

2018 SHAPE Michigan Convention – Mission Point Resort, Mackinac Island MI
October 4 – 6, 2018

Session Descriptions

SHAPE Michigan Awards Banquet
Saturday - Cypress Lodge
9:00am
ALL REGISTRANTS WELCOME

SHAPE Michigan will be honoring all 2017-2018 Award Nominees for Teacher of the Year, Major of the Year, Scholarships, SHAPE Michigan Grants and JRFH Grants. Please come and join us in honoring these awardees!!

Tess Armstrong, Ingrid Johnson
Grand Valley State University
armsteph@gvsu.edu

Friday 2:45pm – 3:45pm Harrisonville

Integrating TGFU and TDFU across the PETE Curriculum

Teaching Games for Understanding (TGFU) is a globally utilized approach to teaching skills and tactics that increase physical literacy. Teaching Dance for Understanding (TDFU), was recently developed in Canada, and has similar goals to increase physical literacy. At our institution, course revisions have been made to better link TGFU and TDFU strategies across our classes. Emphasis has been on similarities of both models' frameworks, and strategies to promote confident and competent movers for a lifetime.

Suzan Ayers, Xiuye Xie, Sandy Vamos
Western Michigan University
S.ayers@wmich.edu

Friday 4:00pm – 5:00pm Theater
Saturday 11:30am – 12:30am Amphitheater

Blending Health and Physical Education Teacher Education

The State Board of Education has approved new teacher preparation standards for Physical and Health Education and MDE mandated the development of combined Health and Physical Education teacher education programs. Western was invited to create the inaugural program in Michigan at the end of the spring 2015 semester, and began delivering the newly merged dual-certification program this fall. This presentation will describe the process completed to reconfigure the combined major. Participants will be invited to share their own decisions and processes as institutions comply with the recent MDE mandate. Challenges and practical limitations will be considered.

Mary Bauman
Today's Harbor for Children
mbaumann@todaysharborforchildren.org

Friday 9:00am – 10:00am Sugarloaf

SEL - The Big 5 Social and Emotional Learning (SEL) Components and the Power of Healthy Communication Skills in PE/Health Class

As school districts across the United States adopt, develop and integrate curriculum for Social and Emotional Learning (SEL), growth and development in these behavior areas are evaluated by observation. PE/Health is the most recognized arena to advance the readiness and SEL development skills in children. The very basic criteria for observing social and emotional development start with the student's ability to communicate with others. This training zeros in on strengthening and delivering effective communication for PE/Health SEL for Coordinated School Health & developing the whole child.

Dr. Deb Berkey
SHAPE Michigan – Executive Director, Midwest District
shapemichigandirector@gmail.com

Friday 9:00am – 10:00am Amphitheater

All Things SHAPE – America, Midwest, Michigan and the American Heart Association

This program will present an overview of the changes that have occurred during the past year at national, district and state level. Specific focus will be the changes in the now defunct Jump Rope for Heart and Hoops for Heart Programs and the ramifications of the dissolved partnership between SHAPE – America and the American Heart Association as well as the administration of the SHAPE organizations. Please come and find out what changes have been made and learn about the exciting new programs and initiatives that will be rolled out in 2019.

David Berry
Saginaw Valley State University
dcberry@svsu.edu

Friday 4:00pm – 5:00pm Amphitheater

Employing Infographics into CPR and First Aid Education to Effect Students' Achievement and Attitude Towards Helping Behaviors

Effective health communication and engagement in helping behaviors during an emergency by the public is critically important. One way to increase communication effectiveness and engage shareholders is via the use of infographics. Infographics use prominent visual representations of information intended to illustrate information efficiently and effectively using various visuals such as texts, pictures, drawings, diagrams, graphs, etc. This session explore the use of infographics as learning tools, examines infographic types and investigates what comprises a powerful infographic for learning and how this medium can influence cardiopulmonary (CPR) and first aid education as an educational tool.

Greg Boyd
USTA/Midwest Section
greg@midwestusta.com

Friday 1:30pm – 2:30pm Arch Rock

Tennis in PE – No Courts Required

Tennis in PE, no courts are required, and we will show you how to handle large groups with fun tennis games and activities, using modified tennis equipment and limited space.

Michelle Brandon, Jeremy Brandon
Walled Lake Schools
michellebrandon@wlcso.org

Saturday 2:00pm – 4:00pm Mackinac Wheels Bike

TAKE A RIDE ON M-185!

