels. | Meggin DeMossRhonda Holt |

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|  **2:20-3:10 .**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Elementary** | **50 Years in the Gym--Favorite Activities**This will be a fast paced presentation. During this session attendees will learn new and creative instant activities-warm-ups, games, and ice breakers. We will pack in as much as possible in the time allotted. These activities are the presenters favorite after 50 years of teaching. | Donald Glover |
| **Lee Arena A** | **Secondary** | **Creating an Environment for Success at the High School Level**High school students can be a challenge to motivate. Learn how to create a positive environment conducive to learning. Remarkable activities and instructional strategies will be shared! You will walk away with resources and ideas that can be implemented immediately. Be prepared to move during this highly active session. | Tony Loomis |
| **Lee Arena B** | **Coaching****Physical Education**  | **Developing Mental Skills to Enhance Activity and Performance**This fun, interactive session is designed to help teachers/coaches prepare students/athletes to mentally perform to their potential. It will be presented by members of the collegiate E-Sport Psychology Team that conducts mental skills and drills workshops at middle/high schools for athletes as well as entire student bodies. Activities will focus on the importance of mental training, achieving the proper arousal zone, setting proper goals and to increase positive self-talk, imagery and focus skills. | Mark StanbroughEmporia State University Coaching Minor Students  |
| **Dance Studio** | **All****Exhibitor** | **PLYOGA**PLYOGA® is a 4-part high intensity interval system using accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Come enjoy a format that is sweeping the Americas! YOUR BODY IS POWER®! \*No Equipment to use in this smart functional fitness format \*Terrific for all ages \*Creating a movement friendly environment for all levels \*Utilizing a science based format that works evenly in all fitness planes | Thomas Ascough |
| **Room 226** | **Elementary** | **Utilizing Physical Activity as an Academic and Behavioral Intervention****(continues to 4:10)**In this session you will have the opportunity to learn the science behind the benefits of utilizing physical activity throughout the day as an intervention. You will have the opportunity to learn how physical activity will increase academic and behavioral success both at school and at home. You will learn indicators to look for as well as how to address specific needs through physical activity. You will learn why it's important to physical educators to take an active role in promoting and supporting the use of physical activity throughout the day as an academic and behavioral intervention. | Shelly Swartz Tricia DreilingGipper SullivanPat AmonKaren Miller |
| **Room 224** | **Health****Exhibitor** | **A Project-based, Innovative Health program (and it's FREE!)**Session attendees will come away with a high-level overview of our FREE project-based program. They will understand the day-to-day lessons, how those lessons progress in the classroom - for both the students and teacher, and, the final project and presentation that will developed. We provide documentation of the specific National Health Standards and Kansas Health Standards that are covered during our program. We will share all the FREE resources, training and web-based software for the program. | Amy Merritt Lauren Butler  Patti Whitington-Burton |
| **Room 221** | **Health** | **Read, Write, Health: Integrating Literacy into Health Assessments and Activities**Join Shape America’s 2016 Southern District Health Teacher of the Year, Mary McCarley, as she shares health activities, assessments, and strategies that integrate literacy. Teachers will leave with 5 or more new ideas, activities, and assessments that can be easily implemented in the classroom. | Mary McCarley  |
| **Computer Room** | **Secondary****Middle School** | **Fitness Testing Done Easy!** In this session, attendees will learn different ways to fitness test their students. We will also be demonstrating each fitness test to help clear up any questions regarding a certain test. Lastly, we will share how to effectively and efficiently record fitness test scores and how to create a goal setting sheet for individual students. | Brandon WolffAndrew Moore- |
| **POOL****(outside)** | **Recreation (lasts until 4:10)** | **Fly-Fishing Basics- Trout Do NOT live in Ugly Places!**Attendees will learn how to cast a fly or in this case a piece of yarn for safety. This motor skill will enable them to catch fish in the future using a flyrod! We will also go over associated knots and a variety of dry, wet and nymph flies! | R. Scott Gorman- John H. Gorman-  |

