

Non-Profit
Organization
U.S. Postage
PAID
La Crosse, WI
PERMIT NO. 175

2018 Best Practices in Health and Physical Education . . .

presented by
WHPE
www.whpe.us



October 24-26, 2018
**Glacier Canyon
Conference Center at
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



Cassie Brooks ... Cassie has been teaching middle school Health and Physical Education for 18 years in Brownsburg, Indiana, just west of Indianapolis. She is the Advocacy Committee Chair for Indiana SHAPE, and is involved in a variety of Central Indiana initiatives for youth wellness and addressing health disparities. She has served as HPE department head for several years, and has transformed her district's middle school HPE curriculum and practices to focus on Health Literacy and Physical Literacy. She also coordinates several after-school clubs including a weekly walking group and Fuel Up to Play 60, and organizes a community fitness night each year.

Cassie's school wellness efforts have earned over \$25,000 in grants and awards. In 2015, she earned a Community Leadership Award from the President's Council on Fitness, Sport, and Nutrition. In 2017 she was named Indiana Education Champion by School on Wheels and Indiana Health Teacher of the Year by INSHAPE. She went on to become the 2018 SHAPE America Midwest District Health Teacher of the Year. Her focus in Health Education has always been on preparing students for life success, and the recent emphasis on Skills-Based Health Education has allowed her to further refine her practice.



Mark Friedrich ... Mark is the 2016 NJAHPERD Secondary Physical Education Teacher of the Year and a member of the NJAHPERD Executive Board for Physical Education. Mark has 24 years of teaching experience combined between the elementary school and high school level. Mark has been a member of the Millburn High School H&PE Dept. for the past 16 years where he teaches Adventure Education & Health in Millburn, NJ. Since 2005, Mark has been instructing Adventure Education and travels the country presenting to both State and National Organizations on the topics of Team Building, Icebreaker Activities, Problem Solving, Trust Building and Cooperative Games. In 2018, Mark presented at The SHAPE America National Convention in Nashville, TN and The Eastern District Conference in Burlington, VT. FOX 5 News NY honored Mark and the Millburn High School Adventure Education Program in May of 2018 as part of their Teacher Appreciation Series on the evening news. Mark is married with 3 young children and is excited to make his first visit to the state of Wisconsin.



Stephanie A. Morris ... Stephanie serves as Chief Executive Officer at SHAPE America, the nation's largest membership organization of health and physical education professionals. Since being founded in 1885, the organization has defined excellence in physical education, and SHAPE America's National Standards for K-12 Physical Education serve as the foundation for well-designed physical education programs

across the country. Morris volunteers as a Girls on the Run Coach for Discovery Elementary School in Arlington, VA, and has served on several nonprofit organization boards, including the Lee-Fendall House and Museum in Alexandria, VA; Horizons Women's Theater in Washington, DC; and, the Young Nonprofit Professionals Network of Washington, DC.

Morris holds an MBA from the Robert H. Smith School of Business at the University of Maryland, and earned her bachelor of arts degree in Russian and Eurasian Studies from Mount Holyoke College.



Karen Petermann ... Karen is from Clintonville, Wisconsin and is in her 31st year of teaching. She uses her energy and enthusiasm to share her love for activity and her love for life. Karen uses Standards Based instruction, supports SHAPE America's 50 Million Strong Campaign, utilizes community partnerships, earns grants to expand opportunities, creates a safe learning environment where all abilities

thrive, differentiates her instruction and quietly incorporates academic language in her lessons in an effort to help students make connections and transfer learning to their lives. She has implemented several school initiatives, including a running club, that make Physical Education the heartbeat of her school and community. Karen is the 2017 National Elementary TOY and is committed to helping students gain the skills, knowledge and confidence that they need to enjoy a lifetime of activity. She is determined to build a healthier community one step at a time!



Pam Powers ... Pam is an educational consultant and founder of Physical Powers, LLC. Pam is an award-winning educator, recognized as Teacher of the Year by SHAPE America and the Golden Apple Teaching Foundation.

