

PRELIMINARY CONVENTION PROGRAM — SUBJECT TO CHANGE

2018 MAHPERD 89th Annual Convention

Monday, November 5 and Tuesday, November 6, 2018

DCU Center, Worcester, MA

PRE-REGISTRATION

(Postmarked by Wed., 10/24)

Professional 1 day	\$130
Professional BOTH days	\$150
Student (Full Time) 1 or 2 days	\$40
Retired 1 or 2 days	\$40

After the pre-registration deadline

Wed, Oct 24th, the registration fees will be:

ON-SITE REGISTRATION

Professional 1 day	\$145
Professional BOTH days	\$170
Student (Full Time) 1 or 2 days	\$55
Retired 1 or 2 days	\$55

PRE-REGISTRATION or ON-SITE REGISTRATION includes all sessions both days, access to Exhibits and Certificate of Attendance for PDPs

On-Site Registration and Pre-Registration Packet Pick-Up begin at 7:00 a.m.

MONDAY, NOVEMBER 5, 2018

7:45-8:45 (REC-18) Active and Interactive Approaches to Social Emotional Learning (SEL) Activity Area 1

Social Emotional Learning (SEL) has become a central focus for both schools and businesses. Why? The base of SEL – understanding self and others – is necessary for effective teamwork and essential to being human. In this practical, activity-based session Nate Folan will share activities and approaches that develop self-awareness, self-management, awareness of others, relationship skills, and responsible decision-making. Play and learn active and interactive approaches to Social Emotional Learning.

Presenter: Nate Folan, Bachelor's degree; Nate Folan Consulting; Owner and Experiential Trainer and Facilitator; Author; Consultant

7:45-8:45 (PE-13) All for One, One for All: Cooperative Learning in Physical Education Activity Area 2

No more competent bystanders! Cooperative Learning is an instructional strategy which allows your students to maximise their learning in the psychomotor, cognitive, and affective domains. In this hands-on session you will experience a variety of cooperative learning structures and learn how they can be used to meet PE standards and grade level outcomes using a wide variety of activities.

Presenter: Jo Bailey, Master's degree; Physical Education teacher, D.C. Everest Senior High School, Weston, WI; National Board Certified Teacher, a Google Certified Innovator, and 2013 Mid West SHAPE America High School Physical Education Teacher of the Year

7:45-8:45 (PE-65) Mindful Movements Mixer South Ballroom

Engage in fun-loving, easy to facilitate team building activities anyone can do. Take a journey through the body, connecting with the mind, while cultivating social-emotion wellness. Ending with brain based, stress relieving breath work. Walk away feeling inspired and empowered to incorporate these concepts into your current curriculum.

Presenter: Victoria Otto, Master's degree; Secondary Health and Physical Education Teacher/Coach, specializing in Yoga; Township District 113, Highland Park School; 2011 IAHPERD Secondary Physical Education Teacher of the Year; 2012 Midwest District Secondary Physical Education Teacher of the Year

7:45-8:45 (REC-97) How to Teach Physical Literacy Room A

The session will introduce Rising New York Road Runners, a FREE program for PE teachers that promotes physical literacy. More than 1,000 PE teachers nationwide use the program to introduce and reinforce the developmentally appropriate movement skills that enable students to participate in life and sports. The program includes free incentives for students and schools, and ongoing support for its teachers.

Presenters: Cindy Coughlin, retired Physical Educator, Springfield, MA; teacher of New York Road Runners program for last 10 years

Cliff Sperber

Sherrise Palomino

7:45-8:45 (PE-2) Using Comic Life in Physical Education Room B

Comic Life is an application that can be used to create a multitude of visual content for the Physical Education setting. Content includes, but is not limited to, station signs, field day maps, newsletters, lesson & unit plans, and assessments. Super easy to use and a ton of fun!

Presenter: Kevin Tiller, Master of Science in Kinesiology; Physical Education teacher, West Elementary School

7:45-8:45 (APE-86) APENS 3rd Edition! Updates on the Adapted Physical Education National Standards Revision and Certification Exam Room C

The session will provide information on the process of the 3rd edition of the APENS Standards and Exam. Specifically, information will be shared on the major and minor changes across the standards and exam. A review of the major content changes along with sample test items will be distributed.

Presenters: Timothy Davis, Professor, Adapted Physical Education, SUNY Cortland; Director of the Sensory Integration Motor Sensory Lab (SIMS Lab); Chair of the Adapted Physical Education National Standards (APENS) which is endorsed by the National Consortium for Physical Education and Individuals with Disabilities (NCPEID)

John Passarini, Adjunct Professor at Salem State University; Undergraduate and Graduate Adapted PE/ Motor Development; 2003 Disney National Teacher of the Year; Retired Adapted Physical Educator- 48 years

7:45-8:45 (ATH-50) Do It Yourself Exercise **Room D**
 Would you like your students to be more physically active both at school and at home? This session will focus on creative ways to exercise using D.I.Y. or low cost equipment. Practical applications may be used in physical education, classroom settings, or extensions at home. Attendees will also learn ways to promote D.I.Y. exercise to parents and families for lifelong benefits.
Presenter: Lynn Pantuosco-Hensch, Doctorate; Associate Professor of Movement Science, Westfield State University; former MAHPERD Board Member

7:45-8:45 (H-63) Using the SHAPE Performance Task Template to design Skills-Based Health/SEL Authentic Assessments **Room E**
 Stay current with your Skills-Based Health/SEL planning by learning to use the SHAPE America performance task template to plan authentic assessments using the National Health Education Standards and the CASEL Social Emotional competencies
Presenter: Mary Connolly, M.Ed., CAGS, CHES; Program Chair, Skills-Based Health/Social Emotional Learning, Cambridge College

7:45-8:45 (D-33) Let's Dance the Tango **Junior Ballroom**
 Teresa will lead you into the basic steps of the Tango with it's upbeat rhythm. Tips on how to lead and follow and hold will also be covered.
Presenter: Teresa Osborn, Associate's degree; Freelance Dance Educator; Health and Wellness Supervisor, Sammamish YMCA

Opening Remarks: Commissioner Jeffrey C. Riley
Jeffrey C. Riley was appointed Massachusetts' 24th commissioner of elementary and secondary education in early 2018 and began serving as commissioner on April 5, 2018. A Massachusetts native, Mr. Riley's experience spans urban and suburban districts and includes teaching in Baltimore, Md., being principal of Tyngsboro Middle School, and being principal of Boston's Edwards Middle School. In January 2012, Commissioner Riley was appointed superintendent/receiver of the Lawrence Public Schools. During his more than six years there, he led a team that brought major improvements by shifting more resources and autonomy to the school level, expanding the school day, increasing enrichment opportunities, and ensuring all schools had great leaders and teachers.
Commissioner Riley lives in Boston and holds a bachelor's degree in philosophy from Pomona College in California, a master's degree in counseling from Johns Hopkins University in Maryland and a master's degree in school administration, planning and social policy from Harvard University.

9:00-10:00 GENERAL SESSION North/Central Ballrooms
Keynote Speaker: Norm Bossio
 For over 30 years, Norm Bossio has spoken in front of nearly 3 million audience members in a variety of venues. He has keynoted national conferences in virtually every major industry. Prior to starting his own business, he served as a teacher, principal, and superintendent of schools. For eight years, Norm was an adjunct faculty member and consultant to the management certificate program at Stonehill College. He received his B.S. from Springfield College and M. Ed. from Boston State College. In 2006, Norm hosted the national public television special, "Staying Motivated on the Deck of the Titanic with Norm Bossio." Norm's first book was recently published by Dog Ear Publishing in Indianapolis, IN. In 1994, Norm was named Speaker of the Year by the Yankee Chapter of Meeting Planners International.

