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## Welcome to the WHPE Convention from President Patty Kestell

### 120<sup>th</sup> Anniversary of WHPE- 1897-2017!

Welcome to the 2017 WHPE Convention at the Glacier Canyon Conference Center in Wilderness Resort! We are excited to be back at the Wilderness again this year, and are ready to experience a great 120<sup>th</sup> Anniversary of WHPE Convention with all of you this week. An amazing amount of work goes into preparing for the WHPE convention, so be sure to thank Nicole Popowich (WHPE Program Manager), Keith Bakken (WHPE CEO), Wendy Wiesjahn (Convention Manager), True Vang (WHPE Convention App Manager), and Kris Fritz (Awards Chair) for all of their hard work behind the scenes to make this one of the best professional development opportunities for health and physical educators. We truly appreciate all you have done!

My presidential theme- ***Building Strong Connections: Educate, Engage, and Advocate***- encompasses all that we are focused on as educators and who we work with in each of our learning communities. The 2017 WHPE convention will be a great opportunity to experience high quality **health and physical education** activities, designed to help support you in delivering best practices to your students. We thank our amazing line up of presenters for sharing their time and expertise to share innovative activities with our convention participants and for being leaders in our profession. We are thrilled to have Irene Cucina (former SHAPE America President/Plymouth State University HHP Professor) as our Keynote Speaker this year, as well as Brian Devore (GA AHPERD President, 2014 Southern District PE TOY, Georgia), Terri Drain (2008 Southwest District ELE PE TOY, California), and Melanie Lynch (2016 National Health TOY, Pennsylvania) as our featured presenters.

One of the focal points of our WHPE convention this year will be to encourage educators to consistently incorporate the following lesson structure strategy within their classroom:

**What** are we learning today? **Why** are we learning it? **How** will you know you learned it?  
*Please read <https://thephysicaleducator.com/2014/11/24/whatwhyhow/> for more information.*

Enjoy the time to **engage** in all the WHPE convention activities, including the President's Social on Wednesday night, the General Assembly on Thursday morning, the convention break-out sessions, the JRFH/HFH or Division luncheons on Thursday, the WHPE Awards Ceremony on Thursday night, and the convention exhibit booths. Enjoy networking and connecting with former alumni friends, current colleagues, and educators from across the state. There is no better opportunity to meet and learn from so many health and physical educators who are passionate and dedicated to making a difference in student's lives.

Lastly, be sure to take time to reflect on how you **advocate** for your program and our profession in your school, district and community. How do you promote positive messages about the importance and necessity of quality health and physical education for all students in your community, and at the state and national level? What tools can you take away from the WHPE convention this year and the connections you've made to be a better advocate for your students? If you are looking for ideas to help strengthen this area, come check out the **WHPE Advocacy Toolkit Forum** session at 9:10am on Friday morning.

As you participate in this year's convention, please take a moment to say thank you to Brett Fuller for all of his time and efforts as WHPE President. Thank you for your leadership, Brett! Get to know the WHPE Executive Committee and Board of Directors, as well as the convention volunteers. We are all here to help you get the most out of the convention, and to help provide advocacy and professional development resources to you throughout the year.

We hope that this convention will provide you with many opportunities to learn, grow, share and connect, and most importantly, to feel rejuvenated and inspired to help students improve their health and physical literacy skills, social emotional learning skills, and ultimately their lifetime health and wellness skills. We belong to the best profession there is. Thank you for all YOU do to make a difference for your students and for being a part of the 2017 WHPE convention!

## National Physical Education Standards

**Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

## National Health Education Standards

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

*Courtesy of*



## WHPE Executive Committee

### President

Patty Kestell  
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### Past President

Brett Fuller  
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### Member at Large

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### Past Past President

Jo Bailey  
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### Secretary

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## WHPE Board of Directors

### District Coordinators (Term: 2015-2017)

#### Central District

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#### Northeast District

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#### Northwest District

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#### Southeast District

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#### Southwest District

### Division Vice Presidents (Term: 2016-2018)

#### Elementary Division

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#### Middle Division

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#### University Division

Dan Timm  
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#### Future Professionals Division

VP - Molly Wistl  
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Secretary – Lindsey Reach  
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VP –Elect – John Walesewicz  
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**WHPE 2017**  
**Wednesday, October 25<sup>th</sup>**  
**Daily Agenda**

<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
6:00 – 9:00 pm	Registration	Wilderness Foyer
8:00 - 10:00 pm	President’s Reception and All Convention Social in Honor of President Patty Kestell	Sandstone 4-6



**WHPE 2017**  
**Thursday, October 26<sup>th</sup>**  
**Daily Agenda**

<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
7:00 am - 3:00 pm	Registration	Wilderness Foyer
9:00 - 4:30 pm	Exhibits Open	Wilderness Ballroom
8:30 - 9:30 am	Session 1	Per Schedule
9:30 – 10:00 am	Coffee/Tea/Muffins Break ...Check out the Exhibits	Wilderness Ballroom
9:30 – 10:00 am	Future Professional Session Meet a WHPE Mentor/Leader	Glacier A/B
10:10 - 11:10 am	<b><u>General Assembly</u></b> Business/Elections Keynote – Irene Cucina	Sandstone 2/7
11:20 - 12:20 am	Session 2	Per Schedule
12: 30 - 1:20 pm	All Convention Lunch Break	On Your Own
12:30 – 1:20 pm	Division Lunch and Learns	Per Schedule
12:30 - 1:20 pm	Future Professional Lunch	Tundra A/B
12:30 - 1:20 pm	JRFH Coordinators Lunch	Tundra D-F
1:30 - 2:30 p.m.	Session 3	Per schedule
2:40 - 3:40 pm	Session 4	Per schedule
3:50 – 4:50 pm	Session 5	Per schedule
4:00 – 5:00 pm	Past President’s Meeting	Lake Delton
6:00 – 7:00 pm	Past President’s Social	Sandstone 8/9
7:00 - 9:00 pm	Awards Banquet	Sandstone 4-6/1
9:00 pm - 12:00 am	All Convention Dance w/DJ	Sandstone 4-6/1

**WHPE 2017**  
**Friday, October 27<sup>th</sup>**  
**Daily Agenda**

<b>TIME</b>	<b>EVENT</b>	<b>LOCATION</b>
7:30 - 10:00 am	Registration	Wilderness Foyer
8:00 - 9:00 am	Session 6	Per Schedule
9:00 am - 12:00 pm	Exhibits open	Wilderness Ballroom
9:10 - 10:10 am	Session 7	Per Schedule
10:20 - 11:20 am	Session 8	Per Schedule
11:30 am – 12:30 pm	Session 9	Per Schedule
1:00 - 3:30 am	Patty Kestell's BOD Meeting	Restaurant



**Building Strong Connections**  
**Educate · Engage · Advocate**

**Thursday, October 26, 2017**  
**Session 1 8:30 - 9:30 a.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>Room</b>
Cameron	Planting CSPAP seeds in PETE: 5 considerations for success	Glacier A/B
Zwettler/Brown	Making Physical Education Inclusive for all Students	Glacier C/D
Horst/Klein	Ready to go ideas to increase physical activity Inside and outside of the school	Tundra A/B/C
Schwartz/Kroening	Using Technology in Your Physical Education Classroom	Tundra D/E/F
Mueller	Exciting Warm-up and Movement Games	Sandstone 1
Mally	Dance? Not Me! Why not? C'mon, take a risk!	Sandstone 4-6
Maly	The First 7 Days: Building Positive Relationships	Sandstone 3
Reichel	Live More while Embracing Stress and Stress Management Techniques	Sandstone 8-9

**“Planting CSPAP seeds in PETE: 5 considerations for success.”**

Comprehensive School Physical Activity Programs, or CSPAP, require important and sometimes complimentary skills for future and current physical educators. Teaching future educators how to effectively implement CSPAP while also becoming master teachers with outstanding pedagogical talents is the focus of this session. Five areas for consideration for teachers and teacher educators about how to "plant the seeds" for CSPAP leaders and potential problems (and solutions) for PAL's and Recess Coaches will be discussed.

**Room:** Glacier A/B

**Target Audience:** University

**Presenter:** Jay Cameron, UW Whitewater (WHPE Member)



## **“Making Physical Education Inclusive for All Students”**

Do you ever feel overwhelmed by the amount of students with special needs in your class without support? Come join us as we discuss some tips and tricks to work with our kids with special needs. We will share with you how we work together as a PE and Adapted PE team to make our classes inviting for all students. Our goal is to make all kids feel included in PE so we will share what equipment, ideas and other tips we have to make it work for you! Don't have an APE teacher to work with? These ideas can work even without them there! We don't have all the answers but come hear our ideas and share your own!

