

# SHAPE Michigan - Southwest Regional Workshop

Vicksburg High School

March 23rd, 2019



## Schedule of Sessions

Time	Presentation 1	Presentation 2	Presentation 3
8:00-8:30 am	Registration and Welcoming Statements - Court 1		
8:30-9:30 am Session 1	Kurt Phelps - VHS <i>Running a HS Strength and Conditioning Program</i> Location: Weight Room Target: HS PE	John Dunlop - PCMS <i>Objectively Evaluating Student Fitness and MVPA</i> Location: Court 1 Target: All PE	Sawyer Duncan - VCS <i>Sabakiball</i> Location: Court 2 Target: All PE
9:40-10:40 am Session 2	Cody Caswell - VHS <i>Using Gimkit to aid in Instruction</i> Location: Health Room Target: MS/HS PE/Health	Kevin Hernandez - PCMS <i>Integrating Wrestling into your Physical Education Curriculum</i> Location: Wrestling Room Target: MS/HS PE	
10:50-11:50 am Session 3	Dale Berry - GVSU <i>Integrating Jump Rope Teams into Physical Education</i> Location: Court 2 Target: Elementary PE	Evan Wilson - GVSU <i>Everyone Can Dance</i> Location: Court 1 Target: All PE	Tess Armstrong - GVSU <i>Fitness Testing and Administering the Brockport Test</i> Location: Court 3 Target: All PE
12:00-1:00 pm Session 4	Lindsey Tocco - <i>Warm-Up Games You Can Use on Monday</i> Location: Court 2 Target: Elementary PE	Dr. Debra Berkey - WMU <i>Incorporating MVPA into Physical Education</i> Location: Court 1 Target: All PE	Open Session
1:00-1:15 pm	Closing and Raffle - Court 1		
1:30-3:00pm	Social Hour - Distant Whistle, Vicksburg, MI		

Upcoming SHAPE Michigan Events:

**THE BEST OF THE MIDWEST  
TEACHER FEST  
AUG, 15th 2019  
Kalamazoo, MI**

