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2017 Best Practices in Health and Physical Education . . .

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WHPE
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Building Strong Connections
Educate • Engage • Advocate

**October 25-27, 2017
Wilderness Hotel
and
Golf Resort**

**511 E. Adams Street
Wisconsin Dells, WI 53965**

 Wisconsin Health and Physical Education
145 Mitchell Hall
1725 State Street
La Crosse, WI 54601



Irene Cucina ... is a Professor in the Health and Human Performance Department where she works with undergraduate as well as graduate students. Irene's expertise is in measurement and assessment, accreditation, and health and wellness for school aged children. In addition to her teaching, she serves as the program coordinator for the health and physical education teacher certification programs as well as for the graduate health promotion and athletic administration programs.

The emphasis of Irene's work over the past five years has been in the field of school based health education. She was the chair of the SHAPE America Health Council for 4 years, was a contributor to the Appropriate Practices in School Based Health Education document, was a member of the HETE Initial Teacher Standards revision task force, and will be co-authoring the HETE Standards manual. Irene has also implemented a number of webinars over the past year to address assessment in school based health education as well as developing skill based health education curriculum. She is a Council Accreditation for Educator Preparation (CAEP) on site reviewer, and a SHAPE America lead reviewer and auditor for Health Education

Irene spent 16 years teaching high school health and physical education where she was recognized as the Massachusetts Secondary Teacher of the Year in 1997. As a high school teacher, she developed curriculum that emphasized physical fitness, physical activity, nutrition, and lifetime enjoyment of movement aligned with state and national standards. She also implemented successful before and after school activity programs that involved over 900 students yearly as well as members of the community. In addition, Irene

Terri Drain ... earned her undergraduate degree in Physical Education from the University of British Columbia and her Master's degree in Health and Human Performance from Central Washington University. She is a National Board Certified Teacher and was the 2008 Southwest District Elementary Teacher of the Year, 2007 CAHPERD Teacher of the Year, and 2016-17 Pleasanton Unified School District Teacher of the Year.



Originally from Canada, Terri began her teaching career in northern British Columbia and later moved to Vancouver, where she taught high school physical education for several years. In 1998, she relocated to the San Francisco Bay Area and began her current assignment as elementary physical education teacher at Vintage Hills School in Pleasanton, CA.

Terri has presented often at the AAHPERD/SHAPE America national convention (Standards-Based Instruction, Advocacy, Assessment for Learning, 50 Million Strong Forum) and provided webinars for SHAPE America and SPARK (How to Plan a Standards-based Lesson). At the state level, Terri has presented at the CAHPERD State Conference, California Physical Education Summit, California School Board Association's Wellness Conference, and California Elementary Physical Education Workshop.

Committed to ensuring health and physical educators have access to high-quality professional development, Terri founded the Health and Physical Education Collaborative (H-PEC) in 2014. Led by a cohort of the state's top teacher leaders, H-PEC provides workshops and district in-service trainings for HPE teachers.

Terri is an active member of the #PhysEd community (@TerriDr99) and has been a #ESPE #PhysEdSummit presenter (Physical Literacy: From Theory to Practice) and featured in the SHAPE America podcast: National Board Certification and Global PhysEd Voxcast: Unpacking the Standards with Joey Feith and Terri Drain.

Terri is a dedicated member of SHAPE America, and currently serves on its Board of Directors.

founded the Fighting AIDS through Education student club that provided educational programs to middle and high school students in the community.

Irene is a much sought after presenter and keynote speaker and has traveled the country to present at state and district conventions. She has received numerous awards for her teaching and service including the American Alliance Health, Physical Education, Recreation and Dance Honor Award, Eastern District Association Honor Award and the Tilia J. Fantasia Service Award, NHAHPERD Outstanding College/University Teacher, and the Plymouth State University Distinguished Teaching Award.



Melanie Lynch ... graduated from Penn State University with a Bachelor's degree in Kinesiology. She then earned her Master's degree, also at Penn State, in Counselor Education with an emphasis on eating disorders and chemical dependency. Melanie is in her 21st year as a Health Education Specialist at State College Area High School.