Join us for a ride around the island on M-185, "the only state highway in the nation where motor vehicles are banned"! This 8.004 scenic ride offers breathtaking views of the beauty we all know as Pure Michigan! Our starting point will be at the Mackinac Wheels bike shop located at 6929 Main Street. Bring your own bike, or rent one there (discounts given to SHAPE Conference attendees). Please also bring a helmet, water bottle, and smart phone. We will begin the session by reviewing biking safety protocols and offer some additional cycling tips to help you better enjoy the ride. We will then start our ride, traveling counter-clockwise around the island. You will be welcome to ride (and finish) at your own pace. Simply enjoy the ride, or take on the extra challenge of trying to complete our Mackinac M-185 Scavenger Hunt! Everyone that completes the Scavenger Hunt will win a FREE ICE CREAM, courtesy of UDIM, AND and be entered into our US GAMES Prize Raffle!!!

THIS SESSION IS OPEN TO FAMILY AND FRIENDS TOO! PLEASE BRING THEM ALONG TO ENJOY THE FUN!!!

Michelle Brandon
Walled Lake Schools
michellebrandon@wlcso.org

Saturday 11:30am – 12:30pm Atrium

Starting a Staff Wellness Program for Your School

Creating a staff wellness program is important because the majority of an employee's time is spent at the workplace. We, as positive role models in our schools, can make a difference by coordinating programs for our staff members that encourage, motivate, and reinforce healthy behaviors. Not only will this lead to us having healthier employees, it will also result in happier and more productive adults that our students can depend on each day! In addition to health benefits, school wellness programs have also shown to help strengthen relationships between coworkers! It's a win-win! There will be time at the end of the session for others to share their ideas with the group!

Michelle Brandon
Walled Lake Schools
michellebrandon@wlcsc.org

Friday 1:30pm – 2:30pm Friendship Altar

Tips From a Pro!

TIPS FROM A PRO is a session designed to help rookies become pros who earn highly effective evaluation ratings... come get tips, suggestions, and advice from a "highly effective" veteran teacher who has 18 years of experience to share with you. Session will include topics such as classroom management, lesson/unit planning, communication with parents, using technology in your gym/classroom, relationships with co-workers, and more! There will be time for questions at the end.

Rachael Chase, Taylor Kastens
Grand Valley State University
chaser@mail.gvsu.edu

Saturday 12:45pm – 1:45pm Eagle Point Cave

Make, Take and Learn: Plagnet Creation

Plagnets (a Plicker based product) are a simple way to get quick, student-reported results for K-12 students. One set of Plagnets can quickly check-assess dozens of classes! Come to our session to MAKE AND TAKE a set of Plagnets for a class of 30 students. Information and tutorial sessions will be held every few minutes. A to-go package of supplies can be picked up during the convention to make at home OR a complete set may be created during the session. Order ahead of time and reserve your supply set or walk in the day of (space is limited). If you do not want to create a set, come check out how they work (we promise you'll be hooked). Please complete the form below to reserve your supply set ahead of time: <https://goo.gl/forms/OVRdo9vIVleYg7eY2>. A \$20 supply fee covers the cost of materials. Questions: chaser@mail.gvsu.edu

Lori Christopher, Beth Dunn
Huron Valley Schools
Christopher_1998_1998@yahoo.com

Friday 11:30am – 12:30pm Sound Stage A

Fun Games for Elementary

Fun games for all ages in Elementary school. These games can be played in a small gym. Some games are mine and some of them I have collected through the years (20 something). I am

here to share them with you and play some of them at the session!

John Dunlop
Portage Central Middle School
jdunlop@portageps.org

Friday 11:30am – 12:30pm Arch Rock

Exploring Flipgrid and Google Classroom

Amplify student voice using Flipgrid-a video discussion platform to ignite dialog and student engagement. We will also explore Google Classroom in a physical education and health setting as well to allow teachers to streamline assignments, projects and assessments by going paperless!

John Dunlop
Portage Central Middle School
jdunlop@portageps.org

Friday 4:00pm – 5:00pm Friendship Altar

Using Data to Drive Your Program

Learn how new interconnected PE assessment tech can change student behavior, create simplified data collection and increase your program's value to administrators. We will showcase wrist based HRM and fitness assessment technology to address PE standards while doing a variety of innovative activities and games.

Taylor Dutcher, Jennifer Olson, Ronee Cooper
Grand Valley State University
dutchert@mail.gvsu.edu

Friday 9:00am – 10:00am Eagle Point Cave

Building Sex Education for Michigan Schools

There are laws and boundaries of what can (and can't) be taught in each Michigan school district. During this presentation we will review those laws surrounding sexual education in Michigan. We will also share ideas in which puberty can be appropriately taught to all age groups. From the basic laws to the A-K laws, and then onto lessons, books, and games to teach puberty, we strive to provide you with tools to build your sexual education program. Information from this session may also be helpful for anyone who has children going through puberty.