**Room:** Glacier C/D

**Target Audience:** Adapted PE

**Presenters:** Eliza Zwettler, Physical Education and Sadie Brown, Adapted Physical Education, Sun Prairie Schools (WHPE members)

## **“Ready to go ideas to increase physical activity inside and outside of the school”**

Join us to increase your understanding on the neuroscience behind how movement makes kids better learners. You can use this information to help advocate for more opportunities for your students and staff to move. Understand how to connect with others using the WSCC model to increase support and efficiency for your programs. Hear about how two school districts have increased movement in their schools through before, during and after school opportunities for their students, families and staff.

**Room:** Tundra A/B/C

**Target Audience:** Middle/Secondary

**Presenters:** Kalise Horst, Physical Education, Middleton-Cross Plains Area School District and Pam Klein, Physical Education, Deerfield Community School District (WHPE Members)

## **“Using Technology in Your Physical Education Classroom”**

Are you looking for technology that you can use in your PE classroom to level up your tech game? We will show you how to use technology to document student learning with Book Creator, use BAM Video Delay for instant self and peer feedback, use YouTube videos like Just Dance, Kickboxing, Step, Yoga, Pilates, and Cross Fit to bring additional teachers into your classroom, use Explain Everything to create moving targets and that is just some of the many examples.

**Room:** Tundra D/E/F

**Target Audience:** Elementary

**Presenters:** Cory Schwartz and Penny Kroening, Physical Education, School District of Waukesha (WHPE members)

## **“Exciting Warm-up and Movement Games”**

If you are looking for some creative warm-up activities to start your class or you want to add some new movement games to your curriculum, this session is for you! Each participant will leave with a complete packet of 11 exciting activities that teach nutrition, fitness, movement skills, and a connection to the amazing Fuel Up to Play 60 program. This is a session you will not want to miss!

**Room:** Sandstone 1

**Target Audience:** Elementary

**Presenter:** Tim Mueller, Physical Education, Erin School District (WHPE Member)

## **“Dance? Not me! Why not? C’mon, take a risk!”**

Dance is considered a critical component of a quality physical education program; it is scattered throughout our National Standards, yet so many teachers avoid it. Come learn how to foster (and assess) confident, competent movers through Educational Dance.

**Room:** Sandstone 4-6

**Target Audience:** Middle/Secondary

**Presenter:** Kristi Mally, Winona State University (WHPE Member)

## **“The First 7 Days: Building Positive Relationships”**

High school students need to engage in getting-to-know-each-other activities during the first week of school. By incorporating these activities into your first week while you discuss rules and expectations, you will create a high level of comfort and begin forging relationships that will make your classroom successful for the rest of the year. Please join me in discovering instant activities to build positive relationships within your class.

**Room:** Sandstone 3

**Target Audience:** Middle/Secondary

**Presenter:** Shannon Maly, Health and PE, Sun Prairie High School (WHPE Member)

## **“Live More While Embracing Stress and Stress Management Techniques”**

Want to be able to get more out of your life by understanding stress better? This activity based presentation will allow you to discover many simple strategies that can be incorporated into your everyday life. All shared ideas can be easily modified to best fit the needs of your students to be implemented into your classroom and they support our National/Wisconsin SHE Standards. Topics to be discussed include: stress management techniques, current research on mental and emotional health, and how to utilize these techniques when family/friends have been impacted by a mental illness.

**Room:** Sandstone 8-9

**Target Audience:** Health

**Presenters:** Lori Reichel, Health Education/Health Promotion, UW La Crosse and McKenzie Kirtz and Megan Drew, UW La Crosse undergraduate students (WHPE members)

## **Coffee/Tea/Muffins Break**

**9:30 – 10:00 a.m.**

**Wilderness Ballroom**

*All participants are invited to come enjoy refreshments and visit the Exhibits Hall*

## **Future Professionals Session**

***Meet a WHPE Mentor/Leader***

***Facilitated by Deb Sazama, Advisor to Future Professionals***

**9:30 – 10:00 a.m.**

***Room: Glacier A/B***

The purpose of this session is for future professionals to have the opportunity to hear from and connect with current professionals and WHPE leaders. During this session you will talk with the professionals from different grade levels and varying levels of experience, have the opportunity to ask questions, and begin to build your professional network.

# **GENERAL SESSION**

**10:10 - 11:10 a.m.**

***Keynote Speaker-Irene Cucina***

***Room: Sandstone 2-7***



***“Together, We Can Make a Difference”***

*Prepare to be motivated and inspired as Irene shares her ideas and thoughts on how HPERD professionals can make a difference by working COLLABORATIVELY as a unified group. Irene’s positive energy, enthusiasm, and passion will make you want to be a change agent! With over 35 years of teaching experience, Irene will share real life situations that will help you feel prepared to educate, engage, and advocate for your programs and students.*

***Sponsored by Gopher Sport***

**Thursday, October 26, 2017**  
**Session 2 11:20 a.m. - 12:20 p.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>ROOM</b>
Johnson	What You Really Need to Know About edTPA	Glacier A/B
Scherb	School of Rock...Climbing: How to 'Rock' Your Traverse Wall	Glacier C/D
Lynch	Let's Have Fun in Health Class Today	Tundra A/B/C
Anderson	High order thinking with tinikling!	Sandstone 1
Drain	Advocating for Physical Literacy	Sandstone 4-6
Brown	Sensory Friendly Physical Education	Sandstone 3
Heath/Wilhelm/ Wentland	How to Fast Track the First Course to Get to the "Meat and Potatoes"	Sandstone 8-9
Timm	What's New on Campus – University Poster <ul style="list-style-type: none"> <li>• Developing Community Builders – Haynes-Manogue/Kuhrasch</li> <li>• Reflection on our Health Education Teaching Experience at the Wisconsin Northwest Regional Juvenile Detention Center – Gengenbach/Ellenbecker/Vogt/Oh</li> <li>• Interdisciplinary Health Topic Research in a University Personal Health and Wellness Course – Michelle Pietrzak</li> <li>• FIT Principle (Families Incorporating Togetherness through activity) – Lee Watson</li> <li>• Social Cognitive Theory to Understand Exercise Participation of College Students Enrolled in Online and Face-to-face Sections of Fitness for Life Courses – Matt FencI</li> <li>• University of Wisconsin – Oshkosh Human Kinetics &amp; Health Education Field Experiences – Stratton/Mueller</li> <li>• UW-Platteville Adventure Wellness Days – Scott Ringgenberg</li> <li>• UW-Platteville Students Collaboration with the Wisconsin School of the Blind and Visually Impaired – Swenson/Kearns/Bradley/Sheehan/Capetta</li> <li>• Response to Intervention in MPS – Simenz/Adam/Steffes/Cleary/Gambatese</li> </ul>	Sandstone Hallwy

- Overview and preliminary results of a community-wide physical activity intervention in public schools and Head Start sites – DeNomie/Guse/Lakowske, Loehr, Manguson, Miller/Silha/Wolff/Nelson
- Understanding the breadth and depth of activity breaks in a Wisconsin school district – Nelson/DeNomie/Silha/Loehr/Lakowske/Manguson/Guse/Wolff
- Inclusion of Act 31 in PETE teacher-training curriculum: Raising awareness regarding American Indian issues – Timm/Miller/Cavanagh

### **“What You Really Need to Know About edTPA”**

Feeling unprepared for edTPA? Is understanding the difference between discourse and syntax stressing you out? For future professionals and cooperating teachers, this session is designed to take a subject-specific look at the edTPA and how to plan for a successful submission. Learn how to use the handbook, understanding academic language, and thinking organizer documents for support. An exemplar will be examined to establish lesson plan writing with "the scorer in mind."

**Room:** Glacier A-B

**Target Audience:** Future Professionals

**Presenter:** Rebekah Johnson, Exercise and Sport Science, Carthage College (WHPE member)

### **“School of Rock...Climbing: How to ‘Rock’ Your Traverse Wall”**

Are you looking to refresh your climbing wall unit with new ideas and activities? Or did you “inherit” a climbing wall and need help using it with your students? The ‘School of Rock’ presentation will enable you to get the most out of your traverse wall. Participants will learn climbing wall best practices, including basic climbing techniques, safety and risk management protocols and strategies to maximize moderate-to-vigorous physical activity. Participants will be introduced to a variety of dynamic climbing wall activities that help develop physical, social-emotional and cognitive skills. Some activities will demonstrate how the climbing wall can be used to support learning in such content areas as math and literacy. This presentation will also include assessment ideas. The session ends with an opportunity for participants to share their own ideas and experiences and to ask questions. Leave inspired and equipped with climbing wall practices and activities that can be put to immediate use!