Melanie served PSAHPERD for five years in the roll as Vice-President of Health Education. She is currently serving as Past- President for PSAHPERD

She frequently presents throughout the state and nationally on body image and eating disorders. Her signature presentation is her high-energy lesson plan sharing session entitled "Let's Have Fun in Health Class Today." It is Melanie's passion to create and find skills-based lesson plans that will engage students in the classroom in order to enhance their health literacy, while also having a darn good time in class.

Melanie has co-authored the health textbook, Comprehensive Health, being used in her health classes. Goodheart-Willcox published the book in late 2014. Melanie was one of the original four Health Education Assessment Project (HEAP) trainers for the state of Pennsylvania. Melanie currently teaches an online Health Education course through Eduspire that teaches the SHAPE America's Best Practices in Health Education. The course has a technology focus. You can find the course Teaching Tech in Health Education at www.Eduspire.org.

In addition to her teaching duties, Melanie has served on her school's SAP (Student Assistance Program) team for the past twenty years, implementing programs to educate every new teacher in her district on the dangers of eating disorders and how to identify students struggling with food and weight issues.

In 2004, PSAHPERD named Melanie Pennsylvania's Health Educator of the Year. SHAPE America named Melanie the Health Education Teacher of the Year for the Eastern District in 2012. Also in 2012, PSAHPERD awarded Melanie with its prestigious Professional Honor Award. Melanie was selected as the recipient of the 2015 SHAPE America Eastern District Outstanding Professional Award in Health and most recently, SHAPE America named Melanie its National Health Teacher of the Year for 2016.



Brian Devore ... A graduate of UNC Chapel Hill, Brian Devore has over 25 years of exemplary teaching experience at the middle and elementary levels. In 2013-14, Brian was named Cobb County's Elementary Physical Education Teacher of the Year, Georgia AHPERD's Elementary PE TOY, and Southern District SHAPE America Elementary PE TOY. Brian's school has received several awards and grants from the state of Georgia and the American Heart Association based on their school's activity, fitness, and PE programs. Also, Mountain View was a winner of the Georgia Governor's Gold SHAPE Award for 2012 and 2013, a Platinum Award winner in 2014, and a 2014 Let's Move! Active School. In 2005, Devore was named Georgia's Middle School PE Teacher of the Year. Currently, he serves as Georgia AHPERD's President for a second term, Georgia AHPERD's Social Media Director, and SHAPE America Southern District President Elect.

2017 Convention Schedule of Events

Wednesday, October 25, 2017

6:00-9:00 p.m. Registration in Wilderness Foyer

8:00-10:00 p.m. President Social/Reception

Thursday, October 26, 2017

7:00 a.m. - 3:00 p.m. Registration Wilderness Foyer

9:00 a.m. - 4:30 p.m. Exhibits Open Wilderness Ballroom

Session 1 ► 8:30-9:30 a.m.

- 1 Planting CSPAP seeds in PETE: 5 considerations for success – *Cameron*
- 2 Making Physical Education Inclusive for all Students – *Zwetler/Brown*
- 3 Ready to go ideas to increase physical activity in and out of school – *Horst/Klein*
- 4 Using Technology in Your Physical Education Classroom – *Schwartz/Kroening*
- 5 Exciting Warm-up and Movement Games – *Mueller*
- 6 Dance? Not Me! Why not? C'mon, take a risk! – *Mally*
- 7 The First 7 Days: Building Postive Relationships – *Maly*
- 8 Live More while Embracing Stress & Stress Mgmt Techniques – *Reichel*

9:30-10:00 a.m. – Coffee/Tea/Muffins Break in Exhibits Hall -

Visit the Exhibitors – Wilderness Ballroom

- 1 Meet a WHPE Mentor/Leader – *Sazama*

9:50-11:00 a.m. – General Assembly

Announcements/Elections/Award Recipients

Speaker - Irene Cucina – “Together, We Can Make a Difference”

Session 2 ► 11:20 a.m. - 12:20 p.m.

