



SOCIETY OF
HEALTH AND
PHYSICAL
EDUCATORS

shapemichigan.org

**SHAPE Michigan Region 2 & 3
Physical Education Workshop**

Saturday, March 17, 2018

8:00 am to 1:30 pm

**C.A. Frost E.S.A. Elementary
School**

**1460 Laughlin St. NW
Grand Rapids, MI 49504**

SHAPE Michigan

P.O. Box 27187

Lansing, MI 48909

Sessions for K-12

7:30-8:30am—Media Center Room 124 Registration, Speaker Check-in, Continental Breakfast;

8:15am—Welcome, Introductions, Announcements

8:30-9:30am—Session One—1/2 Gym—Favorite Elementary P.E. Activities—Scott Przystas, Grand Haven Schools (SHAPE Michigan 2016 Elementary PE Teacher of the Year!), 1/2 Gym—Exploring Prompts and Cues—Movement Exploration—Karol Tiermersma, GVSU Professor (K-2), Room 137—Teaching Puberty and Sex Education—according to Michigan Law (All)- Jennifer Olson, GVSU Professor, 2017 Health Educator of the Year! Room 124 Tech Lab—Technology with Skills Assessment (All)—Sawyer Duncan, Vicksburg Schools, Room 139—Nutrition (All)—Rebecca Lighton, Fruitport Schools

9:35-10:35am—Session Two— 1/2 Gym— Drums Alive! (K-5) - Wendi Berwald & Vanessa Ruffer, Sparta Schools, 1/2 Gym— Maximizing MVPA for Teachers and Students (K-12) - Deb Berkey, Room 137— Developmentally Appropriate Youth Sports (All)—Ben Neymeiyer, GVSU Student, Room 139—Planning for Students Diverse/Special Needs in PE (All)—Caryl Dazer, EMU Professor, SHAPE Michigan and Midwest District APE TOY

10:40-11:40am—Session Three—1/2 Gym— Rugby—Let’s Start Them Young! (K-5) -Tess Armstrong, GVSU Professor, 1/2 Gym—Quality Use of Music in PE (All)—Casey Withers, Grand Rapids Schools, 2017 Susan J. Kolp Young Innovator Award Winner, Room 124 Tech Lab—Physically Active Classroom (All)—Scott Przystas, Grand Haven Public Schools, 2016 Elem. PE Teacher of the Year, Room 137— Healthy Snacks in the Classroom (K-2)—Kaylee Herman, GVSU Student

Break 11:40am—11:55am Room 124 Library

11:55am-12:55pm—Session Four—Gym— General Session for Everyone!— Breaking the “Rules” of Dances! - Tess Armstrong, GVSU Professor

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Participation

This is a participatory workshop. Come dressed to be active. You will receive breakfast, and snacks/drinks will be available throughout the morning.

Sponsor

SHAPE Michigan

(Many thanks to UDIM, American Heart Association, Michigan Fitness Foundation, US Games for their support!)

Pre-registration with SHAPE Michigan, go to the website

and register at www.shapemichigan.org

4th Annual Region 2 & 3 Physical Education Workshop

Society of Health and Physical Educators—Michigan

REGISTRATION FORM (Please complete all information.) To qualify for SHAPE Michigan member rates, please apply/renew online at www.shapemichigan.org if you do not have an active membership.

Last Name	First Name	Home/Cell Phone	Work Phone
Home Address	City/State	Zip	Email Address

If Future Professional, school address.

4 SCECHs Available Onsite—\$5

School/Organization	<u>Early Bird</u>	<u>Onsite</u>
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Non-member, Professional	\$30	\$40
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Mail this registration with your check payable to SHAPE Michigan or credit card payment information to:

SHAPE Michigan
Region 2 & 3 Workshop
P.O. Box 27187
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