**Room:** Glacier C/D

**Target Audience:** Elementary

**Presenter:** Jillian Scherb, Everlast Climbing Representative (**EXHIBITOR SESSION**)

## **“Let’s Have Fun in Health Class Today”**

Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class. *Sponsored by Skatetime School Programs*

**Room:** Tundra A/B/C

**Target Audience:** Grade K-5

**Presenter:** Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year

## **“High order thinking with tinikling!”**

This is a session geared towards high school PE that could be easily adjusted for middle school. Participants will be shown a standards-based unit of instruction on tinikling. Assessments and practice session included.

**Room:** Sandstone 1

**Target Audience:** Middle/Secondary

**Presenter:** Natalie Anderson, Physical Education, School District of Mondovi (WHPE member)

## **“Advocating for Physical Literacy”**

In 2014 Physical Literacy was incorporated by SHAPE America as the goal of physical education. This is a new term for us. What does it mean and why is it important? In this session, participants will gain an understanding of physical literacy and how it’s a potential game changer for both our students and our profession. Participants will be empowered to become advocates for physical literacy and ready to change the way people think about physical education.  
Audience: K-12

**Room:** Sandstone 4-6

**Target Audience:** Elementary

**Presenter:** Terri Drain, Physical Education, Vintage Hills School, Pleasanton, CA

## **“Sensory Friendly Physical Education”**

Is Autism still a disability you struggle to understand? Do you often have kids with Autism in your PE class who have great motor skills but can't seem to handle being in the gym? Come learn more about Autism and how sensory regulation is important for those students. We will give you some quick changes you can make tomorrow will make your gym more sensory friendly and hopefully help them be more active in class!

**Room:** Sandstone 3

**Target Audience:** Adapted PE

**Presenter:** Sadie Brown, Sun Prairie Area School District (WHPE Member)

## **“How to Fast Track the First Course to Get to the ‘Meat and Potatoes’ of Your Lesson”**

Do you struggle with providing an ample warm up on a regular basis? Have you been looking for ways to provide a greater variety, but aren't quite sure how to do that without taking up loads of time? In this session you will experience some great ways to add a variety of activities into your warm up without eating up a large chunk of time.

**Room:** Sandstone 8-9

**Target Audience:** Middle/Secondary

**Presenters:** Ryan Heath, Michael Wilhelm, Mary Wentland, Lakeland Union High School (WHPE members)

## **“What’s New on Campus – University Poster Session”**

- Developing Community Builders – Haynes-Manogue/Kuhrasch
- Reflection on our Health Education Teaching Experience at the Wisconsin Northwest Regional Juvenile Detention Center – Gengenbach/Ellenbecker/Vogt/Oh
- Interdisciplinary Health Topic Research in a University Personal Health and Wellness Course – Michelle Pietrzak
- FIT Principle (Families Incorporating Togetherness through activity) – Lee Watson
- Social Cognitive Theory to Understand Exercise Participation of College Students Enrolled in Online and Face-to-face Sections of Fitness for Life Courses – Matt Fencil
- University of Wisconsin – Oshkosh Human Kinetics & Health Education Field Experiences – Stratton/Mueller
- UW-Platteville Adventure Wellness Days – Scott Ringgenberg
- UW-Platteville Students Collaboration with the Wisconsin School of the Blind and Visually Impaired – Swenson/Kearns/Bradley/Sheehan/Capetta



- Response to Intervention in MPS – Simenz/Adam/Steffes/Cleary/Gambatese
- Overview and preliminary results of a community-wide physical activity intervention in public schools and Head Start sites – DeNomie/Guse/Lakowske, Loehr, Manguson, Miller/Silha/Wolff/Nelson
- Understanding the breadth and depth of activity breaks in a Wisconsin school district – Nelson/DeNomie/Silha/Loehr/Lakowske/Manguson/Guse/Wolff
- Inclusion of Act 31 in PETE teacher-training curriculum: Raising awareness regarding American Indian issues – Timm/Miller/Cavanagh

**Room:** Sandstone Hallway

**Target Audience:** Grade K-5

**Facilitator:** Dan Timm, University of Madison (WHPE member)



**Building Strong Connections**  
**Educate · Engage · Advocate**

## LUNCHES/MEETINGS

**12:30 - 1:20 pm    Lunch break**

- ◆ **Exhibitors Luncheon** **Wilderness Ballroom**  
(box lunch will be provided)
  
- ◆ **Future Professionals Luncheon/Session** **Sandstone 1**  
(box lunch will be provided)
  
- ◆ **Elementary Division Lunch & Learn** **Sandstone 7**  
“Sharing Resources – a book, poster, lesson idea...anything that enhances the elementary PE classroom” (ticket required)
  
- ◆ **Middle/Secondary Division Lunch & Learn** **Sandstone 4/5/6**  
“What Does An Academic PE Classroom Look Like?” (ticket required)
  
- ◆ **College/University Division Lunch & Learn** **Glacier C/D**  
“College/University Round Table Discussion” (ticket required)
  
- ◆ **Adapted PE Division Lunch & Learn** **Glacier A/B**  
“Dairyland Games – Sports Opportunities for Students with Disabilities” (ticket required)
  
- ◆ **JRFH Coordinators Luncheon** **Tundra D-F**  
(reservation required)

**Thursday, October 26, 2017**  
**Session 3 1:30 -2:30 p.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>ROOM</b>
Zeiger	Encouraging Healthy Relationships Across The Curriculum: Lessons, Activities, Resources	Glacier A/B
Goodness	APE The Pulaski Way	Glacier C/D
O’Flanagan	Getting Kids Active in the Classroom	Tundra A/B/C
Mulloy/Clark	Dancin thru the School Year	Sandstone 1
Gagstetter	No More Chest Straps for heart rate monitors	Sandstone 4-6
Meeteer/Ditter	Maximizing Movement Potential: Simple Tools, Complex Results!	Sandstone 3
Westphal	Progression of Invasion Games & Tactics at The Elementary level	Sandstone 2
Devore	Fast and Furious Fitness	Sandstone 7
Maurer/Mickschl	Games in Small Spaces	Sandstone 8-9

**“Encouraging Healthy Relationships Across the Curriculum: Lessons, Activities, Resources”**

Discussions of healthy relationships are often relegated to one or a few days each semester, but the concepts of significance to healthy relationships (such as consent, respect, boundaries, bodily autonomy, etc) are visible in a variety of contexts throughout the year. This session will explore how key components of healthy relationships can be infused into the curriculum throughout the year by defining, modeling, and reinforcing those ideas throughout other topical units over the course of the semester.

**Room:** Glacier A/B

**Target Audience:** Health

**Presenter:** Eileen Zeiger, Director of Education and Outreach, Rape Crisis Center

## **“APE The Pulaski Way”**

I would like to share some of the concepts, beliefs, and activities that have been a part of my 8 years of teaching K-5 and 9-12 Adapted Physical Education. Topics for discussion and sharing may include: The struggles I try to overcome as a professional trying to “figure it out”? What drives me to be my best? How to motivate the unmotivated? The Goody? What the heck is the Goody? Using tech for learning, documenting, and promoting.

**Room:** Glacier C/D

**Target Audience:** Adapted PE

**Presenter:** Kare Goodness, Pulaski High School (WHPE Member)

## **“Getting Kids Active In the Classroom”**

Have you ever wondered how to get physical education out of the gym and into the classroom? How about becoming a larger and more active participant in your school community? I will show you the steps that I have taken to get movement out of the gym and into the classrooms. I will give ways that you can put movement into other parts of a student’s day and become a resource for other teachers in your building. I will also show you a couple ways to reach out to your community to show what is going on in your classroom. Take the next step to becoming a great active teacher!

**Room:** Tundra A/B/C

**Target Audience:** Elementary

**Presenter:** Jena O’Flanagan, Physical Education, Medford Area Public School District (WHPE Member)

## **“Dancin thru the School Year”**

Dance your way through the school year! You will learn a variety of dances to incorporate into your physical education program through all seasons. Come and join the fun as we show you dances for each of the major holidays of the year as well as some of favorite new dances to keep your kids dancing!

**Room:** Sandstone 1

**Target Audience:** Elementary

**Presenters:** Katie Mulloy, School District of New Berlin and Jackie Clark, Waupun Area School District (WHPE Members)

## **“No More Chest Straps for heart rate monitors”**

Please come and experience Polar Go Fit to collect objective heart rate data and fitness scores. Polar no longer requires students to wear chest straps we have 2 wrist based solutions for your schools.