Dorothy Eisenstein
Northwestern Michigan College
deisenstein@nmc.edu

Friday 1:30pm – 2:30pm Sugarloaf

Exploring Balance Through Movement

Participants will explore balance through various movement activities. This experiential presentation will explore the use of various bases of support through floor, sitting, and standing activities. Yogic postures and the use of props to enhance balancing activities will also be explored. This presentation will enable educators to integrate easy balance ideas into the classroom. Recommended for all educators who are interested in developing balance skills and posture awareness in the classroom.

Roberta Faust, Gabe Flores, Mike Ryan
Eastern Michigan University
rfaust@emich.edu

Friday 4:30pm – 5:30pm Sugarloaf

Comprehensive School Physical Activity Program (CSPAP): Family and Community Engagement and the Food Insecurity/Obesity Paradox

This session will focus on the Family and Community Engagement segment of CSPAP. Information from research literature on the food insecurity/obesity paradox will be presented. Possible ways that health and physical educators can engage family and community members in addressing food insecurity and obesity issues in schools will be proposed. Examples from schools will be presented, then audience members will be encouraged to share and discuss additional ideas for addressing family food insecurity/obesity issues as they relate to CSPAP.

Rick Ferkel
Central Michigan University
Rick.ferkel@cmich.edu

Friday 2:45pm – 3:45pm Atrium

Teaching K-12 Students Exercises to Increase Core Stability and Functionality

This session provides K-12 teachers with a variety of exercises that are focused on improving muscular fitness and stability of the gluteals, hip abductors/external rotators, and abdominals. Participants will learn specific ideas on how to implement these movements in warm-ups, workouts, and cool-downs, with or without equipment. We live in an ever-increasing sitting society with 80% of adults in the U.S. at some point having back problems along with a great deal of other hip and extremity issues stemming from poor core stability. Students must be educated on ways to counter act the negative effects sitting has on posture and joint health.

Rick Ferkel
Central Michigan University
Rick.ferkel@cmich.edu

Friday 11:30am – 12:30pm Atrium

Techniques to an Effective Fitness Education Lesson

This session provides secondary teachers with techniques and a format that can be used to teach highly effective fitness education lessons. Elements include lesson progressions, time allotments, teaching strategies, and setup. Within a fitness education lesson, students will always perform an educational warm-up, learn/improve upon a functional fitness movement/skill, complete a workout, and be provided fitness knowledge (e.g., goal setting, time management, programming).

Kevin Fisher

Central Michigan University
Fishe1k@cmich.edu

Friday 1:30pm – 2:30pm Eagle Point Cave

Applying Key Principles of Performance Psychology to your Physical Education Program

Physical educators serve essential educational functions, including promoting physical activity, increasing understanding of culturally-appropriate sports skills and games, and providing a critical foundation for lifelong fitness. Although movement principles are emphasized, tenets from the related field of performance psychology can facilitate student growth and learning. Performance psychology focuses on identifying and applying psychological principles that enhance participation in physical activities and facilitate peak performance (APA, 2018). This session will outline tips and strategies to enhance delivery of feedback, increase student motivation, and improve skill retention through the understanding and incorporation of psychological principles that can influence motor learning and performance.

Erik Frank

US Lacrosse
efrank@mattawanschools.org

Friday 4:00pm – 5:00pm Sound Stage A

Lacrosse in Physical Education

This will be an informational and interactive presentation about lacrosse and how it can be incorporated in physical education settings. It will include information on resources for grants as well as demonstrations on how to perform and teach the skills at any level.

Louis Friedlander, Wayne Pelmeur

Doe Si Doe Club of Lansing
lucykeyracer@comcast.net

Friday 11:30am – 12:30pm Friendship Altar
Saturday 11:30am – 12:30pm Friendship Altar

Square Dancing is Fun!

Michigan History of Square Dancing starting with Henry Ford. We will then follow with a demo on how to teach Square Dancing to students.

Kathy Garland

Michigan Department of Natural Resources
Garlandk3@michigan.gov

Thursday 12:00pm – 4:45pm Robinson's Folly

The Michigan Department of Natural Resources – National Archery in the Schools Program Basic Archery Instructor Certification

Physical Education teachers are invited to attend this FREE 4 – hour Basic Archery Instructor (BAI) course. Teachers who successfully complete the BAI course may implement the Archery in the Schools Program. Candidates must pass the BAI practical and score at least 80% on the exam. The course content is designed to teach archery instruction techniques to both archery novices as well as experienced archers. The course content includes range set-up and safety, string bow training aids, the eleven steps to archery success, coaching techniques, equipment nomenclature, inspection, operation, maintenance and repair. Once certified, your school will be eligible for the archery equipment kit grants. The \$1000 equipment grants are available on a limited basis to schools who adopt the National Archery in the Schools Program (NASP).

