

WVAHPERD



**97th Annual State Conference
October 18 & 19, 2018**



Thursday, October 18,
 7:30 a.m. Registration on 2nd Floor
 7:30 a.m. – 9:30 a.m. Coffee, juice, fruit, and pastries on 2nd Floor

Concurrent Sessions (8:40 – 9:30 a.m.)

Session	Presenter	Location and Level	Description
Fuel up to Play 60, The Who, why and How to get Funded	Sharon Maynord	Salon C/D	Fuel up to Play 60 is an in school health and wellness program for K-12 with turn-key ideas for engaging students and teachers in nutrition and physical activity. Every year the program expands with new resources and opportunities. Learn what it takes to get up to \$4,000 for your school.
	Moderator: Aleta Jo Crotty		
Circus Fun	Luanna Moore	Salon A/B	This session will explore some circus arts such as juggle sticks, spinning plates, diabolos, and balancing. These unique activities are well suited for use in standards based physical education, after school and recreational programs. Much of the equipment can be easily and cheaply made. Come learn a new skill.
	Moderator: Sandy Morefield		
10 Ways to Create a Skills-Based Health Classroom	Mary McCarley	Cumberland/Appalachian	Join Mary McCarley, 2016 Southern District Teacher of the Year for Health and Education and Goodheart-Wilcox National Content Specialist, as she shares skills-based health education assessments and activities and assessments for their teacher toolbox.
	Moderator: Bryon Youngblood		
Jump Rope Olympics	Jordan Brown	Salon E/F	The students are taught different jump rope skills and use a checklist of various skills. They may earn bronze, silver, and gold medals.
	Moderator: Julie Fleming		
Utilizing Technology to Teach Energy Expenditure: Perceived Verses Actual Intensity.	Jared Androzzi & Amanda Winebrenner	Kanawha/Blue Ridge	The goal of this workshop is to provide participants with a variety of educational activities that teach students how to determine their target heart rate to achieve literacy in SHAPE Standard 3. Additionally, the skill of using technology to differentiate perceived versus actual levels of intensity when engaged in physical activity is practiced.
	Moderator: Ashley Doty		



Thursday, October 18, 2018 Continued

General Session 9:40 a.m. – 10:50 a.m. (Salon C/D)

Energizer - Ashley Doty and Annie Machamer

Welcome - Jane Wolkoff

Presentation of Flags - George Washington ROTC

National Anthem - George Washington Choir

Introductions of the Board and RA - Ashley Doty

Executive Director - Sue Long

Drums Alive - Montcalm Elementary

Jamie Sparks - President-elect SHAPE America

Capital High School Dance Company

Mystery Giveaway - Charleston Marriott Town Center



Thursday, October 18, 2018 Continued

Concurrent Sessions (11:00 – 11:50 a.m.)			
Session	Presenter	Location and Level	Description
Confident Me! Program by Dove Self-Esteem Project	Britnee Nwokeji	Salon C/D	A middle school self-esteem program created by the Dove Self Esteem Project. The program is aligned to promote adolescent body confidence while providing educators and students with free downloadable tools to explore this impact that image ideals portrayed in the media have on young people's self-esteem.
	Moderator: Amanda Daniels		
So, You Think You Can't Dance!	Annie Machamer	Salon A/B	Are you an educator with two left feet? Well, guess what? You CAN DANCE! This session will help develop your rhythm and dance skills. Educators will experience sample dance lessons, alongside learning about best methods of integrations for dance in physical education.
	Moderator: Ashley Doty		
Fine Motor Tuning	Don Puckett	Salon E/F	The session will present a variety of fine motor activities using several different pieces of equipment such as nuts and bolts, pencils, playing cards, poker chips and dice.
	Moderator: Aleta Jo Crotty		
Wax On, Wax Off! Unorthodox Physical Education to Foster the Development of Job Skills for Adolescents with Developmental Disabilities	Barry Ward	Cumberland & Appalachian	This presentation will discuss how adolescents with disabilities can learn and practice job skills within an inclusive physical education setting. By re-thinking inclusions and re-inventing instructional content, students with disabilities can enjoy a more meaningful physical education experience. Bring your own ideas, questions, open mind, and add to the discussion.
	Moderator: Andrew Ashley		
Sex Ed for the YouTube Generation	Carrie Quik & Meghan Blanco	Kanawha/Blue Ridge	Amaze is a video-based sexual health resource for youth ages 10-14, designed to provide accurate information to young people when they are online. Short animated videos and sexual health micro-topics are presented with humor, an occasional song and above all "honesty".
	Moderator: Bryan Youngblood		

12:00 Noon - 1:00 p.m. Lunch on your own.