**Room:** Sandstone 4-6

**Target Audience:** Middle/Secondary

**Presenter:** Jeff Gagstetter, Polar (EXHIBITOR SESSION)

## **“Maximizing Movement Potential: Simple Tools, Complex Results!”**

Experience a progressive and comprehensive program that utilizes body weight and simple equipment to build better movers that are "total body strong" in all three planes of movement!

**Room:** Sandstone 3

**Target Audience:** Middle/Secondary

**Presenters:** Mike Meeteer, John Ditter, Cindy Ditter, Foundational Fitness (EXHIBITOR SESSION)

## **“Progression of Invasion Games & Tactics at the Elementary Level”**

Come to this session if you're looking for different ways to progress with invasion games while emphasizing tactics we want our students to learn. This will be standards-based, and ideas for differentiation will be included throughout.

**Room:** Sandstone 2

**Target Audience:** Elementary

**Presenter:** Will Westphal, Physical Education, Brillion Public Schools (WHPE Members)

## **“Fast and Furious Fitness”**

Make fitness a part of every class period! These activities are designed to “focus on fitness” for 5-10 minutes of your class each day as an instant activity. Empower your students to work towards their fitness goals at their own pace yet promote teamwork and interpersonal skills in a structured environment! Tighten up your shoelaces and be ready to move!

*Sponsored by US Games*

**Room:** Sandstone 7

**Target Audience:** Middle/Secondary

**Presenter:** Brian Devore, 2014 Southern District SHAPE America Elementary PE TOY, Georgia AHPERD President

## **“Games in Small Spaces”**

Are you feeling confined in your classroom or unusually small gymnasium? Looking for ideas for adventure-based games? This session will explore games used in small spaces in which the stages of adventure can be addressed. They will stimulate the mind, create social interaction, and get students moving even in spatially challenged environments. We will play games using a great variety of equipment that can be purchased or see how to create props of your own.

**Room:** Sandstone 8-9

**Target Audience:** Middle/Secondary

**Presenters:** Matt Maurer and T.J. Mickschl, Exercise and Sport Science, UW-La Crosse (WHPE Members)



**Building Strong Connections**  
**Educate · Engage · Advocate**

**Thursday, October 26, 2017**  
**Session 4 2:40-3:40 p.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>ROOM</b>
Lee/Tymeson/ Fraietta/Harned/ Thomfohrda	Utilizing “Exercise Buddy” iPad App to Enhance Fitness and Independence for Middle and High School Students on the Autism Spectrum	Glacier A/B
Ringgenberg	Concussion in Physical Education: Activities and Prevention!	Glacier C/D
Wentland/Troeger	Method to our Madness	Tundra A/B/C
Vaughan/Windjue	Growing a Green & Healthy School Through PE And Health/Nutrition	Tundra D/E/F
Gorwitz	Applying Creative Mode Fitness Strategies in Secondary PE	Sandstone 1
Fendos/Mueller	Jump and Shoot Your Way to Nashville	Sandstone 4-6
Hagenbach	Literacy in Motion	Sandstone 3/8-9
Emerson	Tennis FUNdamentals – for kids of all ages	Sandstone 2
Walch/Strittmatter	Line Dancing Through the Decades!	Sandstone 7

**“Utilizing the ‘Exercise Buddy’ iPad App to Enhance Fitness and Independence for Middle and High School Students on the Autism Spectrum”**

This session will explain and demonstrate a comprehensive iPad app specifically designed to teach physical education skills and independence for students on the autism spectrum. “Exercise Buddy” contains health-related fitness, gross motor skills, and other physical education content. Several examples of how to use the app, content samples, and ways to include the app on a student’s IEP will be demonstrated.

**Room:** Glacier A/B

**Target Audience:** Adapted PE

**Presenters:** Abbie Lee, Garth Tymeson, Laura Fraietta, Ian Harned, Brittany Thomfohrda, UW La Crosse Adapted Physical Education Program (WHPE Members)

## **“Concussion in Physical Education: Activities and Prevention!”**

A group discussion on the most common activities that tend to lead to a high rate of concussions. Discussion on teaching techniques to minimize concussions during activities. Finally, ways teachers can accommodate a student who is dealing with a concussion. Statistical data will be provided to help lead the discussions.

**Room:** Glacier C/D

**Target Audience:** Middle/Secondary

**Presenter:** Scott Ringgenberg, UW Platteville (WHPE Members)

## **“Method to our Madness”**

What's a fish bowl? Come join us for an interactive session that will highlight various teaching methods and styles. See examples of skill based lessons that match a specific teaching method.

**Room:** Tundra A/B/C

**Target Audience:** Health

**Presenters:** Mary Wentland and Brad Troeger, Lakeland Union High School (WHPE Members)

## **“Growing a Green & Healthy School through PE and Health/Nutrition”**

Learn how your school can be recognized as a Green and Healthy School. Use this platform to celebrate your existing programming and green/healthy successes. Join over 400 other schools in Wisconsin who are embarking on the Green & Healthy journey. Programs you are already providing such as Jump Rope/Hoops for Heart, Walk/Bike to School, outdoor pursuits, and service projects emphasize the Health and Wellness component of Green & Healthy Schools. Walk away with tips and tricks for collaboration to get your school and community excited about being healthy individuals in a healthy community. This certification will emphasize the importance of Physical Education and how you provide connections to real-world experiences and support to other academic achievements. You have the opportunity to move your school from a Sprout School, to a Seedling School, then Sapling, to a Sugar Maple School which allows your school to be nominated as a Green Ribbon School through the U.S. Department of Education.

**Room:** Tundra D/E/F

**Target Audience:** Elementary

**Presenters:** Courtney Vaughan, Physical Education, Stevens Point Area Public School District (WHPE Member) and Sara Windjue, Wisconsin Center for Environmental Education, UW-Stevens Point



## **“Applying Creative Mode Fitness Strategies in Secondary P.E.”**

This session will use the free curriculum OPEN to provide lesson ideas that focus on the following: student engagement through MVPA, teaching fundamental fitness concepts in a fun and engaging way, the academic language of physical education, and the use of depth of knowledge questioning techniques. Participants will leave with ready made lessons that they can teach on Monday.

**Room:** Sandstone 1

**Target Audience:** Middle/Secondary

**Presenter:** Crystal Gorwitz, Retired Health and PE Teacher (WHPE Member)

## **“Jump and Shoot Your Way to Nashville”**

How to develop an outstanding Jump Rope For Heart event whether it's your first or your 20th. Participants will learn new and innovative ways to run a Jump Rope for Heart event such as various jumping stations, "Disco" jump, and noodle activities that can be used for Hoops For Heart. Come and see how you can apply for a grant to attend the SHAPE National Convention in Nashville in 2018.

**Room:** Sandstone 4-6

**Target Audience:** Elementary

**Presenters:** Janet Fendos, Milwaukee Public Schools and Tim Mueller, Erin School District (WHPE Members)

## **“Literacy in Motion”**

Discover ways of incorporating classroom and PE academic language into movement activities and physical literacy. Keep kids moving and learning at the same time while using rhythm and rhyme, movement flash cards, show and tell, the PE alphabet, twister, and technology

**Room:** Sandstone 3/8/9

**Target Audience:** Elementary

**Presenter:** Sandy Hagenbach, Unified School District of DePere (WHPE Members)

## **“Tennis FUNdamentals – for kids of all ages”**

In this presentation Greg will cover the basic fundamentals of groundstrokes, volleys, and games. He will show you how to teach the basics to elementary, middle, and even high school students. You will learn the most efficient and fun way to teach students how to play and sustain a rally even if you don't have tennis courts to play on. Please come ready to participate and learn new ways to teach the lifelong game of tennis.

**Room:** Sandstone 2

**Target Audience:** Middle/Secondary

**Presenter:** Greg Emerson, Physical Education, Altoona Middle School (WHPE member)

## **“Line Dancing Through the Decades!”**

Join us as we dance through the decades! This engaging presentation will focus on how to incorporate a line dance unit into your middle school curriculum. Come learn how to foster competency in a variety of movement skills through dance. Along with SHAPE standard one, the presentation will focus on SHAPE standard four, specifically how to promote respect and responsibility through dance. You will be given tools to create a fun line dance unit that explores the history and culture of the 20th century to implement in your classroom, as well as learn a couple groovy moves of your own.