Pam is a Physical Activity Leader Trainer, Presidential Youth Fitness Program Trainer, National OPEN Trainer, and a Dove Cadre Member, and has presented at over 300 conferences, district in-services, and locally organized events. In 2013, Pam was selected as the National Physical Education and Physical Activity Advisor for First Lady Michelle Obama's Let's Move! Active Schools through SHAPE America.

She has developed curriculum for local schools and nationally, co-authoring "Dance in Physical Education" for NASPE. Her passion in life has been dance-teaching, musical theater performances, and competing in ballroom.

She enjoys short walks with her large dog and finding creative ways to stay fit in a busy world. Pam serves as a Child Advocate, providing a voice for children in the court system. She resides in Houston, Texas.



John Smith ... John has taught physical education on every level, Pre-K through college and coached numerous sports for 40 years. A graduate of Montclair State University, he taught in the Ridgewood Public Schools (NJ) and Ho-Ho-Kus Public Schools (NJ) for 39 years and now works as a national educational consultant for Flaghouse. In 1988 he was awarded the NJAHPERD Outstanding Teacher Award and in

1989 he was honored with the NASPE/AAHPERD National Elementary Physical Education Teacher of the Year Award. He was the 2005 NFHS National High School Girls Basketball Coach of the Year. The NJAHPERD recently honored John with their 2012 Honor Award. John has presented at over 400 events in 40 states including 15 National AAHPERD Conventions, state and local professional organizations and camps across the country. He is one of the most requested presenters across the nation. Since retiring in 2011, he has authored the 60 Second Countdown book on activities Minute to Win It style, and created the "Play Well With Others...Be Active Against Bullying!" national activity based bullying awareness program.

2018 Convention Schedule of Events

Wednesday, October 24, 2018

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

8:00-10:00 p.m. All Member Social

Thursday, October 25, 2018

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.

- Pursuing the National Boards: Every Kid Deserves a Great Teacher! – *Ortiz*
- School of Rock ... Climbing: How to 'Rock' your Traverse Wall – *Scherb*
- Technology Use in PE - When All Students Have iPads – *Kubtz/Florentine*
- Modeling 21st Century skills in a standards-based curriculum – *Vang*
- Fitness Lessons Infused with Student and Teacher Assessments – *Johnson*
- Choices and Challenges - Everyone has an IEP with Mrs. P! – *Petermann*
- Aha Moments in Health – *Blanchette*
- Modified Games – *Zwettler/Brown*

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

Visit the Exhibitors – Wilderness Ballroom

Poster Session – Sandstone Hallway

Meet a WHPE Mentor/Leader - Survive Your First Year of Teaching! How? – *for Future Professionals – Sazama*

10:10-11:10 a.m. – General Assembly

Announcements/Elections/Award Recipients

Pam Powers - Keynote presentation

Special Guest - Stephanie Morris, SHAPE CEO

Session 2 ► 11:20 a.m. - 12:20 p.m.

- Sensory Friendly Pe - Take 2! – *Brown*
- PE & the Athletic Strength Coach - Leadership and Programming within PE – *Krepline*
- Extend the Health Classroom - Teaching Ideas to Break the Four Walls – *Todnem*
- Brain Breaks & More - Developing an Active Classroom to improve Learning – *Mueller/Heinritz*
- Adventure Education - Ice Breakers, Team Builders and More – *Freidrich*
- Fast, Furious, Fun Fitness – *Smith*
- Using Seesaw in PE – *Mulloy*

11:00-1:30 p.m. Past President meeting and PP and Retiree lunch

12:30-1:30 p.m. Convention Lunch on your own

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

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

12:30-1:30 p.m. Future Professional lunch/election

Session 3 ► 1:40-2:40 p.m.