Yuba Gautam, Kayla Destrampe

Northern Michigan University
ygautam@nmu.edu

Saturday 7:45am – 8:45am Arch Rock

Promotion of Oral Hygiene through Education and Training Among Younger Children

This presentation will focus on addressing oral hygiene issues among younger children and will promote healthier ways of taking care of their teeth. As poor oral hygiene leads to tremendous psychological, social, and physical concerns on our children, education on this area is very relevant. This is an eight week preventive program based on fun activities where audiences will be given demonstration and are asked to participate. By the end of this presentation, audiences will be aware of proper oral hygiene and can make oral care easy and sustainable.

Crystal Gorwitz
cggymteach@aol.com

Friday 9:00am – 10:00am Robinson's Folly

Health on the Move

This active session will provide teachers with the strategies and techniques needed to teach K-12 skills based health education through movement. The emphasis of this activity based session will be to provide a demonstration of how the skills look in action, how they are tied to the National Health Education Standards and how you as a teacher can provide your students with feedback/assessment of those skills.

M. Linda Graham
Hope College
graham@hope.edu

Friday 4:00pm – 5:00pm Arch Rock
Saturday 11:30am – 12:30pm Arch Rock

The Necessary Art

Recent studies on the impact of technology on our physicality and social interactions, the impact of our physicality on how we think and feel, and the power of social bonds in determining longevity, leads to the realization that Dance may not save the world, but dance may serve an essential role in helping people to live happier, healthier & longer lives. Dance is "The Necessary Art."

M. Linda Graham
Hope College
graham@hope.edu

Saturday 12:45pm – 1:45pm Arch Rock

13 Training Tips

What do dogs, horses, athletes and dancers have in common besides really great legs? This presentation shares a bit about what animals have taught me about myself, how to work more effectively with people, as well as how to integrate these lessons in the classroom or studio. I've narrowed these lessons down to a Baker's Dozen: "13 Training Tips."

Jon Hoydic, Tracy Daniel
Heart Zones

Friday 4:00pm – 5:00pm Eagle Point Cave

Heart Zones Revolution: Practical Use of HRM in the Modern Gym

The Heart Zones System offers state-of-the-art technology allowing teachers to objectively measure student effort in physical education classes, communicate results to parents and set teacher performance goals. The system features an armband, a big board screen and the capacity to collect real time data for use in instruction, assessment and program advocacy. Come experience this cool tool for your program led by teachers who use this exciting system.

Heather Irish
The MINDS Program, Inc.
hirish@mindsprogram.org

Friday 2:45pm- -3:45pm Sugarloaf

MINDS: A Mental Health Program for Students

Come and learn about MINDS, the Best Practices program that has been educating Michigan students about mental health and suicide prevention for twenty years. Listed on the Dept. Edu website as the only program that speaks to classrooms about mental Health. Sign up your classes for programming too!

Jake Ivey, Logan Curry
Heart Zones

Friday 9:00am – 10:00am Friendship Altar

Most Valuable Program Available – Maximizing MVPA Using the Heart Zones System – A Student's Perspective

The Heart Zones System offers state-of-the-art technology allowing teachers to objectively measure student effort in physical education classes, communicate results to parents and set teacher performance goals. The system features an armband, a big board screen and the capacity to collect real time data for use in instruction, assessment and program advocacy. Come experience this cool tool for your program led by student's who use this exciting system.

John Jones – KEYNOTE

Saturday 10:15am – 11:15am Sound Stage

Free Technology to Enhance Teaching

Come join John Jones as Keynote as he teaches a novice tech skill set for Elementary and Secondary teachers.

John Jones

Friday 9:00am – 10:00am Sound Stage

New Games and Toys for Girls and Boys

This fantastic session is John’s newest session which will explore the features of new equipment from all over the PE spectrum.

John Jones

Friday 4:00pm – 5:00pm Sound Stage

Big Box of Activities

This session focuses on elementary focus stations which are focused on motor learning development.

Sheree Knola Jungwirth

Okemos Public Schools – Kinawa Middle School
Sheree.jungwirth@okemosk12.net

Friday 9:00am – 10:00am Arch Rock

How to start a CPR/AED/First Aid program at your school

Help students learn to save lives by starting a CPR/AED/First Aid program at your school. This high interest unit provides students with hands on training with manikins and AED simulators. No funding? No problem, learn how this teacher started this program with zero budget and successfully implemented it. Examples of lessons, activities, and assessments will be shared. Come and learn how you can make the connection between the student responder and your local Fire department. Empower your students with this knowledge and these skills and you will open their eyes to how they can make a difference!