**Room:** Sandstone 7

**Target Audience:** Middle/Secondary

**Presenters:** Hannah Walch, Gabrielle Strittmater and Kristi Mally, Winona State University (WHPE members)



**Building Strong Connections**  
**Educate · Engage · Advocate**

**Thursday, October 26, 2017**  
**Session 5 3:50-4:50 p.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>ROOM</b>
Reichel	Lets Support Healthy Relationships and Human Sexuality in Youth	Glacier A/B
Myrland	Empowering Students to be Well for Life	Glacier C/D
Vodenlich/Mau	Adapted Physical Education	Tundra A/B/C
Horst	Making the Switch: Standards Based Grading in Physical Education	Tundra D/E/F
Lanier	Maximizing MVPA in your PE Class	Sandstone 1
Mueller	TOY Favorites for Middle School PE	Sandstone 4-6
Burk	Step Up your Sport Stacking Program!	Sandstone 3/8-9
Wadleigh	Fitness-Standards-Common Core-and so much More!	Sandstone 2
Drain	Developing Competent and Confident Movers	Sandstone 7

**“Let’s Support Healthy Relationships and Human Sexuality in Youth”**

High school students are tired of hearing the scare tactics of "You will get pregnant" and "You will get an STD" when presented with human sexuality lessons in Health Education classes. This workshop proposes a different approach to teaching sexuality topics by focus on healthy relationships with oneself and others. Student tested lessons will be shared.

**Room:** Glacier A/B

**Target Audience:** Health

**Presenter:** Lori Reichel, Health Education/Health Promotion, UW La Crosse (WHPE Member)

## **“Empowering students to be well for life”**

This session will address the importance of teaching our high school students how to be well for life. We will examine basics of wellness using rest, eat, move principles and how to help students apply these principles well after high school. We also will discuss the when, why and how of empowering students to use fitness centers and access wellness within their communities in order to maintain health throughout their lives.

**Room:** Glacier C/D

**Target Audience:** Middle/Secondary

**Presenter:** Steve Myrland, Middleton Cross Plains Area School District (WHPE Member)

## **“Adapted Physical Education”**

This interactive session will allow teachers to see different activities that can be implemented in the adapted physical education class. Please bring an activity that you currently do or have done in the past (along with modifications), the format or layout of how you run your class ,or a piece of equipment that you have designed or modified that you feel would be great additions to other APE classes. Be prepared to share, demonstrate and leave with tons of great ideas.

**Room:** Tundra A/B/C

**Target Audience:** Adapted PE

**Presenters:** Jen Vodenlich and Bri Mau, Kettle Moraine School District (WHPE Members)

## **“Making the Switch: Standards Based Grading in PE”**

Come join this session to learn about how one PE program has made the switch to standards based grading. Learn the basics of standards based grading as it applies to middle school (secondary) Physical Education. You'll learn what we did well and what we would change as we made the leap to help make your transition more successful. We'll share with you our rubrics and resources to help you see examples of what SBG could look like for you.

**Room:** Tundra D/E/F

**Target Audience:** Middle/Secondary

**Presenter:** Kalise Horst, Middleton Cross Plains Area School District (WHPE Member)

## **“Maximizing MVPA in your PE Class”**

MVPA (Moderate to Vigorous Physical Activity) is an essential component of quality physical education and physical activity programs. This session will share strategies and activity ideas to increase MVPA during PE classes and in other environments. Activities and strategies will be presented through 4 themes and represent a compilation of more than 25 years of lessons learned from benchmark studies; Instructional Strategies, Management Strategies, Activity Modifications and Technology. Attendees will leave ready to increase student MVPA and have the tools and resources to begin using tomorrow.

**Room:** Sandstone 1

**Target Audience:** Middle/Secondary

**Presenter:** Patty Lanier, Sportime featuring SPARK (EXHIBITOR SESSION)

## **“TOY Favorites for Middle School PE”**

Tim Mueller, the 2017 Midwest PE Teacher of the Year, will present his favorite middle school activities that your students will love. This session will feature many quick hitter, warm-up, brain break, fitness, and team building activities that can be easily implemented into your program. Come and learn how to energize your middle school classes!

**Room:** Sandstone 4-6

**Target Audience:** Middle

**Presenter:** Tim Mueller, 2017 Midwest PE Teacher of the Year, Erin School District (WHPE Member)

## **“Step Up your Stacking Program!”**

An advanced activity session showcasing physical activities from our comprehensive curriculum. Triple up Triple down relay, March Madness, and Fetch 12 are featured activities. Experience the excitement, fun and movement these activities offer every student regardless of ability. First time attendees receive FREE Instructional materials.

**Room:** Sandstone 3/8/9

**Target Audience:** Elementary

**Presenter:** Matt Burk, Speed Stacks (EXHIBITOR SESSION)

## **“Fitness – Standards – Common Core – and so Much More!”**

Are you looking for activities that are easy to implement, easy to set up, increases MVPA, is standards-based, and meets common core standards? If so, this workshop is for you!

**Room:** Sandstone 2

**Target Audience:** Elementary

**Presenter:** Jess Wadleigh, Skillastics (EXHIBITOR SESSION)

## **“Developing Competent and Confident Movers”**

This session will provide participants with ideas and strategies for ensuring students develop competency in a wide variety of activities. Topics include: creating a culture of learning, curricular choices, and meeting the needs of all students.

**Room:** Sandstone 7

**Target Audience:** Elementary

**Presenter:** Terri Drain, Physical Education, Vintage Hills School, Pleasanton, CA



**Building Strong Connections**  
**Educate · Engage · Advocate**

**WHPE Social Functions**

**WHPE Past President Meeting**

**4:00 – 5:00 p.m.**

**Lake Delton Board room**

*(by invitation only)*

**WHPE Past President Social**

**6:00 – 7:00 p.m.**

**Sandstone 8-9**

*(by invitation only)*

***WHPE Awards Banquet***

**7:00 – 9:00 p.m.**

**Sandstone 4-6/1**

*(ticket required)*

***WHPE Dance and DJ***

**9:00p.m.-12:00 a.m.**

**Sandstone 4-6/1**

*(All convention participants are invited to attend)*



**Friday, October 27, 2017**  
**Session 6 8:00 – 9:00 a.m.**

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



## **“Increasing Physical Activity in a Wisconsin School District”**

Overweight/obesity continue to be public health concerns nationally, and recommendations abound for increased physical activity among youth. Institute of Medicine calls for schools to provide more opportunities for physical activity during the school day, and a growing body of literature correlates higher physical activity levels with improved academic performance. Our research team – composed of academics, public health officials, schools, and Head Start sites - relied on principles of community-engaged research and community-based participatory research (CBPR) to implement a 5-year project to increase physical activity among students and staff in La Crosse, Wisconsin. This presentation describes both the processes and outcomes of the project.

**Room:** Glacier A/B

**Target Audience:** University

**Presenters:** David Nelson and Melissa DeNemie, Medical College of Wisconsin (WHPE Members) Virginia Loehr, Rebecca Lakowske, Jennifer Miller, Maggie Smith, Paula Silha. La Crosse County Health Department

## **“Partnering for Success - Fuel Up to Play 60 Breakfast Session”**

Learn from Health and Physical Education teachers how they partner with students leaders, School Nutrition Professionals and the Wisconsin Dairy Council to promote a healthy school environment. Fuel Up to Play 60 advisors will showcase hands-on activities on how to get students to eat healthy, get active and make a difference. During this session we'll encourage you partner up and get active! This hands on session will include Fuel Up to Play 60 games and brain break activities. To fuel you up, we'll also be serving samples of our Super Bowl Breakfast recipes and ice cold chocolate milk

**Room:** Glacier C/D

**Target Audience:** Elementary

**Presenter:** Angie Edge and Beth Schaefer, Wisconsin Dairy Council (**EXHIBITOR SESSION**)

## **“Inclusive PE: Strategies for Including ALL Students”**

Join this session to learn how general physical educators can adapt skill-building activities and games to include students with disabilities in enjoyable and meaningful ways. Strategies will be shared on how to create an inclusive environment, general and activity specific adaptations, and how to actively engage all students in a general physical education setting. Attendees will receive resources on how to create an inclusive PE environment that will benefit ALL students

**Room:** Tundra A/B/C

**Target Audience:** Adapted PE

**Presenter:** Patty Lanier, Sportime featuring SPARK (**EXHIBITOR SESSION**)

## **“Navigate, Unpack and Use: National Standards and K-12 Grade-Level Outcomes”**

The standards have been around for some time now, but do you know how to use the SHAPE Standards and Grade-Level Outcomes book when making curricular decisions? Do you know exactly what physically literate means and what it looks like in action? During this session we will dig into the SHAPE Standards & Outcomes, discussing what they tell us about designing quality physical education programs. This session is relevant for all K-12 physical educators.

**Room:** Tundra D/E

**Target Audience:** K-12

**Presenter:** Kristi Mally, Winona University (WHPE Member)

## **“Elementary Games: Muscles, Bones, Money and More”**

Learn exciting games that keep your students moving and are full of impacting content. Money skills, muscle and bone identification and location, exercise education are a few of the learning objectives. Come ready to play and have fun!

