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2019 Best Practices in Health and Physical Education . . .

presented by

WHPE
www.whpe.us



October 23-25, 2019

**Kalahari Resorts
and
Conventions**

**1305 Kalahari Drive
Wisconsin Dells, WI 53965**

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



Al Craven ... has been a health educator since 1974 and has taught pre-K through university level students. After teaching K-13 in Ontario for several years and being a health consultant with the Hamilton Board of Education, Hamilton, Ontario, CANADA, Al worked for three years for TVOntario as an Education Officer specializing in effective use of media in sexuality education and HIV/AIDS Education. After moving to the U.S., Al has been a health specialist at the K-5 level, a Health Consultant and Coordinator at the Genesee Intermediate School District, is a Master-Trainer for Action Based Learning and currently teaches at Adrian College in the teacher preparation and health education program.



Molly Dado ... has been teaching secondary Physical Education for 21 years in the Hudson, Wisconsin School District. She was named 2018 WHPE teacher of the year and 2019 Midwest teacher of the year for the secondary level. Her passions are in the area of teaching dance, teaching students the power of an inclusive environment, and mentoring future physical education professionals. Molly has also found great personal fulfillment by co-coaching Hudson High School's one to one Unified cheer team for the last 4 years. Twitter follow: @molly_dado



Mike Graham ... A passionate presenter and teacher, Mike Graham has taught Physical Education since 1996 and currently works at Williamsburg Elementary School Geneva, Illinois. He was named the 2019 Illinois AHPERD Elementary PE Teacher of the Year. He serves on various committees within his State organization and is the current President of the Northern District of IAHPERD. You can connect with Mike and find out more about his #PhysEd program on his website at www.pe4everykid.weebly.com or connect via Twitter: @pe4everykid



Charles (Chip) Candy ... taught Physical Education, Adapted Physical Education, Health and Wellness in the Medford Township (New Jersey) School District for 37 years. He coached Soccer, Track and Field, and Cross Country for 44 total seasons. Chip is a national speaker/consultant with over 500 presentations throughout the United States. He was the 1991 NJAHPERD Dance Educator of the Year, 1993 NJAHPERD Teacher of the Year, 1995 EDA and NASPE (AAHPERD) National Middle School Physical Education Teacher of the Year and was chosen for the NJAHPERD Honor Award 2011. Chip graduated from Glassboro State College (NJ) and has a Masters in Adventure Education from Plymouth University (NH). He is a Flaghouse Educational Consultant/Presenter, and a Contract Trainer for Project Adventure. He is married to his wonderful wife Nancy for 34 years. They have two sons, a granddaughter Olivia, and a grandson Paxton. Life is Good; God is Great!



Tom Miazga ... lives an incredibly active lifestyle, regardless of his Cerebral Palsy that requires him to use a wheelchair. Miazga is the Head Coach for three different swim programs, a CrossFit coach, and formerly a 6th-grade mathematics teacher in Whitefish Bay. He is a former US Paralympic Swimmer, and currently the two-time Fittest Seated Man on Earth. Miazga also serves as the US Paralympic Swimming Representative on the Athletes Advisory Council of the United States Olympic and Paralympic Committee.

From a young age, Miazga felt the water was a special place. Miazga found Paralympic Swimming in 2006 during his freshman year of high school. Inclusively a part of his high school swim team, swimming quickly became Miazga's passion as he found himself competing at the 2008 Beijing Paralympic Games at the age of 17. He would collect 13 international medals, 35 National Championship Titles, and set the American Record in eight different events.

Tom is now the Head Site Coach at Ozaukee Aquatics and Head Coach of the Whitefish Bay High School Team. He also coaches at his CrossFit gym, Adapt and Conquer CrossFit, where he recently began his own adaptive athlete program.



Su Nottingham ... has been in education with an emphasis on sexual health since 1984 at the K-12 level teaching semester sexuality courses for 9-12 grade students. Su is well known for developing student centered educational materials for sexuality and relationship education. These materials are embedded in several provincial and state programs and are widely utilized at the district level for elementary and secondary schools as well. For the past 15 years, Su has been a full time faculty member for the School of Health Sciences, Central Michigan University, School Health Education, teaching curriculum, methods in health and sexuality, health content courses, professional aspects of health education training future school health educators.



