

MAHPERD SPRING CONFERENCE
MARCH 29, 2019
TINSLEY CENTER
BRIDGEWATER STATE UNIVERSITY

(AD)VENTURE OUTSIDE THE BOX

7:30 - 8:00 AM	Registration
8:00 - 9:00 AM	Play Note General Session: Nate Folan, Experiential Trainer & Facilitator, Author and Consultant along with Lisa Hunt, Trainer and Program Designer and Phil Brown, Lead Trainer at High 5 Adventure Learning Center, and Larry Childs and Laura MacDonald, Trainers and Consultants at Project Adventure

Play: Experience Adventure Learning

An invitation to personally experience the value and versatility of adventure learning experiences.

Let's start this conference unlike any other. From the moment the first person arrives until our official start time, there will be something to do. No waiting, just instant activity and interaction. Unless, of course, you need a moment to settle in. No pressure. Simply an invitation to play. To start before we officially start; as we engage in an adventure learning experience.

Three words - Adventure, Learning, Experience - are essential for human development at any age.

*Adventure - unusual, exciting, risk, possibility; outcomes unknown - sparks curiosity.

*Learning - gaining knowledge or skills - develops human capability

*Experience - awareness through action and the senses - makes it personal

In short, these three words could be summarized by one word - play. Play moves us, drives capability, and inspires growth.

During this dynamic, activity-based general session, Nate Folan and friends invite you to play and experience adventure learning. What you might experience is best described in a quote by Stuart Brown, author of *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*. "Stepping out of a normal routine, finding novelty, being open to serendipity, enjoying the unexpected, embracing a little risk, and finding pleasure in the heightened vividness of life. These are all qualities of a state of play." Come play, build relationships and leave energized, connected, and bursting with new ideas you can use instantly.

Breakout Session 1: 9:10 - 10:10 AM

1. *The Power of Play - The Science of Connection*

Lisa Hunt, Training and Program Design, High 5 Adventure Learning

Phil Brown, Lead Trainer, High 5 Adventure Learning

In this workshop participants will experience play as a tool for engaging students and look into what the latest research indicates about the relationship of play with regards to improved intellectual achievement, physical health and emotional well-being. This session will highlight some of this research while engaging you in play!

2. *Intercultural Competency in the Wellness Curriculum: A Pilot Example!*

Amanda Klein and Meghan Notari, Lincoln-Sudbury High School

This past Fall Amanda collaborated with other colleagues at Lincoln-Sudbury High School in a pilot program through the University of Connecticut to incorporate Intercultural Competence units into their respective curriculum areas. During Amanda's Rock Climbing elective course, for example, students engaged in projects that connected various topics of rock climbing to a culture of their choice. This presentation will demonstrate the teaching and learning process and show examples of student work. Participants will discuss how the intercultural competence template provided can be utilized in relevant and meaningful ways within their district and program.

3. *Achieving Fitness: An Adventure Approach*

Larry Childs, Trainer and Consultant at Project Adventure

Want more ways to make fitness fun and better encourage lifelong wellness? This session introduces wildly popular adventure based activity structures that work for large groups, engage diverse students, are highly collaborative, and present physical challenges that specifically advance health-related fitness. Cardiovascular health, muscular strength and endurance, and flexibility are targeted all while also addressing essential group development and social emotional learning outcomes.

Breakout Session 2: 10:15 - 11:15 AM

1. *The Flow of Adventure: A Process for Shaping an Engaging and Meaningful Adventure Learning Experience.*

Nate Folan, Nate Folan Consulting

What we do matters. How we do what we do matters equally, if not more. The approach to experiential learning and adventure education is unique. When done well, the process invites people to journey together, sharing a common experience, lots of laughter, and varied perspectives that forever change how we think, act, interact, and learn. During this dynamic, activity-based session, Nate will guide you through a process for designing and facilitating an adventure experience. From design to delivery, invitation to meaningful reflection, and all the play, laughter, and movement in between, we will explore a foundation and framework for a fantastic adventure! Learn through personal experience, leave energized with practical tools and techniques for professional application.