**Room:** Sandstone 1

**Target Audience:** Elementary

**Presenter:** Janice Jodlowski, Palos Sports (EXHIBITOR SESSION)

## **“Social Emotional Learning in Physical Education – Don’t I Already Teach That?”**

Participants will review the social emotional framework including ideas for assessment of social emotional learning (SEL). A variety of ideas that can be utilized in upper elementary through high school will be shared including warm up activities, fitness routines, suggested units of study, and integration across health education and other content areas. This is an activity session. *Sponsored by Gopher Sport*

**Room:** Sandstone 4-6

**Target Audience:** Grades 4-12

**Presenter:** Irene Cucina, Health and Human Performance, Plymouth State University

## **“The Basics of Birth Control – Teaching Contraception”**

In this session, participants will learn about best practices (as well as the theory behind best practices) for teaching contraception to middle and high school students. It will include information on each of the contraceptive methods available at Planned Parenthood health centers (and other providers) and the importance of discussing other contraceptive options in addition to abstinence with students. Participants will gain information and resources to help them answer commonly asked questions young people have about contraception. Finally, the session will provide some effective strategies and activities educators can add to their tool kit that help students practice skills and make teaching contraception to young people more engaging and hands-on.

**Room:** Sandstone 3

**Target Audience:** Health

**Presenters:** Margo DeNuccio and Molly Lancelot, Planned Parenthood

## **“You Heard Right...FREE Curriculum OPEN to All”**

Attend this session ready to be actively engaged in secondary-level activities aligned with SHAPE America’s National Standards & Grade-Level Outcomes. Discover fun and easy methods to promote high quality physical education utilizing a free curriculum resource (OPENphysed.org). OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor.

**Room:** Sandstone 2

**Target Audience:** Middle/Secondary

**Presenters:** Tom Strenger, US Games and Brian Devore, Physical Education, Georgia  
**(EXHIBITOR SESSION)**

## **“Let’s Dance with Words!”**

Come join the fun as we explore ways to create dances with words! See how in this hour long session words such as bird, double clap, disco, shake the salt, and frankenstein can be used to develop creative dances to music students at your level love. The purpose of this presentation is to provide the audience with motivational dances, music and ideas on how to incorporate dance in the curriculum. Participants will learn high-energy, simple-step dances that will allow them to feel confident in teaching dance to their students. This presentation will include handouts, assessment rubrics and a variety of great dances, your students will love! This is a hands-on presentation so bring your dancing shoes and be ready to move using words!

**Room:** Sandstone 7

**Target Audience:** Middle/Secondary

**Presenter:** Shannon Maly, Sun Prairie Area School District

## **“My Choice! Empowering Resiliency in Youth”**

Do you want to build resiliency in your students? Empower students to recognize that they have the choice to make their life their own? Each school year, we hear more and more about trauma sensitive classrooms. We see trauma induced behavior in students who seem unreachable. Follow my journey as I create a group called, "My Choice" and began to work with such students. Get ideas and practice lessons that seemed to have made a difference. Begin a group in your own school!

**Room:** Sandstone 8-9

**Target Audience:** Health

**Presenter:** Patricia Zemke, Health Educator, Wausau School District (WHPE Member)



**Building Strong Connections**  
**Educate · Engage · Advocate**

**Friday, October 27, 2017**  
**Session 7 9:10 – 10:10 a.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>ROOM</b>
Kestell/Duran	WHPE Advocacy Toolkit Forum: Tips & Resources to Promote Program	Glacier A/B
Lubin/Olafson	100 Mile Clubs WINNING Partnership in WI: Partnership to Increase Physical Literacy	Glacier C/D
Kirkpatrick	Measuring MVPA with Blink Armband HRM: 21 <sup>st</sup> Century PE!	Tundra A-C
Fester	WHPE Grants Sharing Session	Tundra D/E
Keating	No Fouls, No Injuries, No Arguing: Tchoukball	Sandstone 1
Dado/Dado	Get Ready to Jump and Dance!	Sandstone 4-6
Schlies/Wara	Cross Curricular Physical Education	Sandstone 3
Lee/Tymeson/ Faulds/Griggs/ Head/Iozzi/Zimmerman	Teaching Adapted Sports for Disability Awareness in General PE (continued at 10:20 a.m.)	Sandstone 7
Mueller/Stratton	Strategies for Teaching Students with Mental and	Sandstone 8-9

**“WHPE Advocacy Toolkit Forum”**

Have you ever dealt with a difficult situation in your district regarding Health or Physical Education, and felt unsure how best to advocate to promote or protect your program? Be proactive! Attend this advocacy forum to develop/gather critical advocacy tools, resources, and tips to help you advocate, promote and protect your HPE program.

**Room:** Glacier A/B

**Target Audience:** K-12

**Presenters:** Patty Kestell, Cedarburg School District, Mikki Duran, Appleton Area School District (WHPE Members)

## **“100 Mile Club’s WINNING Partnership in Wisconsin: Ideas, Hints and Tips”**

For the past two years Antigo and its school district, with support from Aspirus Langlade Hospital, has committed to improving the lives of over 2400 students and their community through a collaboration with the 100 Mile Club. This collaborative program fosters a cohesive partnership and builds an important relationship with local teachers, students and families.

Learn how to:

- Foster school and community partnerships
- Engage family support and participation
- Tailor the program to fit your school environment
- Increase physical activity and reduce childhood obesity

**Room:** Glacier C/D

**Target Audience:** Elementary

**Presenter:** Kara Lubin, CEO/Founder of 100 Mile Club, Sarah Olafson and Meghan Mattek, Aspirus Langlade Hospital (**EXHIBITOR SESSION**)

## **“Measuring MVPA with Blink Armband HRM: 21<sup>st</sup> Century PE!”**

Measuring moderate to vigorous physical activity (MVPA) is one of the most critical elements of an effective physical education program. The Heart Zones System incorporates the use of individualized MVPA zones, non-intrusive blink armband HRM, Ipads and big board displays to facilitate the achievement of National Standards 3,4 and 5. The Heart Zone System is an affordable technology tool set that supports the objective assessment of student achievement and teacher performance.

**Room:** Tundra A/B/C

**Target Audience:** Elementary

**Presenter:** Beth Kirkpatrick, Heartzones (**EXHIBITOR SESSION**)

## **“WHPE Grants Sharing Session”**

Are you interested in applying for a JRFH/HFH/WHPE grant? Learn the do’s and don’ts of applying for these funds. Former grant recipients will also present their funded projects.

**Room:** Tundra D/E

**Target Audience:** Grade K-12

**Facilitators:** Hans Fester, WHPE Grants Chair, Sauk Prairie School District (WHPE Member)

## **“No Fouls, No Injuries, No Arguing: Tchoukball”**

Finally, a competitive team sport that focuses on skill development that is individualized and team play that is inclusive and promotes positive social interaction. No position is a human target, like a quarterback or goalie. No player can steal the ball or intercept a pass but is rewarded by using strategy and cooperation. Students of all ages and abilities can play together in a highly active and competitive environment. “Tchoukball is not just an activity that I do at my school, it is an essential core of the entire PE Curriculum.... and the best part is the students love to play!”

**Room:** Sandstone 1

**Target Audience:** Middle/Secondary

**Presenter:** Todd Keating, Tchoukball, Inc. (EXHIBITOR SESSION)

## **“Get Ready to Jump and Dance!”**

Get ready to jump, dance and move to the beat while learning easy to learn steps and routines using the theory of Tinikling. This style of rhythms and dance can be directly related to calisthenics, cardiovascular endurance, and cultural awareness. We will give you a variety of ideas that can be used and modified for any grade level. No need for experience as we will take it right from the top!!

**Room:** Sandstone 4/5/6

**Target Audience:** Middle/Secondary

**Presenters:** Molly and Kristie Dado, Hudson School District (WHPE Members)

## **“Cross Curricular Physical Education”**

When students come into your class they come expecting to learn about exercise, health, locomotors and fitness. Now imagine a physical education class that not only teaches all of those things but also incorporates some of the core curriculum as well. During this session you will learn different ideas and lessons that will help you incorporate literacy, math, and other subject areas into your elementary physical education class.

**Room:** Sandstone 3

**Target Audience:** Elementary

**Presenters:** Wendy Schlies and Heidi Wara, Oshkosh Area School District (WHPE Members)

## **“Teaching Adapted Sports for Disability Awareness in General Physical Education” (continued at 10:20 a.m.)**

This session will provide the rationale and practical methods for developing and implementing an active and inclusive disability awareness unit in physical education. Several sports developed for persons with disabilities will be demonstrated so students can simulate the actual equipment and movement experiences. Actual equipment used in the disability sports will be used. Sample activities will be presented for all grade levels.

