MAHPERD
ADAPTED PHYSICAL EDUCATION

Supporting Every Student, Embracing Every Ability

FRIDAY MARCH 13, 2026

SPECIAL OLYMPICS MASSACHUSETTS 512 FOREST ST, MARLBOROUGH, MA

Join us for a day of energy, inspiration, and hands-on learning! Discover new ways to support every student and embrace every ability through engaging sessions and practical strategies you can use right away.

Time	Session A	Session B
8:30 - 9: 00	**Check In** Check in and join us for some light breakfast, coffee and connections with colleagues!	
9:00 - 10:00	**Keynote: Project Adventure** Get ready to move, connect, and learn! This opening keynote sets the tone for the day with a mix of interactive activities and thoughtful discussion around the value of physical activity in today's schools. Participants will experience firsthand how Project Adventure's experiential learning model builds inclusion, teamwork, and student engagement. Walk away with practical strategies and a renewed appreciation for how movement can empower every learner—physically, socially, and emotionally. **This Keynote is presented by Jenni Clock and Julia Drewicke from Project Adventure, Beverly, MA.** Jenni is a consultant and trainer with Project Adventure who brings extensive K-12 education experience to her work, helping schools integrate adventure-based learning and an experiential mindset. She has facilitated hundreds of educators in applying these strategies to create inclusive, engaging school environments. Julia has a strong background in outdoor adventure and experiential learning, leading groups on ropes courses, hikes, and canoe trips. She combines her experience with her psychology studies to design engaging, inclusive activities that promote teamwork and growth.	
10:05- 11:00	**Activity Session #1- Project Adventure** Join Jenni and Julia for a high-energy, hands-on session packed with engaging activities that use little to no equipment. Experience simple, adaptable strategies	**Information Session #1- Delivering Quality Adapted Physical Education** See what quality Adapted Physical Education looks like from elementary through high school. Three APE teachers from different districts share their unique

	you can bring directly into your own classes to promote teamwork, inclusion, and meaningful movement for all students. **Presented by Jenni Block and Julia Drewicke (Project Adventure, Beverly MA)**	perspectives on how APE evolves across grade levels and student populations. This session demonstrates how intentional design and inclusive teaching create meaningful movement experiences for students of all abilities. Attendees will leave with practical ideas and inspiration to strengthen their own programs and make every PE experience engaging and impactful. **Presented by Rachel Ball (Needham Public Schools), Katie Joyce (Lexington Public Schools), and Carla Andre (Medford Public Schools)**
11:05 - 12:00	**Activity Session #2- Inclusive Functional Fitness** Karen Hurley is a licensed physical therapist with over 20 years of experience and a strong commitment to inclusive wellness. She played a key role in shaping inclusive culture in Norwood Public Schools, overseeing Unified District programs and founding the fully inclusive "Race to Embrace." As founder of ABL Fitness, Karen brings her expertise in adaptive fitness to empower individuals of all abilities, creating welcoming, engaging opportunities to grow in strength, confidence, and community. **Presented by Karen Hurley Executive Director at ABL Fitness Inc in Needham, MA**	**Information Session #2- Creating Unified Athletics** Join Naomi Martin and Amanda Nowell (Lexington High School) to learn how they built Unified Athletics programs that provide meaningful opportunities and access for students with disabilities. In Lexington both of the middle schools offer two seasons of unified programming and the high school offers three seasons of unified programming. In 2024, Lexington HS earned the MIAA Sportsmanship Award. **Presented by Naomi Martin and Amanda Nowell (Lexington Public Schools)** Naomi Martin has been the Athletic Director at Lexington High School since 2009 and created LHS's Unified Athletics programs starting in 2019. Amanda Nowell is the Athletic Administrative Assistant at Lexington High School, a graduate of LHS, and a

		current Unified Basketball and Bowling coach.
12:05 - 12:35	**Lunch**	
12:40 - 1:40	**Keynote: Boston Ballet** At Boston Ballet School (BBS), we believe that dance is for everyone. Established in 2002 in partnership with Boston Children's Hospital, BBS's Adaptive Dance Program was one of the first of its kind, and its curriculum and framework have since inspired programs both nationally and internationally. We welcome students of all ages and abilities into the BBS community, not only to experience the freedom and joy of dancing, but also to develop a lifelong love of movement, music, and connection. During this experiential workshop, participants will be guided by Luciano Aimar, Director of Preparatory Dance Training, in an exploration of a typical Adaptive Dance class. He will demonstrate effective strategies for teaching dance to individuals with disabilities and introduce key concepts such as body awareness, space awareness, choreography, improvisation, and creative dance. The workshop will conclude with a Q&A session with the presenters. **This keynote is presented by Luciano Aimar, Director of Preparatory Dance Training at Boston Ballet School and Adjunct Professor at Dean College in Franklin, MA**	
1:45 - 2:45	**Activity Session #3- Come and SEEE (Target Sport Equity Education Experience)** This modified Sports Equity Education Experience (SEEE) Archery session is a 60-minute, hands-on learning experience. Participants will explore traditional recurve and compound bows alongside low-tech adaptive equipment that demonstrates practical, school-based strategies for making archery accessible to all students, with a required safety instruction for anyone who wishes to participate. Archery supports inclusive physical education by promoting focus, self-regulation, coordination, strength, and confidence, while allowing students	**Information Session #3- Unified PE is for Everyone!** Learn how to create inclusive physical education experiences that engage all students. This session, sponsored by Special Olympics, highlights strategies to bring Unified PE to your school, promote teamwork, and foster a sense of belonging for every learner.

	of varied abilities to participate together using adaptable rules and equipment **Presented by Spaulding Adaptive Sports Centers: Jen Packard, Jillian Palacio, Sasha Taylor, and Sara St. Laurent** Jennifer Packard, OTR/L, is the North Shore Coordinator for Spaulding Adaptive Sports and a USA Archery Level 2 instructor with extensive experience advancing sports equity through inclusive target sports programming in school and community settings. Also coaching this event are Jillian Palacio, Sasha Taylor and Sara St. Laurent are Spaulding adaptive sports Associate staff members who are USA Archery level 1 trained instructors.	**Presented by Kathleen Lutz and Meghan Bourbeau of Special Olympics Massachusetts** Kathy Lutz is the Director of Inclusive Schools Initiatives, Special Olympics MA and nine-year staff member. Meghan Bourbeau is the Schools and Community Engagement Manager at Special Olympics MA.
2:50 - 3:10	**Closing Connections** Wrap up the day with fun and engaging activities! Participate in a scavenger hunt, join roundtable discussions, and enter our raffle. Leave with new ideas, meaningful connections, and inspiration to bring back to your school or program.	

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