- Increasing Skill Competencies in Health Ed. Helping Kids Show What They Know! – *Stewart*
- APE Think Tank – *Goodness*
- Science of Spin. Yo-Yos and Physical Education – *Schulte*
- Activities with Limited Equipment? No Problem! We've got you covered! – *Maly*
- Lacrosse basics; Modern Day Indian Stickball – *Powers*
- From the Sidelines to Engagement: How to move students Forward! – *Van Amber/Rasmus*
- Putting the "WHY" into Physical Education – *Swenson/Ringgenberg*
- SEL Social Emotional Learning and Cooperative Activities – *Smith*
- Disc Activities for Physical Education – *Johnson*

Session 4 ► 2:50-3:50 p.m.

- Implementing a School-Sponsored Adapted Sport Program at your High School – *Tymeson/Meyers/Slusser*
- College/University Roundtable - Dbl – *Timm*
- Tchoukball: A Team Sport with a Social Conscience – *Keating*
- Building Your Health Classroom as a Team – *Todnem*
- Feel Burn - Tabata Training Secondary Style – *Gorwitz*
- Kinball: An Innovative Non-Traditional Action-Packed Sport – *Omnikin*
- An Individualized (PSI) 6th grade Basketball Unit Taught On-line – *Sazama/Head*
- What's that Even Mean? Putting Research into Practice - Part 1 – *Westphal/Mally*
- Never Miss a Chance to Dance - Dbl – *Mulloy/Clark*
- The Road to a lifetime of Movement – *Kollross/Tofferi/Wegge*

Session 5 ► 4:00-5:00 p.m.

- Designing & Implementing a Middle School PE Strength & Conditioning Program – *Fizel/McKinney*
- College/University Roundtable - Dbl – *Timm*
- How to Relax & increase Productivity in the Process – *Kubtz/Florentine*
- Student Engagement in Health Class – *Brooks*
- Teach Self Control, not violence – *Kubrasch*
- Elem PE TOY Favorites - Instant Activities, Games and Lesson ideas! – *Petermann/Mueller*
- Playful Yoga that is fun to teach all ages! – *Michel*
- What's that Even Mean? Putting Research into Practice - Part 2 – *Westphal/Mally*
- Never Miss a Chance to Dance - Dbl – *Mulloy/Clark*
- Evidence Based Teaching Practices w/Students on the Autism Spectrum – *Lee/Tymeson*

5:10-5:40 p.m. Demo Slam

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

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

Friday, October 26, 2018

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.

- Dream Big and Tell Your Story - Grants and Advocacy – *Fritz*
- How to Properly Fuel Your Athlete: Sports Nutrition 101 – *Kelk*
- Make It and Take It – *Westby*
- Got Skills! A Teaching Transition Skill Based Health Curriculum – *Maly/Young*
- Cards and dice; fitness with a twist – *Pam Powers*
- Two Dudes Dancing – *Ridout/Roberty*
- Adventure Education - Trustbuilders that Work – *Freidrich*
- The First Tee Golf Program – *Molitor/Erdman/Fellere*
- Games! Games! Games! – *Taggart/Jodlowski*

Session 7 ► 9:10 a.m. -10:10 a.m.

- Google Drawing - Create stunning visuals for your classroom – *Vang*
- Building Relationships to Teach All Students – *Timm/Anderson/Landergott*
- Instructional Strategies for Inclusion of Students w/Disabilities in General PE – *Tymeson/Lee*
- Transitioning from Content to Skills in Middle School Health – *Brooks*
- Dance Choregraphy in PE: Simple Steps for Your Student's Success! – *Martinez/Mally*
- Students Leading Students - Ideas to Get Active w/Fuel Up to Play 60 – *Doster/Edge*
- Maximizing Moderate to Vigorous Physical Activity in PE – *Berkey*
- Creating Own Personalized Learning – *Schwartz*
- Experience Speed Stacks - Skillastics - NEW Movement Based Activity – *Burk*

Session 8 ► 10:20 a.m. -11:20 a.m.