**Room:** Sandstone 7

**Target Audience:** Adapted PE

**Presenters:** Abbie Lee, Garth Tymeson, Nick Faulds, Maggie Griggs, Alex Head, Maddie Iozzi, Hannah Zimmerman, UW La Crosse Adapted Physical Education Program (WHPE Members)

## **“Strategies for Teaching Students with Mental and Emotional Health Disorders”**

The purpose of this session is for physical and health educators to come together to discuss current best practices and teaching strategies for students with mental and emotional health disorders. This is an interactive session where participants will share ideas and experiences with others in order to continue to further meet the needs of students with these disorders.

**Room:** Sandstone 8/9

**Target Audience:** Health

**Presenters:** Alexander Mueller, Christopher Stratton and Julie Zuleger, UW Oshkosh (WHPE Members)



**Friday, October 27, 2017**  
**Session 8 10:20 - 11:20 a.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>ROOM</b>
Lynch	Let's Have Some More Fun in Health Class!	Glacier A/B
Nelson/Simenz/ Paterson/Ramey/ Dreyer/Fuller	Response to Intervention in High School PE: Partnership to Increase Physical Literacy	Glacier C/D
Gooding/Conrad	Omnikin Balls: Fundamentals, Frolic, Fitness & Fun	Sandstone 3/8-9
Devore	Diamonds from the Digital Mines	Tundra A-C
Kroening/Schwartz	Personalized Learning in PE...Own It!	Sandstone 1
Ridout/Roherty	Two Dudes Dancing	Sandstone 4-6
Johnson/Schroeder	Archery, It's Safe and Fun for PE	Sandstone 2
Lee/Tymeson/ Faulds/Griggs/ Head/Iozzi/Zimmerman	Teaching Adapted Sports for Disability Awareness in General PE (continued from 9:10 a.m.)	Sandstone 7

**“Let’s Have Some More Fun in Health Class”**

Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with additional lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class. *Sponsored by Skatetime School Programs*

**Room:** Glacier A/B

**Target Audience:** Health

**Presenter:** Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year

## **“Response to Intervention in High School PE: Partnership to Increase Physical Literacy”**

Learn how Milwaukee Public Schools, the Medical College of Wisconsin, Marquette University and the Boys and Girls Clubs of Greater Milwaukee are developing and implementing Response to Intervention (RtI) in high school physical education. Learn about the three-tier process, interventions for students, and how students are screened and progress monitored. The focus of this partnership is helping all students develop physical literacy and an orientation to lifetime fitness.

**Room:** Glacier C/D

**Target Audience:** Secondary

**Presenters:** David Nelson, Christopher Simenz, and Leslie Paterson, Medical College of Wisconsin, LaNelle Ramey, Milwaukee Public Schools (formerly of Boys & Girls Club of Greater Milwaukee), Bruce Dreyer, Retired Physical Education Teacher, Milwaukee Public Schools and Brett Fuller, Milwaukee Public Schools

## **“Omnikin Balls: Fundamentals, Frolic, Fitness and Fun”**

Develop movement and skill fundamentals, promote team building, enhance fitness levels, and provide activities for students to experience success and fun. Omnikin supports the Physical Education Standards and instructional best practices. Balls are light-weight, durable, non-threatening, and range from 14" - 48". Active participation--come move and learn.

**Room:** Sandstone 3/8/9

**Target Audience:** Elementary

**Presenters:** Terry Gooding and Duke Conrad, Omnikin (**EXHIBITOR SESSION**)

## **“Diamonds from the Digital Mines”**

Searching for innovative technology to fulfill your Professional Practice Goal? Need to form your own Professional Development network? Trying to “work smarter, not harder”? Tired of the same digital resources and looking for some new, free resources? Come on this whirlwind journey through multiple free methods to take care of all these technology issues. Attendees will receive a link to all of the resources we cover and more! Bring your digital device and buckle up for a fast-paced technology blitz! *Sponsored by US Games*

**Room:** Tundra A/B/C

**Target Audience:** Elementary

**Presenter:** Brian Devore, 2014 Southern District SHAPE America Elementary PE TOY, Georgia AHPERD President

## **“Personalized Learning in PE...Own it!”**

Rethink your teaching with the highly motivating concept of learning centers. If you want to make the biggest impact on students learning you have to provide engaging activities, but you also have to provide the students the opportunity to choose how they best can learn. Come and see how you can add engagement, student choice, creativity, differentiation and assessment into the skills you teach on a daily basis. Extend the conceptual knowledge to every unit you teach.

**Room:** Sandstone 1

**Target Audience:** Elementary

**Presenters:** Penny Kroening and Cory Schwartz, School District of Waukesha (WHPE Members)

## **“Two Dudes Dancing”**

In this session, educators will learn how to incorporate fitness dances as a class warm up or how to utilize the dances as a full aerobic session. This interactive lesson will show educators that they do not have to be professional dancers to be able to use these tools in their physical education classes. Educators will leave the session with 8 new dances to use in their classes.

**Room:** Sandstone 4-6

**Target Audience:** Middle/Secondary

**Presenters:** Brett Ridout and Charles Roherty, Cameron School District (WHPE Members)

## **“Archery, It’s Safe and Fun for PE”**

Have you ever thought about incorporating a lifelong activity such as archery into your curriculum but don't know where to start? Join us to learn about the National Archery in Schools Program (NASP) and it's abilities to support PE teachers with training, teaching materials, equipment, and grant opportunities. Here from a PE teacher who implemented archery at the middle school level funded almost entirely from grants. The state coordinator for NASP will be available to answer questions and begin working with you to establish archery at your school.

**Room:** Sandstone 7

**Target Audience:** Middle/Secondary

**Presenters:** Rebekah Johnson, Carthage College (WHPE Member) and Daniel Schroeder, DNR/NASP Coordinator (**EXHIBITOR SESSION**)

## **“Teaching Adapted Sports for Disability Awareness in General Physical Education” (continued from 9:10 a.m.)**

This session will provide the rationale and practical methods for developing and implementing an active and inclusive disability awareness unit in physical education. Several sports developed for persons with disabilities will be demonstrated so students can simulate the actual equipment and movement experiences. Actual equipment used in the disability sports will be used. Sample activities will be presented for all grade levels.

**Room:** Sandstone 7

**Target Audience:** Adapted PE

**Presenters:** Abbie Lee, Garth Tymeson, Nick Faulds, Maggie Griggs, Alex Head, Maddie Iozzi, Hannah Zimmerman, UW La Crosse Adapted Physical Education Program (WHPE Members)



**Building Strong Connections**  
**Educate · Engage · Advocate**

**Friday, October 27, 2017**  
**Session 9 11:30 a.m. - 12:30 p.m.**

<b>PRESENTER</b>	<b>TITLE</b>	<b>ROOM</b>
Klein	WIAA Sports Officiating, Coaching and the World of Sports	Glacier A/B
Maly	FitnessGram Assessments: Time to Make it Personal	Glacier C/D
Gracz	WI Adaptive Sports Association	Sandstone 3/8-9
Delzer	Applying Mindful Practices to Health and PE	Tundra A-C
Bauer	Dancing through the Decades	Sandstone 1
Zimmerman/Glover	The Three I's – Inclusive, Inspiring, Instant Activities – Part 3	Sandstone 4-6
Blum	Safe Routes to School: Enhancing the Road To Wellness	Tundra D/E
Fritz/Kestell/Mueller	Reaching 50 Million Strong – It Starts with Us	Sandstone 2
Gorwitz/Wentland	Learning on the Move in Health Ed	Sandstone 7

**“WIAA Sports Officiating, Coaching, and the World of Sports”**

Have you ever thought about adding a Sports Officiating, Coaching and World of Sports Elective Course to your High School PE program? Deerfield High School did just that! Come learn about the process, teaching ideas, and how to work with the WIAA to get your students certified. If you currently teach a similar course, feel free to attend as there will be a sharing portion to this session.

**Room:** Glacier A/B

**Target Audience:** Secondary

**Presenter:** Pam Klein, Deerfield Community School District (WHPE Member)

## **“FitnessGram Assessments: Time to Make it Personal”**

How do you take FitnessGram results and make it personal for your students? In this presentation, we will focus on the Fitness Education Process Model with emphasis on Program Planning, Goal Setting, Promoting and Tracking PA, Re-assessment, Revision/Refining Goals, and Reflection. We will share how google classroom can be used to provide a platform for students to develop a fitness portfolio. Bring your Device.