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|  **3:20-4:10 .**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Future Professionals** | **Future Professional College Bowl**Teams from Kansas colleges and universities will come together for a friendly, yet competitive battle of the bodies and minds. There will be two activity rounds and one question/answer round. Spectators are welcome to join the fun, cheer on the students, and root for your alma mater. | Ashley Foss - Troy Babcock Taylor WinegarneTodd ThackerCameron PeakKayla Ayer Hope Manning Makenzie Boltwood |
| **Lee Arena A** | **ALL****Exhibitor** | **Doing it all with Foam Coated Balls Except for Dodgeball**This is an active participation presentation ~ K-12 TeachersUsing Foam Coated Balls in a variety of developmentally appropriate activities to foster critical and creative thinking, fitness, socialization and skill development. | Randy Kempke  |
| **Lee Arena B** | **All** **Exhibitor** | **Introduce tennis to your school with the USTA and Net Generation!**The United States Tennis Association (USTA) has collaborated with SHAPE to create a new school curricula designed to encourage and challenge kids to advance at their own pace guided by the national grade-level outcomes. With resources and tools of USTA and Net Generation, Tennis in Schools has never been easier to teach or more accessible! | Jaren Glaser Jodi Gordon  Tara Williams  |
| **Dance Studio** | **Other** | **POUND Workout**POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of the playing of drums | Shellie StahlyJoan Bolt |
| **Room 226** | **Elementary -Continued** | **Utilizing Physical Activity as an Academic and Behavioral Intervention- Continued** | Shelly Swartz |
| **Room 224** | **Advocacy** | **Make a Difference: Effective Advocacy**Public policies determine whether every Kansas child can thrive, and educators are important advocates for health, education, and economic policies that benefit Kansas children. This workshop will build skills to advocate on behalf of Kansas children. Participants will learn how to build strong relationships with their policymakers and how to influence policy decisions. We will also discuss what lies in store for the 2018 Kansas Legislative Session. Participants can preview this workshop’s content at http://kac.org/take-action/toolkit/. | Amanda Gress |
| **Room 221** | **Technology Health** | **Ignite a Healthier Me**Learn about online instructional resources that can help build a strong foundation in digital awareness and healthy lifestyles for your students. Teachers will gain access to a variety of resources that cover topics such as social-emotional learning, cyber-bullying, monitoring your digital footprint, technology overuse, alcohol and prescription drug awareness, building a balanced meal, and identifying a variety physical activities. All resources are available at NO-COST to educators. | Erica Hart |
| **Computer Room** | **Meeting** | **PAL Meeting**This meeting is for all PAL’s trained during this past summer. You will meet with your mentors during this time. | Susan OldfatherLori Heger |

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| **Thursday Evening** |
| **5:30-6:15** | **President’s Social and Appreciation Awards****Capital Plaza Hotel** |
| **6:30-8:30** | **KAHPERD Awards Banquet****Guest Speaker Para Olympian Liz Willis****Capital Plaza Hotel**  |

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| **Friday, October 27, 2017** |