- 1 What You Really Need to Know About edTPA – *Johnson*
- 2 School of Rock...Climbing: How to ‘Rock’ Your Traverse Wall – *Everlast*
- 3 Let’s Have Fun in Health Class Today! – *Lynch*
- 4 High order thinking with tinkling! – *Anderson*
- 5 Advocating for Physical Literacy – Developing Competent and Confident Movers – *Drain*
- 6 Sensory Friendly Physical Education – *Brown*
- 7 How to Fast Track the First Course to Get to the “Meat & Potatoes” – *Heath/Wilhelm/Wentland*
- 8 What’s New on Campus - University Poster Session – *Timm*

12:30-1:20 p.m. Convention Lunch/Lunch and Learn with Division VP’s

Elementary Division – “*Sparing Resources--a book, poster, lesson idea...anything that enhances the elementary PE classroom*”

Middle/Secondary Division – “*What Does An Academic PE Classroom Look Like?*”

Future Professional Division – *Elections and Irene Cucina*

APE Division – “*Dairyland Games - Sports Opportunities for Students w/Disabilities*”

University Division – *College/University Round Table Discussion*

12:30-1:20 p.m. JRFH Coordinators Lunch

12:30-1:20 p.m. Exhibitor lunch

Session 3 ► 1:30-2:30 p.m.

- 1 Encouraging Healthy Relationships Across the Curriculum – *Zeiger*
- 2 APE The Pulaski Way – *Goodness*
- 3 Getting Kids Active in the Classroom – *O’Flanagan*
- 4 Dancin thru the School Year – *Mulloy/Clark*
- 5 No More Chest Straps for heart rate Monitors – *Gagstetter*
- 6 Maximizing Movement Potential: Simple Tools, Complex Results! – *Meeteer/Ditter*
- 7 Progression of Invasion Games & Tactics at the Elementary level – *Westphal*
- 8 Fast and Furious Fitness – *Devore*
- 9 Games in Small Spaces – *Maurer/Mickschl*

Session 4 ► 2:40-3:40 p.m.

- 1 Utilizing “Exercise Buddy” iPad App for Autism Spectrum Students – *Lee/Tymeson*
- 2 Concussion in Physical Education: Activities & Prevention – *Ringgenberg*
- 3 Method to our Madness – *Wentland/Troeger*
- 4 Growing a Green & Healthy School Through PE & Health/Nutrition – *Vaughan/Windjue*
- 5 Applying Creative Mode Fitness Strategies in Secondary PE – *Gorwitz*
- 6 Jump and Shoot Your Way to Nashville – *Fendos/Mueller*
- 7 Literacy in Motion – *Hagenbach*
- 8 Tennis FUNdamentals for kids of all ages – *Emerson*
- 9 Line Dancing Through the Decades! – *Walch/Strittmatter*

Session 5 ► 3:50-4:50 a.m.

- 1 Lets Support Healthy Relationships & Human Sexuality in Youth – *Reichel*
- 2 Empowering Students to be Well for Life – *Myrland*
- 3 Adapted Physical Education – *Vodenlich*
- 4 Making the Switch: Standards Based Grading in PE – *Horst*
- 5 Maximizing MVPA in your PE Class – *Lanier*
- 6 TOY Favorites for Middle School PE – *Mueller*
- 7 Step Up your Sport Stacking Program! – *Burk*
- 8 Fitness - Standards - Common Core - and so much more! – *Wadleigh*
- 9 Advocating for Physical Literacy – *Drain*

4:00 - 5:00 p.m. Past President Meeting

6:00 - 7:00 p.m. Past President Social

7:00 - 9:00 p.m. WHPE Awards Ceremony

9:00 p.m. - 12:00 a.m. All Convention Dance - DJ

Friday, October 27, 2017

7:30-10:00 a.m. Registration Wilderness Foyer

9:00 a.m. - 12:00 p.m. Exhibits Open Wilderness Ballroom

Session 6 ► 8:00-9:00 a.m.

- 1 Increasing Physical Activity in a Wisconsin School District – *Nelson*
- 2 Partnering for Success: Fuel Up to Play 60 Breakfast session – *Edge/Schaefer*
- 3 Inclusive PE: Strategies for Including All Students – *Lanier*
- 4 Navigate, Unpack & Use: National Standards & K-12 Grade Level Outcomes – *Mally*
- 5 Elementary Games: Muscles, Bones, Money & More – *Jodlowski*
- 6 Social Emotional Learning in PE - Don't I Already Teach That? – *Cucina*
- 7 The Basics of Birth Control (Teaching Contraception) – *DeNuccio*
- 8 You Heard Right...FREE Curriculum OPEN to All! – *Strenger/Devore*
- 9 Let’s Dance with Words! – *Maly*
- 10 My Choice! Empowering Resiliency in Youth – *Zemke*

Session 7 ► 9:10 a.m. -10:10 a.m.