Board & RA--lunch in the Mountain View room, 14 floor. This is Ashley's last meeting.

1:10 p.m. - 2:00 p.m. Keynote: Linda Miles ~ Please plan to attend. Mystery gift!



Thursday, October 18, 2018 Continued

Concurrent Sessions (2:10 – 3:00 p.m.)			
Session	Presenter	Location and Level	Description
Are You Bowling Alone? The Why's and How's of Promoting Family and Community Engagement within Physical Education	Barry Ward	Cumberland & Appalachian	This session will explore family and community engagement and how physical education can build and strengthen partnerships. Participants will examine current partnerships, explore possibilities and identify strategies to overcome barriers to family and community engagements.
	Moderator: Andrew Ashley		
Healthy Active Students Make Better Learners	Cindy McSweeney & Toni Shaver	Salon A/B	Action Based Learning (ABL) is a pedagogy of brain-based learning theory which focuses on the structure and workings of the brain in regards to learning. ABL is not just a "Physical Education" thing but something you can add into all classrooms and in all grade levels.
	Moderator: Darlene Korber		
Experience Speed Stacks-Skillastics: Speed Stack New Group & Fitness Based Activity	Matt Burk	Salon C/D	Two renowned educational brands have joined forces for 2018, Speed Stacks and Skillastics! This activity session will feature Speed Stacks NEW group based activity.
	Moderator: Rick Thomas		
Aerobic Line Dancing for All Age Groups	Don Puckett	Salon E/F	A quick-paced, fun-filled, session presenting easy to teach and fitness related line dances suitable for all age groups. Participants will get information that will enhance the ability and interests for teaching rhythms, dance and fitness to all age groups.
	Moderator: Sandy MoreField		
WVBE Policy Changes	Josh Grant	Kanawha/Blue Ridge	Important Changes!
EverFi	Mike Oliver		EVERFI: No Cost Scenario-Based Learning Programs for K-12 Health: Rx drugs, alcohol, and mental health. How can we expect students to be healthy without providing them with skills to overcome issues? EVERFI provides free, scenario-based programs to help. Each program is standards aligned and self-assessing. Teachers will learn about the efficacy of the programs and obtain supplemental resources.
	Moderator: Karen Bonnett		



Thursday, October 18, 2018 Continued

Concurrent Sessions (3:10 – 4:00 p.m.)			
Session	Presenter	Location and Level	Description
Kids Love to Dance (They Just Don't Know It)	Suzy Summers	Salon A/B	This session will involve line dances, partner dances and group dances to be used in a physical education setting. They are most appropriate for 5 th -8 th grade but could possibly be taught at any level.
	Moderator: Karen Bonnett		
Mamas Don't Let Your Babies Grow Up to be Sexual Assaulters	Selina Vickers	Cumberland / Appalachian	In October 2017, millions of women responded to reports of sexual assault by Harvey Weinstein with their own stories and the has tag #metoo. Research is clear: to prevent sexual violence, we need to change the behavior of potential perpetrators of sexual violence. This session is about how to do just that!
	Moderator: Jessica Ashley		
Fitness Gram Tips and Tricks	Ellen Ormsby	Salon E/F	Young health-related fitness positively affects academic outcomes for students and new research focuses on the relationship between fitness and school absenteeism. FitnessGram [®] captures data to evaluate the improvements in fitness providing valuable insight. FitnessGram [®] based on Healthy Fitness Zone [®] standards, could have a significant impact on child absenteeism over time.
	Moderator: Aleta Jo Crotty		
Cultivating a Mindset for Long- Term Success	Susan Ross	Salon C/D	The session will provide insight into how our mindset influences our beliefs, actions and behaviors toward learning and long-term success.
	Moderator: Donita Browning		
Stop the Bleed Training	Douglas Douglas / Travis Simcox	Kanawha / Blue Ridge	Stop the Bleed is a national initiative to encourage bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. When bystanders are trained and respond, it ensures that access to life saving, easy-to-use hemorrhage control resources are available.
	Moderator: Preston Wolkoff		