**Room:** Glacier C/D

**Target Audience:** Middle/Secondary

**Presenter:** Shannon Maly, Sun Prairie Area School District (WHPE Member)

## **“Wisconsin Adaptive Sports Association”**

Wisconsin Adaptive Sports Association (WASA) will provide an interactive program featuring adaptive sports for those with physical disabilities and visual impairments. We will go over different disabilities that qualify to play adaptive sports and what it takes to be an athlete. WASA will talk about our various sports program, the equipment and rules of the game. We will bring quad rugby chairs for those interested in trying it out to get in, play and have some fun!

**Room:** Sandstone 3/8/9

**Target Audience:** Adapted PE

**Presenter:** Sam Gracz, Program Director, Wisconsin Adaptive Sports Association

## **“Applying Mindful Practices to Health and PE”**

In this session, you will learn and participate in some of the basics of mindfulness. After you've taken some time to learn to care for yourself, we will explore how other educators have applied these practices in their classrooms and gyms from K-12. Come learn how to take care of yourself, and apply your new knowledge to help your students.

**Room:** Tundra A/B/C

**Target Audience:** K-12

**Presenter:** Betsy Delzer, Mindful Practices Specialist, Middleton Cross Plains Area School District

## **“Dancing through the Decades”**

Take a trip through time while we explore different popular social dances like Charleston, Swing and Nightclub Two Step. We will break these down into easy step by step lesson plans that even the most timid dancer can teach. Social dance encourages students to work with partners, coordinate movements with each other and can inspire them to create their own style.

**Room:** Sandstone 1

**Target Audience:** Middle/Secondary

**Presenter:** Jessica Bauer, Wisconsin Dance Council

## **“The Three I’s – Inclusive, Inspiring, Instant Activities – Part 3”**

This active session will provide new and inspiring instant activities that are inclusive for grades K-12. These activities will be a wonderful addition for the K-12 practitioner to add to their instant activity repertoire. These energizing and fun instant activities will get your students moving!

**Room:** Sandstone 4-6

**Target Audience:** Middle/Secondary

**Presenters:** Dana Zimmerman, Don Glover and UW River Falls HPE Majors (WHPE Members)

## **“Safe Routes to School: Enhancing the Road to Wellness”**

Did you know that on average, 16 minutes of physical activity can be achieved by a student walking or bicycling to school? That is approximately 1/4th of the recommended 60 minutes of daily physical activity. Safe Routes to School Programs can be used by school staff to increase physical activity before, during and after school, therefore improving academic performance. Aside from the increased physical activity, Safe Routes to School Programs also increase safety by reducing injuries, reduces traffic congestion around schools, and are beneficial to the environment. This session will provide a general overview of what a Safe Routes to School Program all entails and how to easily incorporate walking and bicycling programs at your school. We will provide examples and tools on how to start and sustain Walk & Bike to School Days, a Walking School Bus Program, as well as a Mileage Walking Club.

**Room:** Tundra D/E

**Target Audience:** Elementary

**Presenter:** Patty Blum, Elementary Physical Education, Hortonville Area School District (WHPE Member)

## **“Reaching 50 Million Strong – It Starts with Us”**

The session will share instructional examples, FUTP60 activities; school-community conducted events that have been designed around Standards to result in promoting the SHAPE 50 M Strong goal. Three nationally recognized presenters (Pre K - E - MS) invite attendees to 'get up & move' and to learn some advocacy tips from the accompanying powerpoint.

**Room:** Sandstone 2

**Target Audience:** Elementary

**Presenters:** Kris Fritz, Sheboygan Area School District, Patty Kestell, Cedarburg School District and Tim Mueller, Erin School District (WHPE Members)

## **“Learning on the Move in Health Ed”**

Join us for an interactive session that will get your health students out of their seats and on their feet. Skills based lessons come to life through movement. Unique ways to involve students in discussion

**Room:** Sandstone 7

**Target Audience:** Health

**Presenters:** Crystal Gorwitz, Retired Health and PE and Mary Wentland, Lakeland Union High School (WHPE Members)



**Building Strong Connections**  
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## 2017 WHPE Convention Exhibitors

### **100 Mile Club**

Cathy Lake  
(951) 340-2290  
cathy@100mileclub.com

### **2<sup>nd</sup> Wind Exercise**

Elyse Lundberg  
(952) 224-1212  
elundberg@2ndwindexercise.com

### **ABEE Inc.**

Alicia Bourke  
(608) 526-1928  
alicia@abeeinc.com

### **Bowling Centers Assoc of WI**

Bob Maki  
(262) 783-4292  
bob.maki@bowlwi.com

### **Children's Hospital of Wisconsin**

Susan Campbell  
(414) 231-4899  
scampbell@chw.org

### **Dazzling Dave Yo-Yo Master**

Dave Schulte  
(763) 229-9696  
dave@dazzlingdave.com

### **Direct Fitness Solutions**

Dave Podolske  
(262) 496-1786  
dpodolske@directfitnesssolutions.com

### **Everlast Climbing**

Sarah Howard  
(651) 665-9131  
showard@everlastclimbing.com

### **Foundational Fitness**

Mike Meeteer  
(608) 692-7476  
mike@foundationalfitness.com

### **Gopher Sport**

John Dooley  
(800) 533-0446  
johndooley@gophersport.com

### **Heart Tech Plus**

Cory Mortensen  
(360) 344-2927  
info@hearttechplus.com

### **Heart Zones Inc.**

Corene Marshalek  
(916) 481-7283  
corene.marshalek@heartzones.com

### **Hergert Sport Center**

Mark Spanbauer  
(920) 231-8520  
sales@hergertsports.com

### **House in the Wood**

Curtis Andrews  
(262) 728-2752  
hitwoffice@nush.org

### **Lee Recreation**

Megan Cunningham  
(800) 775-8937  
megan@leerecreation.com

### **Life Fitness Hammer Strength**

Susan Egea  
(773) 320-0750  
susan.egea@comcast.net

### **Meemic**

Kayla Brennan  
(248) 373-5700  
kayla.brennan@meemic.com

### **Nasco**

Tim Taggart  
(920) 563-2446  
ttaggart@enasco.com

### **Omnikin, Inc.**

Terry Gooding  
(757) 870-6261  
tgooding@omnikin.com

### **Palos Sports, Inc.**

Shirley Burns  
(708) 396-2555  
sburns@palosports.com

**Polar Electro Inc.**

Jeff Gagstetter  
(516) 232-7199  
jeff.gagstetter@polar.com

**Skate In School**

Bob Miller  
(888) 758-4386  
sis@bitstream.net

**Skatetime School Programs**

Brian Goodmanson  
(651) 247-2850  
briangoodmanson@skatetime.com

**Skillastics**

Sandy Slade  
(951) 279-3476  
sslade@skillastics.com

**Speed Stacks, Inc.**

Matt Burk  
(303) 663-8083  
mburk@speedstacks.com

**Sportime - SPARK Programs**

Nicki Gorges  
(920) 882-5875  
Nicole.gorges@schoolspecialty.com

**Summit Commercial Fitness**

Sue Moore  
(608) 661-8508  
smoore@summitcf.com

**Tchoukball, Inc.**

Tammy Keating  
(800) 939-0273  
tkeating@tchoukballpromo.com

**The Children's Health Market**

Nancy Grace  
(203) 762-2938  
nancy@thegreatbodysshop.net

**Total Commercial Fitness**

Todd Mork  
todd@totalcommercialfitness.com

**United Fundraising**

Craig Bohn  
(920) 265-1900  
cbohn@att.net

**US Games**

Tom Strenger  
(972) 406-3413  
tstrenger@bsnsports.com

**USTA/Midwest Section**

Greg Boyd  
(317) 796-4848  
greg@midwest.usta.com

**Wisconsin DNR/NASP**

Daniel Schroeder  
(608) 235-4619  
daniel.schroeder@wisconsin.gov

**Wisconsin Milk Marketing Board**

Angie Edge  
(608) 836-8820  
aedge@wmmb.org



**2017 Convention Committee**  
**October 25-27, 2017**  
**Wisconsin Dells**

**Convention Manager**  
Keith Bakken

**Program Chair**  
Nicole Popowich

**Treasurer**  
Khyl Berndt

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Kris Fritz  
Mary Kennedy

**Photographer**  
Brenda Erdman  
Scott Frazier

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Wisconsin Dells Visitor and  
Convention Bureau

**Convention Coordinator**  
Brett Fuller  
Wendy Wiesjahn

**App Manager**  
True Vang

**Registration**  
Ann Hanson  
Jan Kunert

**AV Needs/Technology**  
Ryan Berndt  
Brad Hanson  
Brian Marx  
True Vang