Beth Kirkpatrick, Jeff Stevenson, Jon Hoydic, Lindsey Galli
Heart Zones

Thursday 12:00pm – 4:45pm Amphitheater

Advocacy Workshop – Grant Writing, Fund-Raising and Community Action Strategies for Teachers

The content in this four hour workshop will allow participants to develop the skills necessary to locate and write grants using boiler plate examples. The art of fund-raising to support programmatic needs will also be featured. Finally, an overview of 50 Million Strong will be presented to highlight the importance of advocacy in the fields of health and physical education.

Beth Kirkpatrick – FEATURED SPEAKER

Heart Zones

Friday 1:30pm – 2:30pm Atrium

Modernizing the P.A.C.E.R. Test – Individualizing MVPA with Heart Zones

The Heart Zones System offers state-of-the-art technology allowing teachers to objectively measure student effort in physical education classes, communicate results to parents and set teacher performance goals. The system features an armband, a big board screen and the capacity to collect real time data for use in instruction, assessment and program advocacy. Come experience this cool tool for your program led by teachers who use this exciting system.

Darcy Knoll

Michigan High School & USA Field Hockey
Thorpekn26@gmail.com

Friday 1:30pm – 2:30pm Sound Stage

Field Hockey Skills in PE

Learn about the fast growing sport of Field Hockey! Skills and lesson ideas will be taught and demonstrated that easily can be incorporated into any Physical Education program. Learn how to access field hockey equipment for your school or even how to include Field Hockey as a club sport.

Darcy Knoll

Ann Arbor Public Schools
thorpekn@aaps.k12.mi.us

Friday 4:00pm – 5:00pm Atrium

Elementary Physical Education with a Purpose!

Observe classroom management skills, techniques, and activities to utilize in an elementary PE setting. Learn how to maximize use of class time with effective transitions and other strategies to increase student participation and learning time. Concepts will help eliminate behavioral problems, enhance activities and lessons, and assist in providing accountability for a quality Physical Education program. Instructor was SHAPE Michigan's 2017 Elementary Teacher of the Year.

Emily Lloyd, Samantha Hanson

One Love Foundation
Emily.lloyd@joinonelove.org

Thursday 12:00pm – 4:45pm Arch Rock
 Friday 1:30pm – 2:30pm Amphitheater

One Love Foundation: An Innovative Approach to Relationship Education

The One Love Foundation creates emotionally engaging educational tools for teachers to empower young people to improve their healthy relationship IQ, both for themselves and others. One Love utilizes both peer to peer and train the trainer models to give students and educators a way to adapt our cutting-edge content and discussion guides to fit their specific classroom and community needs. Come learn how you can bring One Love's multi-layered education, awareness and movement-building campaign to your students, school, and community.

Shannon Maly

Sun Prairie High School & Openphysed National Trainer
malyphysed@gmail.com

Friday 1:30pm – 2:30pm Harrisonville

The First 7 Days Creating Positive Relationships

Students need to engage in getting-to-know-each-other activities during the first week of school. By incorporating these activities into your first week while you discuss rules and expectations, you will create a high level of comfort and begin forging relationships that will make your classroom successful for the rest of the year. Please join me in discovering instant activities to build positive relationships within your class. By the end of the session participants will leave with instant

activities to use during the first few weeks of class. Create an environment of respect and rapport. Engage students in learning.

Shannon Maly

Sun Prairie High School & Openphysed National Trainer

malyphysed@gmail.com

Friday 4:00pm – 5:00pm Robinson's Folly
 Saturday 12:45pm – 1:45pm Friendship Altar

Dance with Words

Come join the fun as we explore ways to create dances with words! See how in this hour long session words such as bird, double clap, disco, shake the salt, and Frankenstein can be used to develop creative dances to music students at your level love. The purpose of this presentation is to provide the audience with motivational dances, music and ideas on how to incorporate dance in the curriculum. Participants will learn high-energy, simple-step dances that will allow them to feel confident in teaching dance to their students. This presentation will include handouts, assessment rubrics and a variety of great dances, your students will love! This is a hands-on presentation so bring your dancing shoes and be ready to move using words!

Allen McCaskill

Goodheart-Wilcox
amccaskill@g-w.com

Friday 2:45pm – 3:45pm Robinson's Folly

10 Ways to Create a Skills-Based Health Classroom

Join Allen McCaskill, educational consultant with Goodheart-Wilcox, as he shares skills-based health education assessments and activities, which can be easily implemented into the health classroom. Teachers will leave with 10 or more new skills-based activities and assessments for their teacher toolbox. In addition, teachers will receive health posters and more.