Scott Welle ... Outperformers are not born; they're made. We ALL have the capacity to "raise our game," and Scott Welle has spent more than 15 years helping people do this, personally and professionally. Scott is a #1 international best selling author, speaker and founder of Outperform The Norm, a leading movement for those seeking to perform at their highest level. Scott's nine best selling books, articles, videos, podcasts and online programs inspire hundreds of thousands of people worldwide. He has a Master's degree in Sport Psychology, is an adjunct professor at St. Olaf University and regularly consults with teams, businesses and organizations, as well as elite athletes, all with one common goal: to OUTPERFORM THE NORM. For "fun" (and because he's a little crazy), he's completed 5 Ironman triathlons, 29 marathons, and a 100-mile ultra marathon run. He serves others by showing them how to tap into the same mindset of challenging their self-limiting beliefs and aspiring to be their best everyday. Please visit him at ScottWelle.com.

2019 Convention Schedule of Events

Wednesday, October 23, 2019

6:00-9:00 p.m. Registration
8:00-10:00 p.m. All Convention Social

Thursday, October 24, 2019

6:30-7:15 a.m. Wake Up Walk
7:00 a.m. - 3:00 p.m. Registration
9:00 a.m. - 4:30 p.m. Exhibits Open

Session 1 > 8:15-9:15 a.m.

- Rhythm is Everywhere: Let's Embrace It! – *Mally*
- PE Energizers – *Tennessee*
- Challenge Me - Teaching the Skills of Bouldering through Gamification – *Csiacsek/Read/Richardson/Youngmark*
- Tag, You're It: Transforming PE to Build Confidence and Community – *Kubrasch*
- Adapt and Conquer: A WI Paralympian's Perspective on Empowering & Supporting APE Students in PE & Athletics – *Tom Miazga*
- Sitting is the New Smoking: Increasing Movement Throughout the Day for Staff & Students – *Horst*
- Your Circle of Influence: Find the Power Within it – *Berg/Lokken/Wentland/Whaley*
- Supporting healthy minds & bodies with Children's Hospital of WI free e-learning resources – *Nichols*
- Connecting Physical Education and the Classroom to Deepen and Broaden Understandings – *Schwartz*
- USTA Net Generation - School Tennis – *Miller/Veloff*

Session 2 > 9:15 - 9:45 a.m.

- Visit the Exhibitors - *Coffee/Muffins Break in Exhibits Hall*
 Poster Session - *Coffee/Muffins Break in Sandstone Hallway*
 Meet a WHPE Mentor - *Survive Your First Year of Teaching! How? – for Future Professionals*
 APE Drop In/Discussion
 Meet and Greet with Tom Miazga

General Assembly > 9:50-11:20 a.m.

- Announcements/Elections/Award Recipients
 Keynote presentation: Scott Welle – *“OUTPERFORM THE NORM: Raise Your Game”*

Session 3 > 11:30 a.m. - 12:30 p.m.

- Never Miss a Chance to Dance – *Mulloy/Clark*
 - Kids Love Scooters, You Should Too! – *Weidenbach*
 - Cross Curricular PE: ELA and Math Activities for your PE Class – *Zerby*
 - Developing Leadership & Empowering Healthy Living At Your School Through FUTP60 – *Emerson/Mueller*
 - Adventure Fitness – *Candy*
 - Incorporating Strength and Conditioning into High School Physical Education – *Fizel*
 - Postpone or Protect: Building Safe, Responsible Relationships – *Nottingham/Craven*
 - To Include or not include? A perspective on inclusion in APE – *Goodness/Brown*
 - Eco-Health – *Trnka*
 - Physical Activity Promotion - Get Your Students & Staff Moving Outside of the Classroom! – *Fencel*
- 12:00-1:30 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. Exhibitor lunch
12:30-1:30 p.m. Future Professional lunch/election
12:30-1:30 p.m. Fundraising Opportunities Info - Appetizer lunch

Session 4 > 1:40-2:40 p.m.