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|  **8:30-9:20**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Secondary** | **Get Going with Glorious GRIDS**This session is all about grids. Grids can be a fun and vigorous activity. They can be used as a successful instructional strategy. They can be utilized for skill acquisition or conceptual learning. Regardless of how they are implemented, grids are efficient, practical and fun. Learn how to incorporate grids into your curriculum, and get ready for results. | Tony Loomis |
| **Lee Arena A** | **Elementary** | **Character Education in Physical Education**Attendees will learn specific methods to infuse Character Education into Physical Education. Hopefully, attendees will realize that Physical Education can be the leaders within the school in the area of Character Education. Strategies to teach Character within every daily lesson will be the focus of this session. We are going to pack a lot of information into one 50 minute session and this session will give you a roadmap to get started in your school. | Donald Glover |
| **Lee Arena B** | **Elementary** | **Passport to Play**Passport to Play is exploring the globe through games and activities that are played around the world! Rayuela from Comumbia South Africa, Tour D'Gym from France, Dragon Tail and Great Wall from China and other games from all seven Continents! | Arianne Seidl |
| **Dance Studio** | **Elementary** | **Easy dances for Elementary Classes**This session will introduce elementary age appropriate dances that can easily be taught to classes for use in programs or simply for a shift from the traditional lessons. | Tiffany DirksRoss Friesen Washburn Students |
| **Room 221** | **Health** | **Healthy Living**Staying fit for life requires discipline and motivation.  We will take a look at 3 components of healthy living: diet, exercise and positive thinking and how to integrate these habits into our demanding and busy life schedules.  | Liz Willis |
| **Room 224** | **Health** | **Nutrition, Growth Mindset, Social emotional skills and more in Physical Education and Health**Attendee's will leave this session with new ways to address Health Education. In addition to nutrition ideas, attendee's will also learn ways to teach growth mindset and social/emotional standards in their Health classes! | April BaughAdam Castillo  |
| **Room 225** | **ALL** | **Active Schools....Let's Move Kansas!**This session will provide examples of how Kansas teachers have successfully implemented one or more strategies to help their school environments be more physically active. Participants will actively discover unique avenues of reaching administrators and other decision makers to facilitate their buy-in to the importance of physical activity for students and schools. Ideas for helping teachers understand how to integrate physical activity into the classroom setting will be demonstrated. An overview of the success of three types of trainings that are offered to Kansas teachers through the "Active Schools....Let's Move Kansas" initiative will be shared. | Mark ThompsonRhonda Holt |
| **Room 226** | **Secondary****High school** **(Coaching)** | **Teaching is Coaching; Coaching is Teaching; Or is it?**The attendee will learn key pedagogical similarities (and differences) between teaching and coaching. | Steve Sedbrook |
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|  **9:30-10:20**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Elementary** | **Big groups, limited time and low budget - get them moving!!**This session contains many, many game ideas for Physical Education Teachers to use with the emphasis on large numbers of students, low budget and short class periods. Teachers will be given game ideas that keep kids active in the short amount of time you may have them and for schools that don't have huge budgets for the physical education programs. | Amy Finch Tyler Sission |
| **Lee Arena A** | **Elementary** | **Mindful, Meaningful, and Motivated Movement**Teaching advanced physical education concepts and strategies to young children is challenging. Learn how to use fun and unique activities to help even the youngest student understand court sense, offense and defense, creating space, basic tactical skills, and grasp some of the many “whys” they will encounter in your class. Activities presented can be easily modified for older students to help reinforce and hone these same concepts outside of conventional game play. | Marlys Gwaltney -  |
| **Lee Arena B** | **Adapted** | **No Broken TOYS: Activity Ideas for All Abilities**Central District Adapted TOY, Sarah Jo Heath, will present innovative locomotor, object manipulation, small sided games, mindfulness, rhythm, dance, lifetime activity and Holiday activity ideas for individuals with communication deficits and limited mobility. Session attendees will gain knowledge in structured scheduling and augmented communication during activity, as well as gain understanding of barriers to effective adaptations for individuals with special needs in the Physical Education environment. | Sarah Jo Heath,  |
| **Dance Studio** | **Dance** | **West Coast Swing**The history of west coast swing, why people engage in it and then we will demonstrate a little of the dance and get people actively involved in dancing with us. | Brittany Thomas Chelsey Powell-Davenport  |
| **Room 221** | **Other** | **Wake-up Your Ease Applying the Alexander Technique to Athletic Activity**This experiential session, Wake-up Your Ease Applying the Alexander Technique to Athletic Activity, will allow participants to explore the principles and application of the Alexander Technique. This Technique is a method of determining the best amount of energy to use for each activity. It helps reduce performance anxiety, overworking, repetitive stress, and excess tension. Alexander Technique allows the practitioner to get the most out of rehab and retraining after an injury. | Laura Donnelly |
| **Room 224** | **Health** | **Confident Me! A Free Middle School Body Confidence Program**Confident Me! is a 1 session and 5 session self esteem program for middle school students. This session will bring awareness and education to the free program for any middle school interested in using it. Participants will participate in engaging activities to learn more about the program and support and incentives around implementing it in their school community. | Brandon Wolff  |
| **Room 225** | **Advocacy****All** | **Advocating for Your Physical Education Program (What is new with ESSA?)**This proposal will address the changes that are taking place in the Every Student Success Act (ESSA) and securing funding for physical education programs. The session will also provide a venue for members to have a conversation about the best way to advocate for physical education, at a state and national level. | Verneda Edwards  |
| **Room 226** | **Coaching****(this session goes until 11:20)** | **Coach Led ACL Prevention Programs: Effectiveness and Implementation**Attendees will learn how the Federation International de Football Association’s (FIFA) 11+ ACL prevention program can be effectively implemented as part of the warm-up for any sport to reduce the risk of ACL tears in their athletes. Attendees will perform the exercises, biomechanically analyze proper technique and identify methods to correct performance errors. | Karen GarrisonJohn Burns |
| **Computer Room** | **ALL****K-12** | **Kansas PE-Drop In****Continued to 10:20** | Meggin DeMossRhonda Holt |