Kalie McKinley
Assumption High School
Kalie.mckinley@ahsrockets.org

Saturday 11:30am – 12:30pm Harrisonville

Catch Waves without Water

Do you enjoy surfing? Would you like to share your enjoyment for surfing with your students? Come learn how to simulate surfing in the physical education setting without a water source. Help your students become physically literate through a surf-specific workout and skill development. Let's truly prepare our students for a lifetime of movement, making 50 Million Strong by 2029 a reality for all!

Kalie McKinley
Assumption High School
Kalie.mckinley@ahsrockets.org

Saturday 12:45pm – 1:45pm Harrisonville

Float On

Do you have a passion for outdoor aquatic recreation, like stand-up paddle boarding? Would you like to share this passion with your students? Come learn how to simulate stand up paddle boarding in the physical education setting without a water source. Help your students become physically literate through a stand-up paddle boarding-specific workout and skill development. Let's truly prepare our students for a lifetime of movement, making 50 Million Strong by 2029 a reality for all!

Nate Moore
Grand Ledge Public Schools
theemrmoore@gmail.com

Friday 11:30am – 12:30pm Amphitheater

Technology in Physical Education? Yes You Can!

This presentation will highlight the value of employing technology in your classroom to support student engagement and teacher efficiency. Learn how one educator uses Google Classroom and YouTube to get time back during the day and grow as a professional. Participants will watch and learn via a demonstration on how to utilize both tools in their craft.

Tony Moreno
Eastern Michigan University
amoreno@emich.edu

Friday 2:45pm – 3:45pm Amphitheater

Long Term Athlete Development as a Physical Education Framework and Advocacy Tool

The focus of this session is to introduce the concept of long term athlete development (LTAD) as a framework, and to understand how LTAD can be implemented by physical educators throughout the K-12 environment. LTAD embraces the acquisition of movement competence and confidence, enabling a pathway toward a physically literate culture and the discovery that "youth of all abilities" are athletes within an LTAD structure that embraces and encourages lifelong physical activity. In summary, this presentation will offer support for the LTAD framework as an influential mechanism for the advocacy of K-12 physical education.

Robert Pangrazi – KEYNOTE
Arizona State University and GOPHER

Friday 10:15am – 11:15am Theater

KEYNOTE – Come join us for a Fabulous Learning Experience

Robert Pangrazi is a Professor Emeritus at Arizona State University and an Educational Consultant for Gopher Sport. He has been in the education field over 50 years. He began his career as a 5th grade teacher and was an ASU professor of physical education for 32 years. He has published over 60 textbooks and 200 research and professional articles. He has been invited as speaker at over 500 national and international conferences.

Logan Paquet, Kelly Kuhlman
The First Tee – Northern Michigan
lpaquet@thefirstteenorthernmichigan.org

Friday 9:00am – 10:00am Atrium
Friday 11:30am – 12:30pm Atrium

Golf in Schools

Golf in Schools is an interactive presentation using The First Tee curriculum of core values such as Honesty, Integrity, and Respect. Using adapted equipment, the presentation will demonstrate the benefits of teaching golf in physical education classes. Topics will include integrating math skills, adapting to special needs, and inclusive for all!

Pamela Penkala

Robert G. Lutz School for Work Experience
ppenkala@misd.net

Friday 1:30pm – 2:30pm Theater

Finding Leisure or Recreational Activities after Graduation or Completion of a Program

Exploring how a special needs young adult can find Leisure or Recreational Activities in their community to continue to participate in after completion or graduation from school.

Scott Przystas

Grand Haven Area Public Schools
Przystas2@gmail.com

Friday 4:00pm – 5:00pm Harrisonville

Team Building in Elementary PE

Being a great teammate is a quality that will carry over for the rest of their lives. In this active session, participants will learn how to get elementary students started off on the right track to break barriers, work together and accomplish tasks through games and activities.

Julie Rochester

Northern Michigan University
jrochest@nmu.edu

Friday 11:30am – 12:30pm Eagle Point Cove
 Saturday 11:30am – 12:30pm Eagle Point Cove

Sport Specialization in Youth Athletics – Injury Implications

This session will discuss sport injuries, and the mechanisms that are common with early youth sport specialization. In addition, information will be shared about how these injuries can be prevented.