- 1 WHPE Advocacy Toolkit Forum: Tips & Resources to Promote Pgm – *Kestell/Hare*
- 2 100 Mile Club’s WINNING Partnership in WI: Ideas, Hints & Tips – *Lubin/Olafson*
- 3 Measuring MVPA with Blink Armband HRM: 21st Century PE! – *General*
- 4 WHPE Grants Sharing Session – *Fester*
- 5 No Fouls, No Injuries, No Arguing: Tchoukball – *Keating*
- 6 Get Ready to Jump and Dance! – *Dado/Dado*
- 7 Cross Curricular Physical Education – *Schlies/Wara*
- 8 Tactical Attack – *Sazama*
- 9 Teaching Adapted Sports for Disability Awareness in General PE (DBL) – *Tymeson*
- 10 Strategies for Teaching Students with Mental/Emotional Disorders – *Mueller/Stratton*

Session 8 ► 10:20 a.m. -11:20 a.m.

- 1 Let’s Have Some More Fun in Health Class! – *Lynch*
- 2 Response to Intervention in HS PE: Partnership to Increase Phy Literacy – *Nelson/Simenz*
- 3 Omnikin Balls: Fundamentals, Frolic, Fitness & Fun – *Gooding/Conrad*
- 4 Technology in PE – *Devore*
- 5 Personalized Learning in PE...Own It! – *Kroening/Schwartz*
- 6 Two Dudes Dancing – *Ridout/Roberty*
- 7 Archery, It’s Safe and Fun for PE – *Johnson/Schroeder*
- 8 Teaching Adapted Sports for Disability Awareness in General PE (DBL) – *Lee/Tymeson*

Session 9 ► 11:30 a.m. -12:30 p.m.

- 1 WIAA Sports Officiating, Coaching and the World of Sports – *Klein*
- 2 FitnessGram Assessments: Time to Make it Personal – *Maly*
- 3 WI Adaptive Sports Association – *Gracz*
- 4 Applying Mindful Practices to Health and PE – *Delzer*
- 5 Dancing through the Decades – *Bauer*
- 6 The Three I’s - Inclusive, Inspiring, Instant Activities - Part 3 – *Zimmerman/Glover*
- 7 Safe Routes to School: Enhancing the Road to Wellnss – *Blum*
- 8 Reaching 50 Million Strong - It Starts with Us – *Fritz/Kestell/Mueller*
- 9 Learning on the Move in Health Ed – *Gorwitz/Wentland*

1:00-3:30 p.m. – Patty’s Board Meeting

WHPE MEMBERSHIP

You must be a current member through 11/17 or return a new/renewal membership form with membership dues to preregister for the convention.

Wisconsin Health and Physical Education Membership Form.

PRINT ALL INFORMATION

CHECK APPROPRIATE BOX IN EACH SECTION

Month _____	2017 to Month _____	2018 _____	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____		FIRST NAME _____		AREA	
STREET _____		HOME PHONE (____) _____		<input type="checkbox"/> Health – H	
CITY _____		WORK PHONE (____) _____		<input type="checkbox"/> General – G	
COUNTY _____		STATE _____ ZIP _____		<input type="checkbox"/> Physical Education – P	
E-Mail Address: _____		Year: Fr So Jr Sr Grad		<input type="checkbox"/> Student – S	
*Students-School attending _____				<input type="checkbox"/> Sports & Athletics – A	
				<input type="checkbox"/> Recreation – R	
				<input type="checkbox"/> Dance – D	

OFFICE USE ONLY	
EXP. DATE _____	
Date Rec’d _____	
CK # _____	
Amt. PD _____	
TYPE OF MEMBERSHIP	
Lifetime (\$500) <input type="checkbox"/>	
Professional (\$60) <input type="checkbox"/>	
JRFH/Hoops Coord. (\$30) <input type="checkbox"/>	
Associate (\$60) <input type="checkbox"/>	
Student (\$30) <input type="checkbox"/>	
5yr Undergrad (\$99) <input type="checkbox"/>	
Retired (\$20) <input type="checkbox"/>	