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|  **10:30-11:20**  |
| **Location** | **Section** | **Title & Description** | **Presenter(s)** |
| **Whiting Gym** | **Elementary** | **Maximizing physical activity from start to finish!**By the end of the session the people who attended Maximizing physical activity from start to finish will be able to implement multiple instant activities, body awareness activities and use different prompts to help with classroom management to maximize physical activity in the class with little to no down time!!! | Matt DunkinNick Gardner  |
| **Lee Arena A** | **Secondary****Middle School** | **Want to run laps today? No? Well, your students don’t either. Fitness made fun!**No running laps at this session. You will leave this session with several warm up games that you can implement right away into any K-8 physical education program. We will share several fitness activities that are great for teaching and assessing the student’s knowledge of the fitness components. Part of this session we will share how our students create their own workout plan using some new fun fitness equipment purchased with the help of the $1500 KAHPERD member grant. Come ready to play and never make your students run laps again for their warm up! | Karl ElyTodd Junker |
| **Lee Arena B** | **Elementary** | **Innovative Ways to Use Traditional Equipment**Are you looking for unique, outside-the-box activities for your Physical Education classroom? This session will give you several options that will allow your students to learn physical literacy skills in a fun and engaging way. Plank cone flip, scooter cage ball, table ball, hula hoop kick are a few of the examples that will be demonstrated. Join us as we share instant activities, warm ups, and outside the box lessons in this hands on session! | April BaughTara Yost |
| **Dance Studio** | **Elementary** | **Get Your Kicks on Route 66**This is a fun session aimed at elementary and middle school levels. Participants will actively participate in moving through the classic Route 66 Highway while learning history. As we move through the different cities/states in Route 66, there will be different activities related to those geographical spots. Route 66 originated in Chicago, Illinois where we will play Pizza Tag. There will be several other activities before we reach the end of Route 66 in Santa Monica, California with Beach Ball Hockey. There will also be two line dances taught - Life is a Highway and Get Your Kicks on Route 66. | Rick Pappas |
| **Room 221** | **Recreation** | **Recreation… Make it a Family Thing!**In this session attendees will learn about the importance and benefits of family recreation. Presenters will showcase family-friendly activities that attendees can promote in their classrooms as well as to their students’ guardians. | Sarah BallDr. John Oppliger  Dr. Rick Hardy |
| **Room 224** | **Health** | **Strategies to Improve Mental Health in Secondary Schools**The objectives for this session include: Participants will discuss how the mental health of secondary students impacts future success in both academic and personal settings. Participants will observe and practice interactive health strategies to teach mental health concepts. | Sunnin Keosybounheuang Katie Mathews |
| **Room 226** | **Health**  | **The Walking Detective: Teaching Kids to Investigate Their Communities**Meet The Walking Detective! KC Healthy Kids' newest educational resource teaches kids all about the built environment and how to advocate for neighborhoods that are safe and friendly for walking, biking and playing. Learn about The Walking Detective and how to organize a walking investigation for kids in your community | Andrea Clark |
| **Room 225** | **Coaching** | **Led ACL Prevention Programs: Effectiveness and Implementation- continued** |  |
| **Computer Room** |  |  |  |

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| **11:30-12:00 PM** |
| **Closing Ceremonies****Door Prizes**  | Lee Arena A |
| **12:15-1:30 PM** |
| **Post- Convention KAHPERD Board Meeting**All CURRENT & NEW Board members should plan to attend this meeting! | Room 225 |

**Thank you KAHPERD SUPER HERO- MOVERS, SHAKERS, ACTIVE PHYSICAL EDUCATORS for attending. Please fill out surveys for each session you attended via SCHED.**

**See you next year in Emporia**

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