Abby Rose

CATCH Global Foundation
arose@catch.org

Friday 2:45pm – 3:45pm Eagle Point Cove

Free E-Cigarette Prevention Program: CATCH My Breath

E-cigarette and JUUL use has grown dramatically in recent years to become the most commonly used tobacco product by middle and high school students. Most e-cigarettes contain nicotine, a highly addictive substance that can harm adolescent brain development and has been associated with health and behavior problems. During this session, participants will be introduced to a best practices-based e-cigarette prevention program for middle and high school students and learn how schools across the U.S. are using CATCH My Breath to deliver e-cigarette prevention education to their students and how to access this free program for use in their own schools.

Dr. Gary Sanders

sandersg@saintjoe.edu

Friday 2:45pm – 3:45pm Theater

Line Dancing with a bit of spice!

Line dancing continues to be a popular form of instruction of rhythmical movement in our Physical Education classes. This session is for all curriculum grade levels. The dance will match the Physical Education and Dance Standards for your needs. Each dance will have a spicy movement or special skill included. Some of the line up will include: Time of your Life (from Dirty Dancing), Sweet Home Alabama and Samba Slide. Come and join us!

Sarah Sluiter

Fitness Finders
ssluiter@mcgain.org

Saturday 7:45am – 8:45am Eagle Point Cove

Run Your Run Club the EZ Way

Conducting a run club or Mileage Club® at your school is a fantastic way to add activity to a students' day. Gather great information and tips from our highly successful program. I'll also share how I added technology to my program with EZ Scan®, which truly helped me keep track of students' laps in run club. Come ready with questions and stories.

Mark Stephens

MSU Fisheries and Wildlife

Steph143@msu.edu

Friday 11:30am – 12:30pm Harrisonville

Come learn what fishing with kids is all about!

Come and see what fishing with kids is all about. Find out how you can connect to the PE benchmarks and standards and hear what other PE professionals have done for their communities. This program, coordinated out of Michigan State University's Department of Fisheries and Wildlife, is an educational program for youth and families sponsored locally by schools, fishing conservation organizations, and others interested in fishing and our fisheries. It's primary focus is on providing training, support and connections to community volunteers/teachers throughout Michigan to create the next generation of stewards of our Great Lakes.

Jeff Stevenson

Friday 1:30pm – 2:30pm Sound Stage

KIN-BALL: A Non-Traditional Action-Packed Game

The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48" Kin-Ball. Play inside or out. Have a ball!!

Deak Swearingen

AAPS

swearing@aaps.k12.mi.usFriday 11:30am – 12:30pm Robinson's Folly
Saturday 12:45pm – 1:45pm Sugarloaf**Using technology to increase heart rate, and decrease behaviors in Adapted Physical Education****Sandy Sweckard, Marie Volovsek**

Greater Lansing Pickleball Club

Swec53@gmail.com

Saturday 11:30am – 12:30pm Sound Stage

What is Pickleball?

Pickleball is the fastest growing sport in the country. It can be played by any age group. It's a great family activity, lifetime sport and opportunity to play tournaments around the country on a competitive level. Courts are being built in every community. Let's get these kids started, and off the their devices!

Danny Taylor

Deerfield Elementary School

Danny.taylor@novik12.orgFriday 1:30am – 2:30pm Robinson's Folly
Saturday 11:30am – 12:30pm Robinson's Folly**Archery in Schools: A Break from Conventional PE**

The National Archery in Schools program is a really cool! It uses real compound bows and blunted-tip practice arrows. Safer than every sport besides table tennis, target archery is a fun alternative to traditional Physical Education. It combines a great deal of physicality to successfully fire an arrow while also challenging student's mental fortitude. The program that uses the compound bows is for fourth grade and up, however, there are also options for lower elementary school students. My presentation will allow viewers to see how I implement my target archery unit, as well as giving them an opportunity to use the equipment. The purpose of the presentation is also to erase the fear and stigma attached to using REAL target archery equipment.

Lindsey Tocco

Bloomfield Hills Schools
Lindsey.tocco@gmail.com

Friday 9:00am – 10:00am Harrisonville

**Teaching Games for Understanding –
 Exciting ideas you can use ASAP!**

Using Teaching Games for Understanding (TGFU) strategies and concepts will help deepen your students understanding of Activity Appreciation, Tactical Awareness, Decision-Making, Application of Skills and Performance (TGFU approach foundation skills). TGFU also improves student engagement and give your students a voice in the lesson. Come ready to join in demonstrations and take your PE program to the next level. We will be exploring some popular TGFU games and you will receive some valuable visual resources as well. We will also touch on how you can access a wealth of TGFU ideas by using Twitter.

Bob Vogt, Bob Marijanovich, Tanya Dubay, Mary Jo Perkovich, Linda Grinnell

Walled Lake Consolidated Schools
robertvogt@wlcsd.org

Saturday 11:30am – 12:30pm Sugarloaf

Instant Activities to Kick Start Your PE Classes!