- Beyond the Choreography (cont at 2:50 pm) – *Dado*
- Brainball - 16 years of proven research to improve Math, Spelling and Reading in PE! – *Ortiz/Taggart*
- Omnikin - Six Balls for Fitness and Fun – *Gooding*
- Eat Your Heart Out – *Homman/Cappozzo/Wolter/Raddatz*
- Movement Soup – *Koval*
- Experience Speed Stacks - Skillastics: A Group Activity! – *Burk*
- Moving on Up: Teaching Skills Based Health Education Through Movement – *Gorwitz*
- A Step by Step Approach to Two-Wheel Bike Riding – *Wagner/McMullen/Young*
- Advocacy 101: Maximize Community and Financial Support to Promote Your #HPE Program! – *Petermann/Kestell*
- Perspectives on Embedding Social Emotional Learning into Curriculum Using the Whole School Whole Community Whole Child Model – *Jones*
- Health. Happiness. High Performance – *Welle*
- Educational gymnastics from a best practice approach – *Vang*
- Planning 3 Ways – *Westphal/Maly/Pomero*
- University of Wisconsin Chairs meeting – *Gary Diffie*

Session 5 > 2:50-3:50 p.m.

- Beyond the Choreography (cont from 1:40 pm) – *Dado*
- “ESCAPE” into a New Adventure with BreakoutEdu – *Mulloy/Clark*
- Paddling for Pleasure – *Gnewikow*
- Discover Tchoukball – *Keating*
- Teaching Elementary Striking - Are You In or Out? – *Fick/Fritz*
- Advanced Lesson into Sport Stacking: Let's Get Moving – *Burk*
- Advocacy Checklist Toolkit: Your Guide to Increased Support for Your Program – *Horst*
- Sexual Decision Making – *Reichel*
- High School and Middle School Standards-based Grading in PE – *Drobot/Wiske/Lukasavitz*
- THE GREAT BODY SHOP: A Comprehensive Health and SEL Resource for Grades PK-8th – *Wegge/Stewart*
- College/University Roundtable Discussion (cont at 4:00 pm) – *Timm*
- 10 Ways to Integrate Technology into PE – *La Fleur*
- University of Wisconsin Chairs meeting – *Gary Diffie*
- Moving Targets: Recent Developments in Nicotine Use – *Jorenby/American Lung Association*

Session 6 > 4:00-5:00 p.m.

- If You Can't Shake It, Then Fake It – *Tennessee*
 - Activities with noodles and games that use Rock/Paper/Scissors – *Maloney/Barton*
 - Open Space/Evasion Games – *Candy*
 - Parkour - Putting a Twist on Educational Gymnastics – *Csiacsek/Read/Richardson/Youngmark*
 - Games by Eclipse Ball Designed to Encourage Students in Active Play – *Benson*
 - Building a Sensory Hallway in Your School – *Wagner/Boyer*
 - National Board Cert. for Professional Teaching Standards: Every Kid deserves a great teacher! – *S. Ortiz*
 - Networking - Advancing the Field of Outdoor/Adventure Education – *Ramirez/Starck/Mickschl/Eggerichs*
 - Higher Level Learning in PhyEd – *Crevcoeur*
 - Integrating Mental Health Skills into Health and PE Practice – *Edwards*
 - College/University Roundtable Discussion (cont from 2:50 pm) – *Timm*
 - Aha Moments in Health - Again – *Blanchette*
- 5:15-5:50 p.m. Minute to Win It! - Future Professionals**
6:30-8:30 p.m. WHPE Awards Social
8:30 p.m.-11:30 p.m. All Convention Dance - DJ

Friday, October 25, 2019

7:15-7:45 a.m. Wake Up Yoga
7:30-10:00 a.m. Registration
9:00 a.m.-12:00 p.m. Exhibits Open

Session 7 > 8:00-9:00 a.m.