10:15-11:30 Joseph McKenney Awardees 2nd Floor Conference Rm. and Past Presidents' Breakfast
By Invitation Only
Generously Sponsored by Westfield State University

10:30-11:30 (PE-58) K-2 Educational Gymnastics Progressions **Activity Area 1**
 K-2 Educational Gymnastics will include a focus on skill progressions at each grade level, lesson ideas, student/teacher demonstrations, and the alignment with the SHAPE Standards.
Presenter: Robert Tatro, Master's degree; Elementary Physical Education and Wellness teacher, Hillside Elementary School, Needham, MA

10:30-11:30 (H-19) Everyday Mindfulness: 9 Simple Ways to Practice Mindfulness **Activity Area 2**
 There seems to be a mystique around mindfulness. Or the notion that it's reserved for the most practice gurus while not being accessible for the average person. Let's shift that story. Mindfulness is accessible and can be practiced in a variety of ways, every day. In this dynamic, interactive session Nate Folan will equip attendees with practical approaches to incorporate mindfulness into everyday experiences and interactions - at school, home, and personal events. Leave inspired to practice mindfulness everyday and invite your students to do the same. Attendees will:
 • Be introduced to practical approaches to mindfulness
 • Practice a variety of everyday mindfulness techniques and tools through individual, interactive, and inventive exercises
 • Explore how mindfulness can positively influence communication, collaboration, critical thinking, and creativity
 • Understand the accessibility and value of mindfulness in every day experiences and interactions
 • Identify 1-3 ways to practice mindfulness on a daily basis
 • Leave confident and equipped with practical ideas to practice everyday mindfulness
Presenter: Nate Folan, Bachelor's degree; Nate Folan Consulting; Owner and Experiential Trainer and Facilitator; Author; Consultant

10:30-11:30 (PE-15) Making #Phyzed Stick: Strategies to Maximise Learning, Engagement, and Enjoyment in PE **South Ballroom**
 This active/hands-on session will go through the STEPPs we can use to build choice, voice, and challenge in Physical Education while maximising student learning, enjoyment, and engagement. Leave with a variety of activities you can use for warm ups, instant activities and ideas that can be used with virtually any activity. Activities will be aligned with physical education standards and grade level outcomes.
Presenter: Jo Bailey, Master's degree; Physical Education teacher, D.C. Everest Senior High School, Weston, WI; National Board Certified Teacher, a Google Certified Innovator; 2013 Mid West SHAPE America High School Physical Education Teacher of the Year

10:30-11:30 (H-11) A Skills-Based Human Sexuality Unit! **Room A**
 Review a skills-based health education unit focused on content area of human sexuality, paired with the skill of analyzing influences from the National Health Education Standards. Two middle school health educators have designed an inclusive curriculum for their students, with multiple opportunities for skill practice. This session is for anyone looking to create a welcoming, inclusive human sexuality curriculum that is focused on building student self-efficacy through learning the skill of analyzing influences.
Presenters: Jeff Bartlett, Master's degree; Holten Richmond Middle School, Danvers, MA
 Danielle LaRocque, Health Educator, Holten Richmond Middle School, Danvers, MA; MAHPERD Health Vice President

10:30-11:30 (H-61) How Do the New National Health Education Teacher Education (HETE) Standards Impact Your Skills-based Health Classroom? **Room B**
 Is your health program aligned to the national Health Education Teacher Education (HETE) standards? The new wave of skills-based health educators will soon be on their way to your district! Join us to learn how the new HETE standards impact your health program, your staff, and your classroom!
Presenter: Mary Connolly, M.Ed., CAGS, CHES; Program Chair, Skills-Based Health/Social Emotional Learning, Cambridge College

10:30-11:30 (H-88) Hydroponic Gardening: Improving School Food Options Through Coordination Room C

Learn about the problem with food, the benefits of hydroponic gardening, and how your students can lead school nutrition improvements using a coordinated approach. Also learn how to make your own, low budget, hydroponic garden for your classroom and will be provided example learning activities for student engagement.

Presenter: Danielle Petrucci, Health Educator, Director of Health and Physical Education, Hamilton-Wenham Regional School District, MA; 2018 MAHPERD Health Education Teacher of the Year

12:30-1:30 (REC-20) 4 Essential Strategies for Effective Student Engagement Activity Area 2

Ever wonder what you could do to more effectively engage your students? In this practical, activity-based session, Nate Folan will share his perspective - four behaviors that inspire effective, engaging, and inclusive experiences for a of groups in nearly any setting. Each behavior will be explored through interactive activities. Walk away inspired with a deliberate practice for engaging your students.

Attendees will:

- Learn 4 practical strategies for effective student engagement.
- Understand how these 4 strategies inspire relevant, engaging, and inclusive experiences for a variety of groups
- Identify personal strengths and gaps associated with each strategy.

Presenter: Nate Folan, Bachelor's degree; Nate Folan Consulting; Owner and Experiential Trainer and Facilitator; Author; Consultant

10:30-11:30 (ATH-49) Stay in the Game Room D

Youth sports become competitive and time consuming all too quickly. In light of the modern demands of youth and high school sports, young athletes are experiencing more sports injuries than ever before. Session will provide evidence-based strategies to help adolescent athletes reduce injuries and stay in the game.

Presenter: Lynn Pantuosco-Hensch, Doctorate; Associate Professor of Movement Science, Westfield State University; former MAHPERD Board Member

12:30-1:30 (PE-40) F.I.T.T.ing Technology Into Physical Education North Ballroom

Why is it important to know our max heart rate? Why should we explore heart rate with our students? Activity-based session will take participants through exercises that explore what our heart rate tells us about our intensity level of an activity, and the relation to our lifetime fitness goals. Participants will use Blink Armbands to help gain an understanding of how heart rate correlates with activity and the creative ways to use reports for fitness assessment in physical education.

Presenter: Pam Powers, Master's degree; Physical Powers, LLC; Teacher of the Year National Association for Sport and Physical Education and Golden Apple Teaching Foundation

10:30-11:30 (APE-26) Physical Educators and Adapted Physical Educators Have Similar Goals Room E

Physical Education and Adapted Physical Education teachers have similar goals when it comes to reaching student success. How to accomplish those goals may be tricky when addressing the needs of all students between the disciplines. Collaboration is key between general physical education and adapted physical education teachers. This session will highlight collaboration and include tips and tools as well as universal games that can be immediately implemented into the gymnasium.

Presenters: Valerie Meiners, M.Ed., CAGS, CAPE; Adapted Physical Education teacher, Andover Public Schools, Andover, MA
Jeffrey Stephens, Physical Educator, Andover Public Schools

12:30-1:30 (ST-72) MAHPERD Council for Future Professionals College and University Student Session Central Ballroom

Join a session for H/PETE students run by H/PETE students. The MAHPERD Council of Future Professionals invites all college and university students to engage and collaborate with their peers. All Invited!

Presenters: The MAHPERD Council for Future Professionals

10:30-11:30 Drum and Dance Junior Ballroom

Everyone can maintain a rhythmical beat on a drum and move to music regardless of age, ability or skill level This multifaceted, innovative cross-curricular session blends the worlds of easy to follow choreography while using inexpensive real drums. DRUM & DANCE is an evidence-based fitness and kinesthetic learning experience that brings fitness drumming, music, and brain health together. Discover how to fight childhood obesity and improve learning and neurological connections all while having FUN! This exciting program requires a variety of movement skills and adaptive protocols to participate in activities while experiencing creative self-expression using music to provide children with a noncompetitive and productive alternative approach to physical fitness, outside of traditional sports and athletics.

Presenter: Carrie Ekins, Founder & CEO of Drums Alive

12:30-1:30 (PE-67) Have A Ball With Yoga South Ballroom

Embrace your inner yogi while capitalizing on class time by integrating yoga into volleyball, basketball or any large ball activity. Differentiate learning easily and every student succeeds (ESSA). Improving strength, flexibility, skill and confidence.