2. *Goal Setting Your Way to Fitness, a Multidisciplinary Approach*

Jake Jones, Lincoln-Sudbury High School

This activity is a great way to motivate and set goals with students of all fitness abilities. Modelled after the Project Adventure activity, Mt. Everest Challenge, it incorporates math, art, geography, and imagination. The teacher has the ability to use any mountain or trail in the world to motivate students, depending on time and space. All you need are stairs, bleachers, a track, or hallway for students to calculate elevation or distance that they will need to travel each class to meet their personal or group goal for the day. The modification to the activity comes into play as challenge cards that were developed with the old computer game "Oregon Trail" in mind. Each card has a scenario with a physical challenge that can range from "you have altitude sickness, take a five minute break," to "you lost your foot to frostbite, hop up five stairs on each foot." Learn about this fun and engaging way to lead your students to better fitness.

Lunch Break: 11:15 AM - 12:10 PM

Lunch tickets will be provided for use in the BSU dining hall

Breakout Session 3: 12:15 - 1:15 PM

1. *Incorporating Fun and Engaging Project Adventure Activities into your Middle School Physical Education Program, Minimal Equipment Needed*
Emmett O'Brien and Carol D'Antuono, Diamond Middle School, Lexington
Sam Shannon and James Athens, Clarke Middle School, Lexington

Learn how the physical education teachers from the two middle schools in Lexington collaborated to create a three-year, four week unit of Project Adventure activities that can easily be taught in a standard gym with basic equipment. Through Project Adventure training, as well as creative thought processes, the Lexington middle school physical educators established this fun and engaging program using various Project Adventure activities to educate students through skill-building in trust, cooperation and communication. Participants will leave with the knowledge of how this curriculum was developed along with a list of the program's activities.

2. *Consent: It is Not Just About Sex! Teaching Consent Through Experiential Education Methods.*
Sarah Greeley and Amanda Klein, Lincoln-Sudbury High School

In this presentation, participants will engage in activities, discuss activities with other educators in the session, and have time to reflect on one's own teaching. All of the activities will demonstrate various methods to incorporate the topic of consent into your own classroom.

3. *Activity Tinkering - Building Purposeful Experiences from Classic Adventure Activities.*
Lisa Hunt, Training and Program Design, High 5 Adventure Learning
Phil Brown, Lead Trainer, High 5 Adventure Learning

Most facilitators 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 activity, the outcome can change dramatically. This workshop will empower participants to tinker with the variables of a handful of activities in order to reveal how truly malleable they are.

Breakout Session 4: 1:20 - 2:20 PM

1 *Social Emotional Learning Explored Through the Lens of Adventure Curriculum for Physical Education.*

Laura MacDonald, Trainer and Consultant, Project Adventure

This highly interactive workshop will complement your current curriculum or units with active and engaging activities designed to facilitate both social emotional learning and physical fitness. Activities derive from Project Adventure's K-12 "Adventure Curriculum for Physical Education" (ACPE). While engaging in sequenced lessons we'll also explore connections to specific learning outcomes and state/national standards.

2. *Active Debriefs: Reflecting on Adventure Experiences in an Active and Meaningful Way.*

Nate Folan, Nate Folan Consulting

Physical activity benefits our body, lifts our mood, and readies our brains for learning. It also acts perhaps, as a catalyst for meaningful reflection. Let's leverage recent brain research and play with the process of debriefing. During this playful, interactive session, Nate will share a variety of activities for reflection that move meaning beyond the traditional debrief circle. Explore a new debriefing paradigm for educators who desire to keep classes engaged, recognize students' desire to play, and ultimately want to explore an active way to spark meaningful learning outcomes. Leave inspired, bursting with new ideas to use immediately.

Conference Wrap-Up:

Reflecting on an adventure learning experience is essential for building community, accessing lessons learned, and striving towards growth and performance. Let's close the conference well; in a playful and adventurous way. During this session, Nate Folan will guide us through a playful, active debrief intended to highlight key learnings and application of the experience. Reflect on the experience, share your perspective, learn from others, and solidify what you might actively experiment with your classes.