Thursday, October 18, 2018 Continued

Concurrent Sessions (4:10 – 5:00 p.m.)			
Session	Presenter	Location and Level	Description
Organ Donation Awareness Curriculum	Lauren Pierce	Salon A/B	This session will provide a free online curriculum to help educate the youth about the importance of organ donation.
	Moderator: Charlene Galluzzo		
Dance in P.E. Designing a Unit	Annie Machamer	Salon E/F	Is teaching rhythm and dance new to you? This session will help you get a grasp on curriculum development for dance education at all levels. Educators in this session will have access to sample curriculums for K-12 and Higher Education dance, along with hands-on experience in sample activities.
	Tabitha Moore		
Building the Mission of the Team	Richard West	Cumberland / Appalachian	This session will provide participants the creation of a Mission, Vision Statement, and Goals for a Division I athletics team. The facilitator will give insights as to the conversations and purpose of creating these pieces for a collegiate program. Utilization of the process can be utilized for all sporting programs.
	Moderator: Preston Wolkoff		
Rugby in P.E.	Ted Hardy	Salon C/D	This session will provide the introduction to and tactics of the game, "rugby" in schools. It will incorporate many if not all of the tactics and techniques used in other invasion games, spacing, evasion and defending. There will be instruction on creating a safe environment with no contact during lessons.
	Moderator: Bryan Youngblood		
EZ Scan® The New Way to Track Laps	Mischa Johnson	Kanawha/Blue Ridge	Attend this session and add 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 which is a win for everyone. It works with tablets and phones. Free EZ Scan® subscription awarded at the session.
	Moderator: Darlene Koerber		
6:00 p.m. – 6:30 pm President's Reception (Salon A/B)			
Honoring President-Elect Annie Machamer			
6:30 p.m. – 8:30 p.m. – Award's Banquet (Salon C/D) Please plan to attend!			
8:30 p.m. Social (Mountain View Room on 14th Floor)			



Dove
self-esteem
project



Confident Me! is a 1 & 5 lesson self-esteem program. Using skills-based health education and focuses on challenging unrealistic socio-cultural ideals of appearance, media literacy with respects to these ideals, reducing appearance comparisons and appearance conversations, while encouraging body activism and positive behavior change. Confident Me! is a 1 & 5 lesson self-esteem program, using skills-based health education to help all students reach their full potential.



Friday, October 19, 2018

7:30 a.m. Registration on 2nd Floor

7:30 a.m. – 9:30 a.m. Coffee, juice, fruit, and pastries on 2nd Floor

8:00 a.m. – 8:50 a.m. General Session (Salon C/D) Nettie Puglisi

Freshour Salon C/D “Mystery give away”

Concurrent Sessions (9:00 – 9:50 a.m.)

Session	Presenter	Location and Level	Description
Welcome to No Standing Around in My Gym	J. D. Hughes	Salon C/D	If you are looking for fresh ways to teach children ages 4-11 basic fitness concepts, movement skills, and games that emphasize creative thinking and cooperation, then attending this session is for you!
	Moderator: Cozetta Miller		
Survive and Thrive as a Physical Educator: Strategies for the First year and Beyond	Jessica Ashley	Kanawha/ Blue Ridge	So you got your first job, now what? This session will provide you with researched based technique and applicable examples for all to try! This would be a great session for new teachers, as well as veteran teachers that are looking for new ideas or a refresher of best practices.
	Moderator: Annie Machamer		
SpeedMinton— Lead Up to Badminton	Brian Youngblood & Krystal Raymond	Salon A/B	Participants will learn skills and tactics as well as rules and see equipment used to play. SpeedMinton...an excellent lead up game to Badminton.
	Moderator: Curt Mascherino		
Active When You Open the Door	Daniel Tennesen	Salon E/F	If you find yourself struggling to incorporate instant activities into your daily lessons, or if you need new idea, this session is for you. It will provide K-12 teachers FREE activity ideas and resources from OPEN that you can take home and use in order to improve student learning.
	Moderator: Andrew Ashley		
Health: 10 Ways to Motivate and Activate Learning	Mary McCarley	Cumberland/ Appalachian	Join Mary McCarley, 2016 Southern District Teacher of the year for health Education and Goodheart-Wilcox National Content Specialist, as she shares standard-based activities, assessments, and strategies that introduce a lesson and motivate students. Teachers will leave with 10 or more new activities, assessments, and strategies for their teacher toolbox.
	Moderator: Josh Grant		