Presenter: Crystal Gorwitz, Bachelor's degree; retired Physical Educator; 2004 National SHAPE America Middle School Physical Education Teacher of the Year; 2003 Midwest SHAPE America Middle School Physical Education Teacher of the Year; 2003 Wisconsin SHAPE America Physical Education Teacher of the Year; 2012 WHPE President (Wisconsin Health and Physical Education State Association); 2010 Alliance for a Healthier Generation Champion Award; 2013 Herb Kohl Fellowship Award recipient; 2001 PEP Grant Winner

11:30-12:30 LUNCH

- **Silent Auction-New England Sports Memorabilia** - Proceeds support MAHPERD Student CoFP
- **Visit Social Justice Exhibit - Cradles to Crayons**
- **Please visit and support our Exhibitors** - Sign Exhibit card at the end of each day for to be placed in our Daily Raffle!

12:30-1:30 (H-9) Mindful Practices and Academic and Social-Emotional Learning in Elementary School Children Room A

Session examines relationship between mindfulness practices and academic and social-emotional learning in elementary school children. Research has found that mindfulness-based programs support academic growth, reduce stress, improve attention, and improve social skills and emotional regulation. Session includes a guide and activities for teachers to help them implement mindfulness into their classrooms so they can support students academically and socially/emotionally. Examine relationship between mindfulness practices and academic and social emotional learning in elementary students, explore their own mindfulness practice and research-based mindfulness techniques to support academic growth and social emotional learning, and demonstrate some mindfulness techniques that can implemented into the classroom.

Presenters: Elise Fontes, Master's degree; Physical Education teacher, Braintree Public Schools

Caitlinn Casey, Master's degree; Physical Education teacher, Braintree Public Schools

12:30-1:30 (PE-37) Creative Games Created by Incredible Students! Activity Area 1

4th Grade students were given the opportunity to "Create a PE Game", templates were given, students created & WOW it was an eye opening experience! Excited to share our creations so you can take back our games to your students. Come ready to play a few of the student games WITH the CREATORS!

Presenters: Christine Horn, Bachelor's degree; Physical Education teacher, Memorial Elementary School, Upton, MA

Students from the Memorial Elementary School, Upton, MA

12:30-1:30 (PE-14) Going SOLO: Visible Learning and Easy Self-Assessment in Physical Education Room B

Do you want your students to have more ownership in the learning process? Do you want them to advocate for themselves and identify the steps needed to move to a higher skill level or level of understanding in physical education? Then you need the structure of observed learning outcomes (SOLO) taxonomy! SOLO Taxonomy measures the level of understanding a student has of a topic, unit, concept or idea and places the student at the center of the learning process. Session will show you how to implement SOLO Taxonomy in Physical Education and demonstrate how SOLO provides excellent evidence of student understanding. - Examples of how to implement SOLO Taxonomy for each Physical Education standard will be presented with rubrics for assessment.

Presenter: Jo Bailey, Master's degree; Physical Education teacher, D.C. Everest Senior High School, Weston, WI; National Board Certified Teacher, a Google Certified Innovator, and 2013 Mid West SHAPE America High School Physical Education Teacher of the Year

1:40-2:40 (PE-6) Plug and Play Fitness Activity Area 1

Be ready to participate in this highly-active session highlighting OPEN Plug and Play Activities. These micro-activities are intended to be taught throughout the year and address all components of health-related fitness. This session will provide elementary & secondary teachers with ideas to engage and empower students to improve their individual fitness level.

Presenter: Nick Kline, Master's degree; Physical Education Consultant; US Games / SUNY Cortland

1:40-2:40 (REC-21) Active Teambuilding Activities That Teach 21st Century Skills Activity Area 2

Communication, collaboration, critical thinking, and creativity have been deemed necessary skills for the 21st century. With intention, they are essential skills developed during teambuilding and cooperative games units. In this active, activity-based session, Nate Folan will engage attendees in an intentional sequence of active teambuilding activities that teach 21st century skills. Learn new activities (all different than last year), leave with a framework to make a positive difference.

Presenter: Nate Folan, Bachelor's degree; Nate Folan Consulting; Owner and Experiential Trainer and Facilitator; Author; Consultant

12:30-1:30 (CTAHP-70) Room C

All Directors of Health, Physical Education and Wellness and Lead Teachers are invited to discuss issues and ideas for school district administration.

12:30-1:30 (APE-71) Big Games for Little Bodies Room D

Young students require a lot of attention! During this interactive session, learn effective strategies on how to engage students aged 3-7 during the vital early intervention-to-kindergarten years. Strategies such as the use of visuals, music, consistent routines, familiar and inexpensive equipment will be included. Attendees will watch videos, play games and share successful lessons for teaching this dynamic, lively age group. Games can be played with students of all abilities and are used on a daily basis with students who have multiple disabilities, are blind/visually impaired and Deafblind, at Perkins School for the Blind.

Presenter: Maebh Barry, Adapted Physical Education teacher, Deafblind Program, Perkins School for the Blind

12:30-1:30 (H-80) Become More Proficient in Behavior Management Room E

One of the most challenging issues for teachers is behavior management, a problem which pushes some educators toward other professions. In this session, participants will learn to recognize, empathize and intervene with our most challenging students. We will practice developing a FAIR plan for students with anxiety and take away tools for becoming more proficient in behavior management.

Presenter: Claudia T. Brown, Master's degree; Adjunct Professor, Cambridge College, Boston University, Salem State University; owner, Health Matters, Consultant in Health Education; retired K-12 Coordinator for Physical Education, Health and Wellness, North Reading Public Schools

12:30-1:30 (D-22) How to Introduce Ballroom Dance Junior Ballroom

You don't need a background in dance to introduce your students to this important lifetime skill. Karen and Kathy will share how their love of ballroom dance has found its way into their classrooms. They will help you take those baby steps towards implementing this wonderful form of movement into your curriculum. We will address inclusive language, partnering options, respect and answer questions. Come ready to dance and have fun! Designed for K-12 educators. (Foxtrot and Merengue)

Presenter: Karen Renaud, Master's degree; Hopkinton Public Schools, Hopkinton, MA; K-12 Wellness Subject Matter Leader; 2016 MAHPERD High School Teacher of the Year

Kathleen Brophy, Master's degree; Wellesley High School; 2015 MAHPERD High School Teacher of the Year; 2016 Eastern District High School Teacher of the Year

1:40-2:40 (PE-66) Let's Get Strappy North Ballroom

Ever wonder how to use a yoga strap? Beginners to experts find using straps help with alignment, increase resistance for strength training postures and helps deepen poses. Have fun tying yourself in a knot AND getting yourself in and out of postures safely. Learn to scaffold poses so everyone is included, successful and meet the National Standards. We will end with a mindful meditation linking breath and neuroscience together.

Presenter: Victoria Otto, Master's degree; Secondary Health and Physical Education Teacher/Coach, specializing in Yoga; Township District 113, Highland Park School; 2011 IAHPERD Secondary Physical Education Teacher of the Year; 2012 Midwest District Secondary Physical Education Teacher of the Year

1:40-2:40 (PE-16) "Super" Themes and Activities for Field Day or Family Night Central Ballroom

Planning Field Day, Family Fitness nights, Kids on Campus visits, and other special events will become your super power after attending this session. The presenters will identify over ten different themes and participate in corresponding activities and games. The presenters will also share ideas and best practices for advocating for their program, highlighting new and innovative teaching strategies, communicating with other school staff, families, and community members through special events planning.

Presenters: Patricia Rollins, Master's degree; Physical Education teacher, Lincoln Street School, Northborough, MA; 2018 MAHPERD Elementary Teacher of the Year
Kathleen Wack, West Liberty University, West Liberty, WV

1:40-2:40 (D-32) Swing Line Dances South Ballroom

Join Teresa – learn some fun Swing line dances ranging from the big band sound, 60's and 80's. Repeatable routines that your students will enjoy.