- Experience-Based health Ed Practices – *Korth*
- Active Bodies. It's Not Just a PE Thing – *Anderson*
- Role Play Redefined – *Blanchette*
- About Time-Time Management Tricks for incorporating fitness into Instant Activities – *Gorwitz*
- Advanced Archery – Stratton/Mueller/Tippis
- Student Dance Creation: Guiding the Way – *Mick*
- Let's Get It Started – *Smith*
- PE for everyBODY: Participating in a Different Pair of Shoes – *Buchman/Resch*
- Coding and Movement for All Ages – *Erdman*

Session 9 ► 11:30 a.m. -12:30 p.m.

- Supporting Mental health & Safety of Every Student – *Spiess*
- Team Up w/iMovie and Explain Everything – *Hagenbach*
- Using Movement to anchor learning in Health – *Allen/Johnston*
- All for One - One for All. Cooperative Learning in Physical Education – *Bailey*
- Let's Paddle! Pickleinton and Badminton Activities for Everyone! – *Maly*
- Adapted Backyard Games and Activities for Home and School! – *Westby*
- Cross Curricular PE: ELA and Math Games for Elementary Students – *Zerby*

1:00-3:30 p.m. – Maureen's Board/Convention Wrap up Meeting

WHPE MEMBERSHIP

You must be a current member through 11/18 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	2018 to Month	2019	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____	AREA <input type="checkbox"/> Health – H <input type="checkbox"/> General – G <input type="checkbox"/> Physical Education – P <input type="checkbox"/> Student – S <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 _____	
STREET _____	HOME PHONE (____) _____				
CITY _____	WORK PHONE (____) _____	TEACHING LEVEL <input type="checkbox"/> E – Elementary <input type="checkbox"/> M – Middle <input type="checkbox"/> S – Secondary <input type="checkbox"/> U – University/College <input type="checkbox"/> O – Other		TYPE OF MEMBERSHIP Lifetime (\$600) <input type="checkbox"/> Professional (\$80) <input type="checkbox"/> JRFH/Hoops Coord. (\$40) <input type="checkbox"/> Associate (\$80) <input type="checkbox"/> Student (\$35) <input type="checkbox"/> 5yr Undergrad (\$99) <input type="checkbox"/> Retired (\$20) <input type="checkbox"/>	
COUNTY _____	STATE _____ ZIP _____				
E-Mail Address: _____		Year: Fr So Jr Sr Grad		Mail to: WHPE 145 Mitchell Hall • 1725 State St. La Crosse, WI 54601-3788	
*Students-School attending		For further information go to our website: www.whpe.us		Makes Checks payable to: WHPE	

SE – Southeast District - CESA District 1 & 2

SW – Southwest District - CESA Districts 3 & 4

C – Central District - CESA District 5, 6 & 7

NE – Northeast District - CESA Districts 8 & 9

NW – Northwest District - CESA Districts 10, 11 & 12

2018 WHPE CONVENTION REGISTRATION

Deadline: October 3rd, 2018

You must be a current member of WHPE through 11/18 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? Yes No

WHPE District (check one): NW C NE SE SW

CLASSIFICATION (Check all that apply)

	EARLY BIRD-REGISTRATION (must be received by 10/3)	REGISTRATION (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	\$190.00	\$200.00
<input type="checkbox"/> Professional Registration Including One Year's Dues for JRFH/HFH Coordinators	\$150.00	\$160.00
<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)	\$75.00	\$85.00
<input type="checkbox"/> Student Registration Including 5-Year/\$99 Membership Dues (Includes Lunch)	\$139.00	\$149.00
<input type="checkbox"/> Non-member Registration	\$200.00	\$210.00
<input type="checkbox"/> Past President	\$0.00	\$0.00
<input type="checkbox"/> Awards Banquet (Thursday evening)	_____ @ \$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 / GLACIER CANYON LODGE

511 E. Adams St. • Wisconsin Dells, WI 53965 • Ph: (800) 867-9453 (use Group Name: WHPE 2018 Conference @ Glacier Canyon Lodge)

RESERVATION DEADLINE IS OCTOBER 3, 2018

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