12 Noon – 1:00 p.m. Lunch on Your Own!

Lunch in the Mountain View Room for Annie's new Board and RA



Friday, October 19, 2018 Continued

Concurrent Sessions (10:00 – 10:50 a.m.)			
Session	Presenter	Location and Level	Description
Welcome to PE2theMax: Stepping up the “Game” in Physical Education	J. D. Hughes	Salon C/D	J. D. will assist physical educators in “stepping up their game” by introducing games that are more relevant to today’s students. Today’s presentation provides all inclusive, fun activities, which in turn minimize discipline problems and maximize participation.
	Moderator: Cozetta Miller		
Step Up Your Sport Stacking Program with Speed Stacks: Features fitness based games and activities from our NEW curriculum	Matt Burk	Salon A/B	This session combines stacking patterns and fitness activities using lessons from the NEW Instructor Guide. Participants will learn how to incorporate sport stacking into their daily physical education activities. Featured activities include individual and partner challenges and fun relays.
	Moderator: Rick Thomas		
Limited Space for Physical Education Learning Activities	Jared Androzzi	Cumberland/Appalachian	The aim of this workshop is to show participants how to teach activities that fulfill the 2017 SHAPE America, physical education standards in limited space learning environments
	Moderator: Karen Bonnett		
The Good, the Bad, and the Ugly: Interviewing to Get the Job	Jessica Ashley	Kanawha/Blue Ridge	Come navigate the Do’s and Don’ts of the interview process. Learn guidelines and tips to sell yourself and your qualifications at your next interview!
	Moderator: Jon Vich		
For Fhun-E Ball	Eugn-Soo Oh	Salon E/F	The main purpose of “Fhun-E” Ball is to provide children with opportunities to be physically active and fun. The rules encourage participants with more participative activity, cooperation, and caring for others.
	Moderator: Jennifer Mak		



Friday, October 19, 2018 Continued

Concurrent Sessions (11:00 – 11:50 a.m.)			
Session	Presenter	Location and Level	Description
Drums Alive	Lynn Hall	Salon C/D	Drums Alive provides participants with the power to celebrate life with programs that promote physical, social, kinesthetic, emotional, and cognitive health at all life stages. Participants will learn how to set up a lesson.
	Moderator: Jane Wolkoff		
Invading Open Space	Daniel Tennesen	Salon A/B	Creating and denying space are crucial skills for many activities and sports. This session is for K-12 teachers and will demonstrate modified traditional sports to teach invasion and defensive skill concepts. Attendees will leave with FREE resources from OPEN designed to help increase movement, participation, and success for all students.
	Moderator: Andrew Ashley		
Fitness Friday	Jason Eaches & Alex Hogsett	Salon E/F	Fitness Friday is a 31-station (one rest station) circuit training lesson that incorporates a vast variety of exercises that improve balance, agility, muscular strength, muscular endurance, core strength, cardiovascular endurance, and flexibility.
	Moderator: Annie Machamer		
“Super” Themes and Activities for Field Day or Family Night	Kathleen Wack & Patricia Rollins	Cumberland/Appalachian	Make planning field days, family fitness nights, “Kids on Campus” visits, and/or special events your super power! Participants will identify ten different themes and participate in corresponding activities. Teachers will receive resources, organizational strategies, and tips, while university students and professors can use these ideas to enhance or create school, university, or community partnerships.
	Moderator: Aleta Jo Crotty		
Let’s Have Fun in Health Class Today	Melanie Lynch	Kanawha/Blue Ridge	Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons that will facilitate an energized health class. Come see a National TOY present student-approved lessons that will breathe new life into any health class.
	Moderator: Darlene Koerber		
12 Noon – 1:00 p.m. Lunch on Your Own!			



Friday, October 19, 2018 Continued

Concurrent Sessions (1:10 – 2:00 p.m.)			
Session	Presenter	Location and Level	Description
Welcome to PE (power of the 2): Double the Physical + Double the Education = Double the Fun	J. D. Hughes	Salon C/D	This session will help physical educators in implementing games and lessons that motivate our students to stop making up lame excuses, to keep their notes excusing them from class, and become anxious about getting active and involved in physical education.
	Moderator: Donetta Browning		
Strong by Zumba	Jennifer Miller	Salon A/B	Come learn about and participate in the newest Zumba. "Strong by Zumba: is high intensity interval training workout synced to music that will challenge you and your students to push your limit in regards to physical fitness. This total body workout will leave you feeling like the beast you are!
	Moderator: Cozetta Miller		
Form Practice in the Taekwondo Beginner Levels	Jong-Hoon Yu & Ferman Konukman	Salon E/F	In TKD training, the form practice is generally considered an excellent way to develop appropriate taekwondo technique, and students practice progressively according to each learning level from beginner to advanced. Participants of this session will learn the potential benefits and efficacy of three "Taeguel" forms in the TKD beginner levels.
	Moderator: Karen Bonnett		
Comparison of School-Based Physical Education Across the Mid- Atlantic Region	James Wyant. Gentry Shrewsbury, Jeremy Yeats; <i>Student Presenter:</i> Shayla Hinterer	Cumberland/Appalachian	Prospective teachers pursuing a career I PE have opportunities to work in different states. Even though the profession has national standards, school-based PE can look different depending on the state. A focus of this presentation is to provide firsthand accounts of differences in PE across the mid-Atlantic region.
	Moderator: Sandy Morefield		
Physical Conditioning	Adam Havice	Kanawha/Blue Ridge	Physical Conditioning for high school students. How to run a program that works. Participants will leave with new ideas that will help them implement a physical conditioning program or improve on their current program.
	Moderator: Preston Wolkoff		