Presenter: Teresa Osborn, Associate's degree; Freelance Dance Educator; Health and Wellness Supervisor, Sammamish YMCA

1:40-2:40 (H-46) Mental/Emotional Self-Awareness Amongst Middle School Students Room A

Session will encompass ways in which Health Educators can incorporate lessons into their curriculum that create mental and emotional self-awareness amongst middle school students. Will include methods and activities a teacher can utilize in the classroom to enhance a student's personal understanding of their current emotions and feelings, empathy for others, and stress/emotional management techniques to help harness their feelings in healthy ways. Activity/Lesson Examples include relaxation/mindfulness techniques, webquest with examples of ways in which people express their feelings, and exploring the teenage brain analysis.

Presenter: Jill Herwig, Master's degree; 6th-8th grade Health Educator, Garfield Middle School, Revere, MA

MONDAY, NOVEMBER 5, 2018

1:40-2:40 (STU-73) MAHPERD Student Poster Session Room B
Please support our students who have worked diligently on their posters. Everyone is invited!

1:40-2:40 (H-4) Signs, Symptoms, Management, Treatment Room C
Of Sports-Related Concussions

Session will review how to recognize the signs/symptoms of a sport-related concussion and their management/ treatment. Discuss return to learn and return to play criteria and how these all relate to the concussion law in Massachusetts. Cover ideas for coaches and administrators to help assure that staff working with children have proper knowledge in regards to concussions.

Presenter: Diane Sartanowicz, MS, LAT, ATC; Director, Massachusetts Concussion Management Coalition; The Fessenden School, West Newton, MA; Inductee Bay State Games Hall of Fame 2006

Dr. Rebekah Mannix

Kathleen Thornton, LAT, ATC

Dr. Michael Beasley

Andrew Rizza, LAT, ATC

Mary Gawron, RN

1:40-2:40 (PE-84) Heart Rate + Data Collection Room D
That Drives Your Program

Experience wrist-based heart rate technology that empowers students to take ownership of their health, connects parents daily through reports and links PE to SEL and STEM, K-12. Learn how interconnected PE assessment tech can change student behavior, create simplified data collection and increase your program's value to administrators. How to acquire technology and ESSA funding for 1:1 technology that drives health and fitness literacy through personalized learning.

Presenter: Jen Ohlson, President and Co-Founder, Interactive Health Technologies

1:40-2:40 (APE-83) Evidence Based Practices for Room E
Teaching Children with Disabilities
In Physical Education

Evidence based practices for teaching children with disabilities in physical education. Practical applications and examples provided of how to implement these practices when working with students of varying ability levels. Session will provide insight on how to manage behaviors and best deliver information in a physical education setting.

Presenters: Michelle Ferrer, Doctorate degree; Assistant Professor, Eastern Connecticut State University

Undergraduate Phys. Ed. Teacher Education Candidates

1:40-2:40 Wellness Beats (Drums Alive® Junior Ballroom
The Mind-Body Connection)

Drums Alive® Wellness Beats is a research-based, interactive program that introduces inspiring music, powerful rhythms, percussive beats, and expressive movements designed to take you on a creative, physically rewarding, emotionally satisfying, psychologically stimulating brain and body journey to wellness. This innovative symposium is designed to promote increased synchronization between the two hemispheres of the brain leading to the release of neurotransmitters such as serotonin, dopamine and oxytocin that will uplift your mood, relieve stress, and provide increased energy and uplifting benefits to physical, emotional and mental fitness. Learn how to apply this unique, multidisciplinary approach that will unify your mind, body, and spirit while creating balance and harmony for you and for those you teach.

Presenter: Carrie Ekins, Founder & CEO of Drums Alive

2:50-3:50 (PE-38) Let It Foam, Let It Foam, Activity Area 1
Let It Foam!

There is Foam everywhere! There are long noodles, short noodles, sliced noodles, foam balls, dice, foam pizzas and foam rings. Foam is everywhere! In this active participation session we will be involved in activities and games with a "foamy" theme. Join us for some creative and educational foamy fun. Foam is great for all students of all abilities and adapts to all needs.

Presenter: John L. Smith, Master's degree; Director of Educational Services, FlagHouse; NJAHPERD Teacher of the Year 1988; EDA Teacher of the Year 1989; SHAPE National Teacher of the Year 1989; 2005 NFHS National High School Basketball Coach of the Year

2:50-3:50 (PE-54) Skill Progression & Lead-up Activity Area 2
Games

Session will discuss the importance of skill progression and how to use lead-up games to develop and practice skills. Participate in a variety of lead-up games & activities for elementary and middle school students that focus on motor skills and sport skills. Games are a fun and easy way to keep students active, engaged, and working on skills that encourage future participation in sport & recreation.

Presenter: Cathy Fuller, Ph.D.; Department Chair, Health and Fitness Studies, Regis College

2:50-3:50 (PE-42) Large Class, Small Groups; North Ballroom
Small Sided Games
With Minimal Instruction

Participate in lead up game activities that incorporate the concept of less than four rules, small teams, and quick game play. Focus will be on a single skill per game. Participants will have the opportunity to learn how to change the game from a cooperative to competitive focus.

Presenter: Pam Powers, Master's degree; Physical Powers, LLC; Teacher of the Year National Association for Sport and Physical Education and Golden Apple Teaching Foundation

2:50-3:50 (PE-45) The Big Challenge is SPACE Central Ballroom

As physical education teachers we are faced with numerous challenges during the school year. This might include (but is not limited to) competing for gym space, poor weather conditions, ever-increasing class sizes, or teaching more than one class at the same time. But what happens when the biggest challenge you face is your actual space? In this session, two physical education teachers from Brookline, MA will talk from personal experience about how to make the necessary adaptations in your teaching practices, classroom management, and teaching mindset in order to not just survive, but thrive in a seemingly difficult teaching environment.

Presenters: Scott Newman, Bachelor's degree; K-8 Physical Education teacher, Brookline Public Schools

Jennifer Mathis, Master's degree; Physical Education teacher
Edward Devotion School, Brookline, MA

2:50-3:50 (D-30) Zumba Choreography South Ballroom

Join Teresa as she teaches some fun, easy dance routines from pop, swing, salsa and cha-cha. These routines can be used in Physical Education class or a classroom setting. No dance experience required.

Presenter: Teresa Osborn, Associate's degree; Freelance Dance Educator; Health and Wellness Supervisor, Sammamish YMCA

2:50-3:50 (PE-3) EZ Scan®! The New Way to Track Laps Room A

Bring EZ-to-use technology into your class, run club or assessment. Kids scan QR cards and the data syncs to your computer. EZ Scan® also verbally encourages kids - a win for everyone. Works with tablets and phones. Free EZ Scan® subscription awarded at the session.

Presenter: Jenni Peters, Masters degree; Elementary Physical Education and Adapted Physical Education teacher, North Street Elementary School, Grafton, MA

2:50-3:50 (REC-91) Shinrin-Yoku: Translation is Room B
Forest Bathing

Join Coach Cate to learn about the Amazing Healing Ways of the Japanese Activity called Shinrin-Yoku: Translation is Forest Bathing. You will be given information on this simple practice of opening all of your senses in nature, that can be used by both you and your students to live a more healthy natural life. As part of her presentation, Coach Cate will lead you on a 30 minute Mindfulness Urban Forest Bathing Walk.

Presenter: "Coach Cate" (Catherine Dill), Master's degree; retired; traveled extensively around the world, both cycling and hiking

2:50-3:50 (APE-87) Sensory Integration 101: Addressing The Needs of ALL Children Using A Sensory Based Approach Room C

This session will provide a brief overview of sensory integration and discuss/demonstrate the importance of using sensory-based activities for ALL children. Hands on and DIY activities will be demonstrated along with equipment that promote vestibular, proprioceptive and tactile stimulation in general physical education classes.

Presenter: Timothy Davis, Professor, Adapted Physical Education, SUNY Cortland; Director of the Sensory Integration Motor Sensory Lab (SIMS Lab); Chair of the Adapted Physical Education National Standards (APENS) which is endorsed by the National Consortium for Physical Education and Individuals with Disabilities (NCPEID)

2:50-3:50 (H-27) Skills-Based Health Education Lessons For High School Room D

Receive skills-based lesson ideas for high school students. Participants will also receive a list of resources used to create skills-based lessons.