- | | |
|--|--|
| <input type="checkbox"/> SE – <u>Southeast District</u> - CESA District 1 & 2 | TEACHING LEVEL |
| <input type="checkbox"/> SW – <u>Southwest District</u> - CESA Districts 3 & 4 | <input type="checkbox"/> E – <u>Elementary</u> |
| <input type="checkbox"/> C – <u>Central District</u> - CESA District 5, 6 & 7 | <input type="checkbox"/> M – <u>Middle</u> |
| <input type="checkbox"/> NE – <u>Northeast District</u> - CESA Districts 8 & 9 | <input type="checkbox"/> S – <u>Secondary</u> |
| <input type="checkbox"/> NW – <u>Northwest District</u> - CESA Districts 10, 11 & 12 | <input type="checkbox"/> U – <u>University/College</u> |
| | <input type="checkbox"/> O – <u>Other</u> |

<p>Mail to: WHPE 145 Mitchell Hall • 1725 State St. La Crosse, WI 54601-3788</p> <p>Makes Checks payable to: WHPE</p> <p>For further information go to our website: www.whpe.us</p>
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2017 WHPE CONVENTION REGISTRATION

Deadline: October 3rd, 2017

You must be a current member of WHPE through 11/17 or return a new/renewal membership form with membership dues to pre-register for the convention. **COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW.** You can verify your membership status by calling the WHPE office at 608-785-8175 or 800-441-4568.

COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW

Last Name: _____ First Name: _____

Street: _____ City, State, Zip: _____

Phone (Office): _____ Phone (Home): _____ E-mail Address: _____

Student Teacher Other

University or School District: _____

	Is this your first WHPE convention?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	WHPE District (check one):	<input type="checkbox"/> NW	<input type="checkbox"/> C
		<input type="checkbox"/> NE	<input type="checkbox"/> SE
		<input type="checkbox"/> SW	
CLASSIFICATION (Check all that apply)	EARLY BIRD-REGISTRATION	REGISTRATION	
	(must be received by 10/3)	(After 10/3)	
<input type="checkbox"/> Professional Registration for Current Members	\$110.00	\$120.00	
<input type="checkbox"/> Professional Registration including One Year’s Members Dues.	\$170.00	\$180.00	
<input type="checkbox"/> Professional Registration Including One Year’s Dues for JRFH/HFH Coordinators	\$140.00	\$150.00	
<input type="checkbox"/> Retired	\$0.00	\$0.00	
<input type="checkbox"/> Student Registration for Current Members (Includes Lunch).	\$40.00	\$50.00	
<input type="checkbox"/> Student Registration Including One Year’s Membership Dues (Includes Lunch)	\$70.00	\$80.00	
<input type="checkbox"/> Student Registration Including 5-Year/\$99 Membership Dues (Includes Lunch)	\$139.00	\$149.00	
<input type="checkbox"/> Non-member Registration.	\$180.00	\$190.00	
<input type="checkbox"/> Past President	\$0.00	\$0.00	
<input type="checkbox"/> Division Lunch and Learn Sack lunch	\$15.00	<i>(early bird registration only, not available onsite)</i>	
<input type="checkbox"/> Awards Banquet (Thursday evening)	_____ @ \$30.00 each	n/a	
<input type="checkbox"/> Sponsor a student to awards banquet	_____ @ \$30.00 each	n/a	
Total Enclosed:	_____ \$	_____	

Early Bird Registration fees do not include awards banquet tickets. Awards banquet tickets must be purchased separately. No awards banquet tickets will be available for purchase on-site.

Banquet Preference (check one): Grilled Salmon Sliced Roast Beef Squash Stuffed Pasta
 Complete and send this form along with a check for WHPE Convention Fees to:
 WHPE, 145 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.

WILDERNESS HOTEL AND GOLF RESORT

511 E. Adams St. • Wisconsin Dells, WI 53965 • Ph: (800) 867-9453 (use Group Name: WHPE 2017 Conference @ Glacier Canyon Lodge)

RESERVATION DEADLINE IS OCTOBER 3, 2017

RATES: \$99 – (1-4 persons) Double Queen with Couch *(includes water park passes)*
\$139 – 2 Bdrm Deluxe Glacier Canyon *(includes water park passes)* • **\$12.95** – Nightly Resort Fee