- “The Brain on Movement” Bring it on!!!
- Let's Get Moving: Elementary PE Games and Activities – *Garrison*
- K-5 Instant Activities and Warm Ups – *Grabam*
- Follow the Bouncing Ball: Use Your Imagination To Do It All – *Gorwitz/Otto*
- Games, Games, Games – *J. Ortiz*
- Most Valuable Program Available: Maximizing the Use of MVPA in PE with Heart Zones System – *Berkey*
- PE for EveryBODY: Participating in a Different Pair of Shoes – *Buchman/Brown*
- Tiered vocabulary in Physical Education – *Tebo*
- Successfully Navigating the Job World – *Van Mersbergen*
- Risk Management in Adventure and Outdoor Education – *Stratton/Mueller*
- One moment lasts forever: Shaken Baby Syndrome/Abusive Head Trauma – *Kainz/Whaley*
- Modeling 21st-century skills in a standards-based curriculum – *Vang*
- Hooks, Meaning-Makers, and Teaching with GRIT! – *Nottingham/Craven*

Session 8 > 9:10-10:10 a.m.

- 1,2,3 Lets move...Move to the Beat! at the Secondary Level – *Maly*
- Nutrition On the Go – *Hagenbach*
- #RUKind? Steps to achieving an inclusive or unified classroom – *Dado*
- Instant Activity to Invasion GLO's – *Kroening*
- Let's Play! Activities to get your students thinking and moving! – *Zerby*
- Heart Zones Network Clinic: Updates, Advanced Training and Implementation Strategies – *Berkey*
- health.moves.minds - SHAPE America's Service Learning Program – *Kestell/Erdman/Norby*
- Urban Education: What Health and Physical Educators Should Know – *Fuller/McGowan*
- Transition in Adapted PE – *Swenson*
- Standards based grading in middle school Physical Education – *Johnson/Cyrtmus/Larue/Smith/Parsons/Smet/Zierten/Raduechel/Lor*
- How to Relax and Increase Productivity in the Process – *Kubtz/Whaley*
- Burnout: An Educator's guide to recognizing and preventing career burnout – *Allen*
- Creating Relationships in the Health Classroom – *Blanchette*
- WHPE Grants Session – *Marx*

Session 9 > 10:20-11:20 a.m.

- Uncovering the Hidden Opportunities in Dance – *Mally*
- High School Initiatives, Ice Breakers, Problem solving, Trust falls and more – *Wiesjahn*
- The Fun Side of Social and Emotional Learning (cont at 11:30 a.m.) – *Candy*
- STEP IT UP - get your GAME ON! an American Ninja Warrior inspired event – *Flannigan*
- Student Leadership at Recess (cont at 11:30 a.m.) – *Dever*
- Violence Prevention for Today's Youth (cont at 11:30 a.m.) – *Misch*
- Purposeful Play - Aligning Activities to Standards – *Grabam*
- Creative Equipment to improve the strength & movement quality of students on a limited budget – *Fizel*
- Accessing Reliable Resources for Bullying Prevention/Intervention – *Reichel*
- A practical approach to performance assessments in Physical Education Van – *Mersbergen/Sowa*
- Making Good Decisions Possible – *Bieszk/Dickie/Jadin*
- Stress management: all the info you need to enhance a unit or teach a semester long course – *Chironis*
- Teaching Social Skills Through Cooperative Games in PE – *McMullen/Wagner*

Session 10 > 11:30 a.m. -12:30 p.m.