Presenters: Billy Graham, Master's degree; Wellness teacher, Brookline High School

Keith Thomas, Master's degree; Wellness teacher, Brookline High School

2:50-3:50 (H-12A) A Crash Course in Mindfulness Room E

This session will be a crash course in mindfulness for both students and adults. The session will include an explanation of what mindfulness is and an overview of the science and benefits of mindfulness practice. In addition, it will include activities and classroom ideas that participants can implement in their own classroom right away. Naturally, we will take participants through several different mindfulness exercises!

Presenters: Leah Lipschitz, Master's degree; Wellness teacher/District Health Educator, Boston Public Schools
Suzy Spresert, District Health Educator, Boston Public Schools; Faculty Member Cambridge College

2:50-3:50 (PE-29) Rhythm and Movement: Drumming and Dance Junior Ballroom

This session will have lots of rhythm and movement. We will do a drumming warm-up (if not on wood floors or there are mats to use), then continue on with several line and social dances. These dances can be modified to fit any age level. I will give participants my google link so they have access to all the videos of these dances and more. Participants will leave with activities they can instantly and easily put into their program even if they are rhythmically challenged.

Presenter: Shelly Connors, Master's degree; Physical Education teacher, Auburn Enlarged City School District, New York; 2017 Secondary NYS AHPERD Teacher of the Year

3:50-4:15 DRUM CIRCLE Foyer
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**to evaluate
your sessions
and**

the overall Convention!

**7:45-8:45 (PE-5) High Energy PE Activities: Activity Area 1
By Teachers, For Teachers**

Fun, easy and engaging activities that promote best practices and high-quality physical education utilizing a free curriculum resource (OPENphysed.org). No student will be waiting on the sidelines in these outcomes-based activities designed by teachers for teachers. The goal of this session is for all participants to leave with at least one new idea to enhance MVPA.

Presenter: Nick Kline, Master's degree; Physical Education Consultant; US Games / SUNY Cortland

7:45-8:45 (PE-75) Biking in the High School Curriculum Activity Area 2

The session will cover the costs, challenges, and highlights of introducing biking to the high school curriculum. Opportunities to cross with other subjects will also be covered. ABRHS is in its second year of adding biking to its high school program. Some bikes will be available to test ride. Everyone in the session will not get to ride.

Presenters: David James, Master's degree; Health and Physical Education Director, Acton Boxborough School District
Tom Kamataris

7:45-8:45 (H-56) Mindfulness for Developing Teachers South Ballroom

What does Mindfulness for teachers look like? This session will include an outline as well as some practice of methods used to study the effects of a mindfulness based meditation practice for "Developing" teachers (0-5 years of teaching experience and or 0-5 years in a new position). Target audience: Colleges considering how to implement Mindfulness into the teacher preparation course work. School and district administrators interested in incorporating Mindfulness into mentor programs. Teachers interested in developing a mindfulness practice for themselves and their students.

Presenter: Tim Walsh, High School Wellness Educator, Needham Public Schools

7:45-8:45 (REC-96) How A Five Day Sea Kayak Trip Kick Starts Four Years of Achievement Room A

Thompson Island Outward Bound Education Center brings the Walsh-Gollins' Process Model to life every summer on a five day sea kayaking trip for incoming freshmen at MIT. Program Manager Tim Wylie and Program Director Whitney Olesen illustrate the components of a successful expedition and help you transfer it to your class or cohort.

Presenters: Jim King, Senior Business Development Officer
Whitney Olesen, Director, Program Operations and Expeditions
Tim Wylie, Manager, Program Operations and Expeditions

7:45-8:45 (PE-12B) Upping Your Game – Assessments Made Easy Room B

Learn how simple assessments can be used effectively in health class or physical education. Learn how Plickers and/or Plagnets can be a powerful tool. Simple ideas will be presented that will allow you to challenge students to take control of their own learning. So simple you can use these ideas when you return to school with just an iPad or an iPhone. Student devices are not necessary. Come learn how Plagnets encourage student involvement in their own learning.

Presenter: Christine Basile, Master's degree; Wellness Teacher, Elmwood School, Hopkinton, MA; 2017 MAHPERD Elementary Physical Education Teacher of the Year

7:45-8:45 (PE-74) You Can Go Your Own Way! Orienteering: Running With Your Brain Turned On Room C

This interactive session will provide foundational skills for educators to feel confident in bringing the navigation activities of orienteering into their program/school. We will be sharing an eight-lesson high school curriculum that was piloted in the fall of 2017 and revamped in the fall of 2018 (September-October) at Lincoln-Sudbury Regional High School in collaboration with Navigation Games. Attendees will receive the complete unit plan package including lesson plans, materials and resources to try out orienteering activities with your students as early as next week! Come ready to learn, move and get inspired!

Presenters: Amanda Klein, Master's degree; Wellness Teacher, Lincoln-Sudbury Regional High School; Navigation Games Inc.; 2018 Adventure Educator of the Year by High 5 Adventure Learning Center

Barb Bryant, President, Navigation Games Inc.; Vice President of Youth Initiatives for Orienteering USA

Ethan Childs, Lead Teacher/Coach, Navigation Games Inc.; Coach at Cambridge Rindge and Latin High Schools Orienteering Team

7:45-8:45 (REC-93) Activity Tinkering: The How and Why Of Modifying Simple Games to Meet Specific Goals Room D

Teachers love adding to their bag of tricks - learning a simple ice breaker that will delight the group, or picking up an engaging new prop. We often spend less time exploring how to make maximum use of the activities we do know. When we change the framing, the rules, the physical set up or even the equipment used for any simple adventure activity, the outcome can change dramatically. Session will equip participants to tinker with the variables of a handful of activities in order to reveal how truly malleable they are.

Presenter: Lisa Hunt, Bachelor's degree; High 5 Adventure Learning

7:45-8:45 (PE-17) Social & Emotional Learning: Teach it! Practice it! Assess it! Room E

Everyone is talking about social and emotional learning (SEL). SEL has been a corner stone of our work for years. Session will focus on how we can direct our attention toward the social and emotional development of our students with purpose and clarity. (NOTE: Presented at the MAHPERD Spring Conference - this session will highlight progress made in Needham in the past year.)

Presenters: Kathy Pinkham, Doctorate; Director of K-12 Wellness Department, Needham Public Schools, Needham, MA; Past President of MAHPERD (2002 - 2003)

Luke Darling, Master's degree; Elementary Wellness teacher, Needham Public Schools

7:45-8:45 (D-34) Salsa Dance Party Junior Ballroom

Join Teresa as she takes you through your basic steps in Salsa and a few different turn combinations. She will teach one or two Salsa line dances and teach a partner combo.

Presenter: Teresa Osborn, Associate's degree; Freelance Dance Educator; Health and Wellness Supervisor, Sammamish YMCA

9:00-10:00 GENERAL SESSION North/Central Ballrooms

Interactive Keynote Speaker: Carrie Ekins

Carrie, is Chief Executive Officer, Education Coordinator and owner of DRUMS ALIVE Inc. who in her own moment of adversity, aimed to make a difference in the lives of people and society through empowering individuals to find the passion to embody a positive and healthy lifestyle. Carrie has a Master's degree in Physical Education and Dance with emphasis in Sports Medicine from Brigham Young University and is a Doctorate Candidate at the University of Chemnitz, Germany. She has extensive teaching experience, reputation and background in dance, competitive athletics, and fitness education wellness program development. Carrie is known for her creative and unique approach to total fitness while staying committed to her "whole mind, whole body" philosophy and designed Ability Beats with the specific goal of meeting the needs of any and all participants, regardless of fitness level, age or ability and wants to share her energy, passion and experience with everyone that desires to tap their limitless potential and improve their brain and body fitness in a very unique, euphoric and exciting way. She believes that teaching the "how" and "why" will allow individuals to better understand what they are being asked to do and more likely to appreciate the experience of how this research based program helps to better educate, inspire and empower. This keynote will give you the research you need to advocate for your programs!