This session will offer participants ideas for instant activities and warm ups to get students ready to move and ready to learn!

Bob Vogt

Walled Lake Consolidated Schools
robertvogt@wlcsd.org

Friday 2:45pm – 3:45pm Arch Rock

**Seesaw, Plickers, and Twitter... Oh My! Incorporating 21st
 Century Technology Into your P.E. Program!**

Are you interested in incorporating technology into your teaching but don't want to see kids just sitting on your gym floor with an ipad? This session will offer participants practical ways that teachers can use technology to enhance their physical education programs and take their teaching into the 21st century!

Amiee Vondrasek

United Dairy Industry of Michigan
amiee@milkmeansmore.org

Friday 11:30am – 12:30pm Sugarloaf

Using School Meals to Fuel Student Athletes

Are you addressing the nutritional needs of your student athletes? Learn how to work with your food service department to help fuel your student athletes throughout the day. Set them up for success in the game and the classroom. Resources and grant information will be available to help support the healthy initiatives in your school.

Joe Welton

Saline Area Schools
weltonj@salineschools.org

Friday 2:45pm – 3:45pm Friendship Altar
 Saturday 12:45pm – 1:45pm Atrium

The Next Generation Gym

The Next Generation Gym is a concept that I have been working on for some time now. At Pleasant Ridge Elementary in Saline Michigan, we are incorporating technology such as Heart Rate Monitors, I-pad video for immediate skill feedback and a hybrid based curriculum that incorporates aspects of individual fitness and game play that we believe is changing our students views on fitness. We are committed to developing new ideas and concepts that will allow students to benefit from life long physical activity. I am so excited to share this idea with the state of Michigan and anyone who may be interested in moving more towards this type of set up in the gym, at any level in their school.

Jason Willard

Ann Arbor Public Schools
jasonjwillard@gmail.com

Friday 9:00am – 10:00am Sound Stage

Floorball Fun!

Floorball is a fun and highly active team game that is similar to floor hockey. A floorball-specific stick and whiffle ball are used to dribble, pass and score goals. The teaching progression is fast because sticks are ultra-lightweight and the ball is easy to manipulate. We will introduce the game and the equipment, learn some of the basic floorball skills and play some fun floorball games. This session is appropriate for K-12 educators.

Chris Wilson
CIRA Ontario
Cwilson1224@rogers.com

Friday 2:45pm – 3:45pm Sound Stage

CIRA Favorites

A collection of fun active games that will motivate children of all ages to be

Mike Zaagman
Zig Zag Ultimate
mike@zigzagultimate.com

Friday 2:45pm – 3:45pm Sound Stage

Ultimate Frisbee: Encompassing every aspect of SEL

Ultimate Frisbee as SEL (Social Emotional Learning). How the only mixed gendered sport with no refs has gained full recognition by the Olympic committee. Learning about a sport that encompasses every aspect of social emotional learning: No refs from 5 years old to Team USA

Mike Zaagman
Zig Zag Ultimate
mike@zigzagultimate.com

Saturday 11:30am – 12:30pm Sound Stage

Learn How to Teach the Sport of Ultimate Frisbee!

Ultimate is very unique as it is the only co-ed sport with no refs that is officially sanctioned by the Olympic Committee! We will learn how to throw, catch, run drills, and play the game the way the pros play. The session is taught by professional Ultimate Frisbee player Mike “Zaags” Zaagman.

Jiabei Zhang, Luchara Wallace
Western Michigan University
zhangj@wmich.edu

Saturday 12:45pm – 1:45pm Robinson’s Folly

Interdisciplinary Preparation of Personnel for Serving Children with Significant Disabilities in Adapted Physical Education Teachers with Positive Behavioral Intervention and Supports

The purpose of this presentation is to (a) document the need for training qualified personnel to teach children with significant developmental disabilities in adapted physical education (APE) classes and (b) to propose an interdisciplinary program over two disciplines, APE and positive behavioral intervention supports (PBIS), for preparing these qualified personnel. The characteristics demonstrated by children with significant developmental disabilities, the competencies required for certified APE teachers and PBS specialists, and the evidence-based practices documented for teaching children with significant disabilities in APE classes with PBIS will be discussed in this presentation. An interdisciplinary program between APE and PBIS will be then proposed. A total of 14 courses (42 credit hours; 3 credit hours per course) are included in this interdisciplinary program. These courses are grouped in 2 core courses, 4 APE courses, 4 PEIS course, 2 elective courses, and 2 capstone courses. This presentation will be taken in 45 minutes.