- The Freedom of Choice will Allow Your Students to Personalize Their Learning – *Schwartz*
 - Get Your School Moving: Creative Brain Breaks to Ignite Learning – *Mueller*
 - The Fun Side of Social and Emotional Learning (cont from 10:20 a.m.) – *Candy*
 - Fitness Activities for Learning, Assessment and Fun – *Johnson/Carthage*
 - Student Leadership at Recess (cont from 10:20 a.m.) – *Dever*
 - Violence Prevention for Today's Youth (cont from 10:20 a.m.) – *Misch*
 - Shift your Mind and your body will follow – *Otto*
 - Using Team Shake to bring more equity to PE – *Mann*
 - One Love Foundation: An Innovative Approach to Relationship Education – *Hanson*
 - Becoming an Advocate: Skills Style! – *Lacasse/Kok/Maier/Kroll*
- 1:00 - 3:30 p.m. Maureen's Board/Convention Wrap up Meeting**

WHPE MEMBERSHIP

You must be a current member through 11/19 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	2019 to Month	2020	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____	AREA		OFFICE USE ONLY	
STREET _____	HOME PHONE (____) _____	<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		EXP. DATE _____	
CITY _____	WORK PHONE (____) _____			Date Rec'd _____	
COUNTY _____	STATE _____ ZIP _____			CK # _____	
E-Mail Address: _____	Year: Fr So Jr Sr Grad				Amt. PD _____
*Students-School attending					
<input type="checkbox"/> SE – <u>Southeast District</u> - CESA District 1 & 2 <input type="checkbox"/> SW – <u>Southwest District</u> - CESA Districts 3 & 4 <input type="checkbox"/> C – <u>Central District</u> - CESA District 5, 6 & 7 <input type="checkbox"/> NE – <u>Northeast District</u> - CESA Districts 8 & 9 <input type="checkbox"/> NW – <u>Northwest District</u> - CESA Districts 10, 11 & 12		TEACHING LEVEL <input type="checkbox"/> E – <u>Elementary</u> <input type="checkbox"/> M – <u>Middle</u> <input type="checkbox"/> S – <u>Secondary</u> <input type="checkbox"/> U – <u>University/College</u> <input type="checkbox"/> O – <u>Other</u>		Mail to: WHPE 145 Mitchell Hall • 1725 State St. La Crosse, WI 54601-3788 Makes Checks payable to: WHPE For further information go to our website: www.whpe.us	
TYPE OF MEMBERSHIP					
Lifetime (\$600) <input type="checkbox"/>					
Professional (\$80) <input type="checkbox"/>					
Associate (\$80) <input type="checkbox"/>					
Student (\$35) <input type="checkbox"/>					
5yr Undergrad (\$99) <input type="checkbox"/>					
Retired (\$20) <input type="checkbox"/>					

2019 WHPE CONVENTION REGISTRATION

Deadline: October 3, 2019

You must be a current member of WHPE through 11/19 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 I am interested in a Student Leashership position.
 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	\$135.00	\$150.00
<input type="checkbox"/> Professional Registration including One Year's Members Dues	\$215.00	\$230.00
<input type="checkbox"/> Student Registration for Current Members (Includes Lunch)	\$50.00	\$60.00
<input type="checkbox"/> Student Registration Including One Year's Membership Dues (Includes Lunch)	\$85.00	\$95.00
<input type="checkbox"/> Student Registration Including 5-Year/\$99 Membership Dues (Includes Lunch)	\$149.00	\$159.00
<input type="checkbox"/> Lead Presenter Registration for Current Member	\$75.00	\$75.00
<input type="checkbox"/> Lead Presenter Registration Including One Year's Membership	\$155.00	\$155.00
<input type="checkbox"/> Retired	\$0.00	\$0.00
<input type="checkbox"/> Past President	\$0.00	\$0.00
<input type="checkbox"/> Non-member Registration	\$240.00	\$250.00
Total Enclosed:	\$ _____	

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.

KALAHARI RESORTS AND CONVENTIONS

1305 Kalahari Drive • Wisconsin Dells, WI 53965 • 877-2535466

RESERVATION DEADLINE IS MONDAY, SEPTEMBER 30, 2019

Reservation link: <https://book.passkey.com/event/49888574/owner/57143/home>

RATES: \$109 – Single-Quad occupancy for Wednesday and Thursday nights (nightly Resort fee waved)
\$139 – Single-Quad occupancy for Friday and Saturday nights, upon availability (nightly Resort fee waived)
 Sleeping rooms are held under “Wisconsin Health and Physical Education 2019”