TUESDAY, NOVEMBER 6, 2018

10:30-11:30 (PE-59) 3-5th Grade Educational Gymnastics Progressions Activity Area 1

Grades 3-5 Educational Gymnastics will include a focus on skill progressions at each grade level, lesson ideas, student/teacher demonstrations, and the alignment with the SHAPE Standards.

Presenter: Robert Tatro, Master's degree; Elementary Physical Education and Wellness teacher, Hillside Elementary School, Needham, MA

10:30-11:30 (PE-64) The Latest and Greatest from The Best and Brightest! (Vol. XVII) Activity Area 2

Highly creative games and activities for the Physical Education Classroom. Future professionals and their instructor present movement experiences that are guaranteed to excite, engage and encourage wellness.

Presenter: Robert J. Rausch, Ph.D., Professor, Department of Movement Science, Sport, and Leisure Studies and Physical Education Majors, Westfield State University

10:30-11:30 (H-35) Self-Care for Educators South Ballroom

Participants in this session will be exposed to and practice various self-care techniques. Basic mindful awareness skills (e.g. breath awareness) will be presented and participants will learn how emotions affect their work as educators. Various self-care topics and activities will be practiced in this one hour session.

Presenters: Dr. Adam Diliberto, Academic Coordinator, Bridge Program, Wellesley High School

Kathleen Brophy, Fitness and Health teacher, Wellesley High School; 2015 MAHPERD High School Teacher of the Year; SHAPE America 2016 Eastern District High School Teacher of the Year

10:30-11:30 (H-10) SES, SEE For SEL! Room A

Come learn how to implement social emotional strategies (SES) to create a social emotional environment (SEE) in a social emotional learning (SEL) classroom! Participants will be able to identify strategies to show students that they care about them while creating a stable classroom environment suitable for social emotional learning. Understand specific strategies such as quick check-ins, word choice, and explaining why skills based health education is so important to students to make them feel good, so they can be successful.

Presenters: Jeff Bartlett, Master's degree; Holten Richmond Middle School, Danvers, MA

Danielle LaRocque, Health Educator, Holten Richmond Middle School, Danvers, MA; MAHPERD Health Vice President

10:30-11:30 (PE-60) Develop a Framework and Criteria For non-PE Evaluators to Assess Physical Education Teachers Room B

Fifty committed inner-city Physical Education teachers created a Physical Education Informed Framework and "Look Fors" in teacher and student expectations, instruction and assessment for evaluation. This session provides PE professionals a process to develop a framework and criteria for non-PE evaluators to assess PE teachers and classes. Relevant benchmarks provide needed data for teachers to identify strengths, weakness, and to develop professional and student goals. This was an evolutionary process for all.

Presenters: Carol Manning, Master's degree; Health and Physical Education Liaison, Worcester Public Schools

Dr. Michelle Brown

Megan McDonald

10:30-11:30 (PE-41) How Do You Grade in Middle and High School Physical Education? Room C

In the new age of standards based physical education, how are grades calculated for physical education? What happens when a child does not earn an "A" in PE? The beginning of the session will include a panel of teachers who will discuss how they calculate grades, as well as the challenges associated with standard and performance based assessment in physical education. Then participants will participate in breakout discussions, designed to work toward solutions with this ongoing, difficult topic.

Presenters: Jennifer El-Sherif, Doctorate; Assistant Professor, Physical Education, Salem State University; MAHPERD Vice President, Dance

John Parker, Physical Education teacher, Hopkinton Middle School; recipient 2016 MAHPERD Middle School Teacher of the Year Award; MAHPERD Vice President of Physical Education

Noel Vigue, M.Ed., CSCS; Director for Health and Physical Education, Milton Public Schools; MAHPERD Past Vice President for Physical Education

Jayson Ramalho, Master's degree; Assistant Principal, Chelmsford Public Schools; Physical Education teacher, Comprehensive Grammar School; MAHPERD Past Vice President of Adapted Physical Education

10:30-11:30 (APE-28) A Collaborative Approach to Teaching PE Room D

This session will provide participants with an overview of the physical education and motor skills program for students at The New England Center for Children. Participants will gain an understanding of the collaborative, multidisciplinary approach used at NECC to structure physical education sessions.

Presenter: Phil Leonard, Master's degree; Director, Adapted Physical Education, The New England Center for Children

10:30-11:30 (H-69) Dr. Health: A Prescription for Student Engagement Room E

Do you teach like your hair is on fire? Have you ever dressed up in different costumes to engage your students in their learning? During this session you will learn the prescription to engage all your students in your skills based health education lessons with a focus on emotional wellness

Presenter: Crystal Gorwitz, Bachelor's degree; retired Physical Educator; 2004 National SHAPE America Middle School Physical Education Teacher of the Year; 2003 Midwest SHAPE America Middle School Physical Education Teacher of the Year; 2003 Wisconsin SHAPE America Physical Education Teacher of the Year; 2012 WHPE President (Wisconsin Health and Physical Education State Association); 2010 Alliance for a Healthier Generation Champion Award; 2013 Herb Kohl Fellowship Award recipient; 2001 PEP Grant Winner

10:30-11:30 (H-48) Incorporate Mindfulness Practices in Your Classroom Junior Ballroom

This session will give classroom teachers the knowledge and confidence they need to successfully incorporate mindfulness practices into their classrooms. Use of a standards-based approach to include mindfulness activities as part of the existing curriculum frameworks will allow teachers to feel comfortable including mindful movement, breathing techniques, and mindful awareness activities into the school day. Workshops are a combination of lecture, hands on practice, reflection, and discussion. Coaching and mentoring in mindfulness methods and delivery will allow any teacher to easily integrate this practice into their classroom.

Presenter: Mary Lance, Ed.D.; Elementary Educator and Mindfulness Instructor and Yoga teacher; Sangha Yoga Center

11:30-12:30 LUNCH

- **Silent Auction-New England Sports Memorabilia** - Proceeds support MAHPERD Student CoFP
- **Visit Social Justice Exhibit - Cradles to Crayons**
- **Please visit and support our Exhibitors** - Sign Exhibit card at the end of each day for to be placed in our Daily Raffle!

12:30-1:30 (REC-25) On Court Tennis Demonstration Activity Area 1

Presenters: Kristen Liteplo, Bachelors degree; USTA New England Christy Bennett, USTA New England

12:30-1:30 (PE-68) Health On the Move Activity Area 2

This active session will provide teachers with the strategies and techniques needed to teach 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.

Presenter: Crystal Gorwitz, Bachelor's degree; retired Physical Educator; 2004 National SHAPE America Middle School Physical Education Teacher of the Year; 2003 Midwest SHAPE America Middle School Physical Education Teacher of the Year; 2003 Wisconsin SHAPE America Physical Education Teacher of the Year; 2012 WHPE President (Wisconsin Health and Physical Education State Association); 2010 Alliance for a Healthier Generation Champion Award; 2013 Herb Kohl Fellowship Award recipient; 2001 PEP Grant Winner

Presenters: Susan Cowell, Master's degree; K-12 Wellness Department Head, Medfield Public Schools

The Medfield Public Schools Skills-Based Health Education Team!
Kath McCullough, Tom Woods, Mark Nickerson, Jeff Cambridge, Linnea Borjestedt, Paul Coutinho, and Kristen Thibeault

12:30-1:30 (PE-85) 1:1 PE Tech: Connected Data to Connect Students Room B

Experience ground-breaking technology in data collection that connects fitness and health, social-emotional learning and STEM, empowering students, parents, and schools to easily generate reports and track daily activity, K-12. See the results of MA districts that have collected data to improve their own program while uniting statewide data collection. In this hands-on interactive session, instantly collect, store and report assessments important to you, automate cardio tests, daily grading and send reports with the touch of a finger.