Friday, October 19, 2018 Continued

Concurrent Sessions (2:10 – 3:00 p.m.)			
Session	Presenter	Location and Level	Description
<i>Welcome to HyPEd Up! Taking Physical Education Games to the Next Level</i>	J. D. Hughes	Salon C/D	This session will assist physical educators in “taking their physical education games to the next level” by introducing games that are more relevant to today’s students.
	Moderator: Cozetta Miller		
Using Sport Education to Teach Health-Related Fitness	James Wyant, Gentry Shrewsbury, Jeremy Yeats <i>Student</i> <i>Presenters: Danny Arndt, Chase Gump, Garrett Lord, John Ratliff, Quintin Thompson</i>	Salon E/F	The focus of this session is to identify low-cost measures that teachers can use to address health-related fitness in creative, innovative manners. Specifically, participants will learn how to use Sport Education to address health-related fitness.
	Moderator: Sandy Morefield		
If You Can’t Shake It, Then Fake It	Daniel Tennesen	Salon A/B	Do you have difficulties teaching dance and rhythmic activities to your students? This session is geared towards elementary PE teachers, and it will provide you with easy to use activities, progressions, and free resources to improve student learning.
	Moderator: Andrew Ashley		
BEHAVE YOURSELF	Steve Shelton	Cumberland/ Appalachian	Teaching behavior shapes student behavior in PE. Topics include rules, routines, time-out and assertive communication styles.
	Moderator: Aleta Jo Crotty		
Young Professional Competition	Annie Machamer & Jon Vich	Kanawha/Blue Ridge	
<p>3:10 p.m. - 4:00 p.m. “Bea Orr Memorial Gala Grand Finale” Silent Auction Winners announced.</p> <p>4:00 p.m. “The Belonging, Exciting, Entertaining Run with the National Guard the Young Professionals – sign ups in the Kanawha/Blue Ridge Room</p> <p>5:00 p.m. – 6:30 p.m. Past President’s Dinner</p> <p>6:30 p.m. Mountain View Room (Open on the 14th Floor)</p>			



WVAHPERD 2018
Young Professionals Conference Schedule
Friday October 19, 2018

7:00 am	Registration (<i>Second Floor</i>)
7:00 - 9:00 am	Coffee, juice, pastries and fruit (<i>Second Floor</i>)
7:30 - 8:00 am	Young Professionals Meet Up (<i>Kanawha/Blue Ridge Room</i>)
8:00 - 8:50 am	<i>General Session</i> with Nettie Puglisi Freshour (<i>Salon C/D</i>)
9:00 - 9:50 am	“Survive and Thrive as a Physical Educator: Strategies for the First Year and Beyond” with Jessica Ashley (<i>Kanawha/Blue Ridge Room</i>)
10:00 - 10:50 am	“The Good, the Bad and the Ugly: Interviewing to Get the Job” with Jessica Ashley (<i>Kanawha/Blue Ridge Room</i>)
11:00 - 11:50 am	Session of Your Choice
12:00 - 1:00 pm	Young Professionals Lunch On Your Own New Board and RA luncheon (<i>Mountain View Room</i>)
1:10 - 2:00 pm	Session of Your Choice
2:10 - 3:00 pm	Young Professional Competition & Vote for Student Representative (<i>Kanawha/Blue Ridge Room</i>)
3:10 - 4:00 pm	Bea Orr Memorial Gala Grand Finale (<i>Salon C/D</i>)
4:00 - 6:00 pm	The Belonging, Exciting, Entertaining Run with the National Guard and the Young Professionals Signups in the <i>Kanawha/Blue Ridge Room</i>





I would like to thank all the ambitious presenters, generous vendors, valuable attendees, committed WVAHPERD Board & RA members, collaborative conference planning committee and the diligent Marriott staff. I am compelled to encourage you to attend next year's WVAHPERD Convention on October 17 & 18, 2019, at the Charleston Marriott Town Center.

THANK YOU

Jane Wolkeff