Presenter: Jen Ohlson, President and Co-Founder, Interactive Health Technologies

12:30-1:30 (PE-79) Game Shaping: Modifications in Net/Wall Games North Ballroom

Participants will learn how to make modifications to net/wall games to help students learn the essence or shape of the game. Experience this concept through net/wall games within a Teaching Games for Understanding approach. Information is designed for teachers and coaches of the novice games player.

Presenters: Deborah Sheehy, Ed.D., Professor, Bridgewater State University
Heidi Bohler, Associate Professor, Westfield State University

12:30-1:30 (ATH-81) The Impact of Social Media on Adolescent Depression Room C

Researchers have noted that adolescent depression is at a all-time high and have concluded that social media is to blame. This powerful session will discuss why and what educators and coaches can do to reduce the damage.

Presenter: Jeff LaCure, Doctorate degree; Sports Psychologist, Author, Professor, Coach

12:30-2:40 (D-31) Rock At Your Own Risk: Elementary Dance Under Construction! (2 hour session) Central Ballroom

Movement plus music equals elementary dance! Whether you're a dance phobic or fanatic, this session will meet standards-based rhythmic dance curriculum needs with ease. No rhythmic skills required! From choice of movements to choreography, students build, refine and perform beyond expectations. Join us to discover how the integration of sports, household chores, referee signals, and props will catapult your dance unit to a perennial favorite! Full units with lesson plans and assessments will be shared. *NOTE: This is a 2 hour session.*

Presenters: Kerri L. Smith, Master's degree; Elementary Physical Education teacher, Newman Elementary School, Needham, MA; 2013 MAHPERD Elementary Physical Education Teacher of the Year
Diana L. Demetrius, Mapleshade Elementary School, East Longmeadow, MA; MAHPERD and Eastern District Elementary Physical Education Teacher of the Year; recipient of MAHPERD Honor Award and Joseph McKenney Award; Past President MAHPERD; past chair of SHAPE and EDA Conventions

12:30-1:30 (H-62) Using Backwards Design to Plan Skill-Based Health/Social Emotional Learning Room D

Backwards Design starts with the end in mind – an excellent skills-based health/SEL unit plan. Learn to access and analyze data, identify student need, use national standards and SEL competencies, and put it all together to plan Skills-Based Health/SEL units.

Presenter: Mary Connolly, M.Ed., CAGS, CHES; Cambridge College; Program Chair, Skills-Based Health/Social Emotional Learning

12:30-1:30 (APE-76) The 100 Mile Club® Project Room E

Learn about the 100 Mile Club model and how to implement this easy and innovative program while encouraging, developing and recognizing growth mindset along the way. **The 100 Mile Club® Project** quietly evolved over 13 years in Kara's classroom. Not only did her students consistently score higher on physical fitness tests than their non-disabled peers, they also showed improved attendance and behavior. People began to notice. In 2006, and with the assistance and encouragement of local teachers and administrators and community members, the program went viral, growing from 250 participants to over 8,000 in just a few short months. This same year the 100 Mile Club became a 501(C)(3) nonprofit organization and has enjoyed exponential growth and numerous awards since. Despite this growth and enormous success, the sole mission of The 100 Mile Club remains unchanged: improve the well-being of children in a noncompetitive, supportive, and inclusive environment. The 100 Mile Club is successfully solving the epidemic of childhood inactivity...one child, one family, one school, one community at a time.

Presenter: Kara Lubin, Master's degree; The 100 Mile Club

12:30-1:30 (PE-44) Quick and Easy Games for All: Cards, Dice, and Cones South Ballroom

Learn a series of games and activities that are designed with limited equipment and maximum participation. We will use a series of printable task sheets that will be shared with the participants to print for their own class use. Cross curricular extensions will be shared and the benefits of adding physical activity throughout the school day will be discussed.

Presenter: Pam Powers, Master's degree; Physical Powers, LLC; Teacher of the Year National Association for Sport and Physical Education and Golden Apple Teaching Foundation

12:30-1:30 Ability Beats (Moving from Impossible to I'm Possible!) Junior Ballroom

Ability Beats is a research based, all-inclusive interactive program that unlocks limitations and empowers participants with the "ability" to achieve healthy and happy lives through a "No Limitations" fitness/wellness approach. Foster creativity through a brain and body workout that integrates kinesthetic awareness, neuromuscular skills, cardiovascular conditioning, flexibility, strength, socialization, and wellness activities. Learn how to adapt drumming activities to varying levels of abilities, thereby accommodating physiological, emotional and cognitive needs that supports each individual's "ABILITIES." Ability Beats is a multi-sensory program that accommodates individual physiological, emotional and cognitive needs to support "abilities" in each person, leading to increased confidence and measurable accomplishment. It encourages experimentation, exploration, socialization, and boosts one's self-esteem while teaching a variety of skills enabling disabled children to be physically and socially active.

Presenter: Carrie Ekins, Founder & CEO of Drums Alive

12:30-1:30 (H-77) Our Journey to Skills-Based Health Education Room A

Three years ago at Medfield Public Schools, we began our journey from traditional, content-based health education to skills-based health education. With a clear vision and a committed group of great professionals, we have developed a comprehensive skills-based health education curricula for grades 6-11. We are pleased to share our progress to date in order to give back to the many colleagues who have helped us grow through MAHPERD presentations of their own. We are still in the developmental stages, but we have enough experience to help other health teachers and department heads develop the confidence to make this change as well.

1:40-2:40 (PE-39) Fast, Furious, Fun Fitness **Activity Area 1**
 Fast, Furious, Fun Fitness is a dynamic activity session in which participants are involved in creative and unique fitness activities for all grade levels and all abilities. Infusing fitness can sometimes be a challenge but this session will present activities, games and lesson ideas that meet the challenge of promoting fitness in fast, furious and innovative lessons. The participants will be involved in fitness activity experiences that include; games, cooperative activities and small equipment manipulatives that will bring big results in student fitness and participation.

Presenter: John L. Smith, Master's degree; Director of Educational Services, FlagHouse; NJAHPERD Teacher of the Year 1988; EDA Teacher of the Year 1989; SHAPE National Teacher of the Year 1989; 2005 NFHS National High School Basketball Coach of the Year

1:40-2:40 (PE-51) Team-Games Tournament **Activity Area 2**
Task Structure

This practical session will describe the essential elements of the Cooperative Learning Model (CLM), and present ideas for using the team-games task structure in physical education. Participants will experience the task structure using a sample content area, before collaborating to develop a personalized activity incorporating the team-games task structure.

Presenter: Steven W. Groccia, Doctorate; Assistant Professor of Physical Education, Springfield College

1:40-2:40 (D-99) Teaching Sabar or Djembe Dance **North Ballroom**
 Abdou Sarr, Senegalese Dancer, will demonstrate and teach traditional Sabar or Djembe Dance from Senegal, West Africa. Each movement is broken down into simple steps that everyone can follow easily from Kindergarten students to seniors. The students will become proficient in the dances and will be able to perform them for their peers. Abdou also works with students with physical challenges. This workshop is appropriate for all attendees. No experience required. Makes dance fun and physically challenging at the same time!

Presenter: Abdou Sarr, Associates degree; Arts Are Essential, Inc.; Professional Senegalese Dancer; Master teacher of the Sabar and Djembe dances from Senegal

1:40-2:40 (D-8) Mild Salsa for Elementary School **South Ballroom School**

Do you want to include a little dance in your elementary physical education classes? Come join us for basic salsa and leave with simple dance routines and music suggestions to include in elementary class.

Presenters: Jennifer El-Sherif, Doctorate; Assistant Professor, Physical Education, Salem State University; MAHPERD Vice President, Dance Estaban Ortiz, student, Salem State University

1:40-2:40 (PE-1) SOLO Taxonomy: Students Taking Control of Their Learning Through Self-Assessment **Room A**

Come learn about an innovative, student centered self-assessment that applies to all content, even beyond Physical Education.

Presenter: Nikki McMaster, Master's degree; Physical Education and Health Education teacher, Blackstone Innovation School, Boston Public Schools

1:40-2:40 (ATH-82) The Art and Science of Successfully Coaching Female Athletes **Room C**

Presenter: Jeff LaCure, Doctorate degree; Sports Psychologist, Author, Professor, Coach

1:40-2:40 (H-90) Sports Concussions **Room D**

Innovative programming to reduce and manage sports concussions in Massachusetts middle and high schools. Discussion will involve comprehensive programming to manage and prevent concussions in the Somerville Schools including support groups for concussed kids and student ambassador programs. Concussion Legacy Foundation annual Team Up Speak Up day where coaches and students take an annual pledge to speak up if they see an athlete showing signs of a concussion to pull them out of practice or the game; the DPH Sports

Concussion regulations and their protocols for schools and also the booklet Returning to Learn After Concussion, Guidelines for Massachusetts Schools. Come learn what every school professional needs to know to support their students in the classroom as they recover from a concussion. Leave with a better understanding of what concussions are, some innovative programming to prevent and manage concussion and how to help students navigate their way back in the classroom.

Presenters: Linda Brown, Mass. Department of Public Health

Michelle Kelly, Concussion Management Coordinator from the Somerville Schools

Brandon Boyd from the Concussion Legacy Foundation

1:40-2:40 (H-89) CATCH My Breath - Youth E-Cigarette and JUUL Prevention Program **Room E**

JUUL use has grown dramatically in recent months to become the most commonly used tobacco product by middle and high school students. Most e-cigarettes and ALL JUULs contain nicotine, a highly addictive substance that can harm adolescent brain development and has been associated with health and behavior problems. Participants will be introduced to a best practices-based 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 and JUUL prevention education. The program is being offered free to schools across the Nation.

Presenter: Marcella Bianco, CATCH My Breath Program Manager

1:40-2:40 (H-57) First Step Into the Stream **Junior Ballroom**

Mindfulness practice and dialogue centered around a 5 week mindfulness unit taught to 11th grade. All activities discussed and practiced can be used at any level. Equipment for a variety of 'sitting' forms will be demonstrated and available for all participants to practice.

Presenter: Timothy Walsh, Master's degree; High School Wellness teacher, Needham Public Schools

2:50-3:50 (PE-7) Effective Affective PE **Activity Area 1**

Do you want to be more deliberate in structuring lessons to address personal and social responsibility concepts with your students? This active and engaging session will introduce skills from the affective domain to illustrate the importance of perseverance in the face of individual and cooperative challenges.

Presenter: Nick Kline, Master's degree; Physical Education Consultant; US Games / SUNY Cortland

2:50-3:50 (PE-52) Spirit of the Game: Teaching Inclusion, Fair Play and Athleticism Through Ultimate Frisbee **Activity Area 2**

Spirit of the Game, Sportsmanship and Skills and Drills

Presenters: Elizabeth Siber, Master's degree; Hopkinton Frisbee Advisor/Coach/Coordinator, BUDA Coach, USA Ultimate Frisbee

TJ Gansenberg, Raphael Savir, Burt Granofsky, Dan Proudman, Olivia Kirshy, Andy Siber, Tom Trivison, Natalia Espinal, John Rice

2:50-3:50 (H-98) Increasing Skill Competencies in Health Education: Helping Students Show What They Know! **North Ballroom**

This session focuses on the essential need to address the National Health Education Skill Standards of analyzing influences, accessing information, communication, decision-making, goal-setting, self-management and advocacy. Moving beyond just acquiring information to demonstration of health skills is our goal for students! Come learn how THE GREAT BODY SHOP, a K-8 comprehensive health education curricular resource provides students with multiple opportunities to practice skills, specific to the standards, and in a variety of situations. Participants will enjoy an interactive session which will overview the 2018-2019 curriculum and engage participants in several skill-based activities. (Skills-based Content Area: Health Education-Target Audience-K-8th Grade)

Presenter: Heidi Pound, The Great Body Shop

2:50-3:50 (PE-78) Modifications in Net/Wall Games: Central Ballroom Using Tactical Contextual Adaptation

In this session, participants will learn about tactical contextual adaptation, a means to enhance the game play experience for an array of students. Participants will experience this concept through net/wall games within a Teaching Games for Understanding approach. Information in this session is designed for teachers and coaches of the novice games learner.

Presenters: Heidi Bohler, Ed.D., Associate Professor, Westfield State University, MAHPERD Past President; Treasurer, International TGFU SIG

Deborah Sheehy, Professor, Movement Arts, Health Promotion, Leisure Studies, Bridgewater State University

2:50-3:50 (D-43) The Rhythm of Life: Movement and Dance for All Ages South Ballroom

Participants will learn a number of rhythmic movement activities and dances that can be incorporated as a unit or individually as a warm up. Participants will explore movement concepts, structured dances, and creative dance concepts. Participants will be provided with tools to use to assist in assessing dance and how to allow students to create their own.

Presenter: Pam Powers, Master's degree; Physical Powers, LLC; Teacher of the Year National Association for Sport and Physical Education and Golden Apple Teaching Foundation

2:50-3:50 (APE-92) Collaborating and Working With Support Staff Room A

Tips and tricks for working with related service providers, para educators and support staff to make inclusion PE successful.

Presenter: Nicole Wassell, Master's degree; Assistant Professor of Adapted Physical Education, Springfield College

2:50-3:50 (H-47) Implementing a Goal Setting Unit at the Middle School Level Room B

This session will focus around the implementation of a unit focused around the health skill of goal-setting at the middle school level. During the session, Jill will share out her 7th grade unit developed around the core concepts of basic health and wellness (physical, social, and mental & emotional wellness) and skill of goal-setting. Activities to be shared will include a student self-analysis activity, introduction activities to the SMART Goal model, an extension activity about failure and overcoming failures and road blocks, and more.

Presenter: Jill Herwig, Master's degree; 6th-8th grade Health Educator, Garfield Middle School, Revere, MA

2:50-3:50 (H-94) 15-40 Connection's Early Detection Education: It's Lifesaving! Room C

15-40 Connection is a nonprofit organization that is teaching people how to detect cancer earlier through personal health awareness and skills based health programming. 15-40 Connection's program platform is built on partnerships with high schools and colleges where we share our resources in order to teach people know how to notice health changes and, most importantly, how to act when those health changes occur. In this session, we will walk through the free, plug-and-play resources that 15-40 Connection has available to teach people how to detect cancer early and show you one of the program presentations in action. Then we'll discuss how to integrate them into your school in order to effectively share the education with others. This session will include videos and stories directly from cancer survivors as well as statistics outlining rates of cancer in the U.S. population, the impact of early v. late detection and tangible strategies that you can use in your own lives. At the end of the session, attendees will all have learned 15-40 Connection's *3 Steps Detect* for detecting cancer early as well as learning how to bring 15-40 Connection's free, educational programs to their communities.

Presenter: Alicia D'Agostino, Senior Education and Outreach Manager, 15-40 Connection

2:50-3:50 (PE-95) I Am . . . Room D

I strongly believe that if we want to students to be physically and mentally fit for a lifetime they need to be confident. And yet so many of our students lack confidence! This session will give you strategies for building empowerment in high school students (Middle School- Welcome). I have used these activities in both PE and Health classes. They can be used separately in Skills Based Health topics or make a unit for Social Emotional with activities for PE.

Presenter: Tina Taylor, M.Ed Chicopee Academy, Chicopee Public Schools

2:50-3:50 (H-36) Project Here Room E

Project Here is the innovative initiative by the MA Attorney General's Office and the GE Foundation to make substance use prevention resources available to every public middle school in Massachusetts. During this interactive workshop participants will explore Project Here resources to design lesson plans and activities to teach substance use prevention education in schools. Participants will also have the opportunity to explore the Project Here digital app - an interactive educational tool for students to learn about substance use and practice healthy decision-making skills on their computer, tablet, or smartphone.

Presenters: Ivy Schmalzried, Master's degree; Senior Program Manager, Project Here

Elise Yannett

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