



Wisconsin Health and Physical Education

2024

Professional Development Convention

October 23-25

Kalahari Resort

Wisconsin Dells, WI

www.whpe.us

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Welcome to the WHPE Convention

Hello Fellow WHPE Members,

It is with great excitement and enthusiasm that I welcome you to the 2024 Wisconsin Health and Physical Education (WHPE) Conference! The theme of my presidency, *Growing Together*, captures the spirit of our profession as we continue to evolve, learn, and make a lasting impact in the lives of our students and communities.

Our WHPE Board of Directors has worked diligently to curate an exceptional conference filled with valuable professional development opportunities designed to meet the diverse needs of all our members. The lineup of presenters is truly outstanding, and we're confident you'll find yourself torn between sessions—that's exactly what we aimed for!

Whether you're seeking the latest research, innovative strategies, or practical tools to enhance your teaching, you'll leave this conference inspired and equipped to take your practice to the next level. We have an incredible 13 featured speakers lined up. Who will be your favorite? What sessions will resonate with you, fill your bucket, and send you back to your school ready to make an immediate difference?

This conference is about more than just learning—it's about connection and collaboration. I encourage you to take full advantage of the opportunity to network with your peers, exchange ideas, and build new relationships. When we come together as a community of passionate professionals, we amplify our efforts and create lasting change in the lives of those we serve.

Don't forget to join us Wednesday evening for an early sneak peek at the vendor showcase and our Conference Kick-off Social—a perfect chance to reconnect and unwind before the learning begins. Thursday is packed with learning, and I'm personally excited to hear my colleague and friend, Dr. Kristi Mally, deliver her inspiring keynote address. Then, join us Thursday evening for our Awards Recognition Social, followed by dancing and fun activities to celebrate our shared achievements. Friday promises even more professional growth, with opportunities to learn in the morning and maybe even enjoy some downtime with family in the afternoon.

I would like to take a moment to express my deep gratitude to our Association Manager, Executive Director, Board of Directors, sponsors, committee chairs, and the many volunteers who have worked tirelessly to bring this conference to life. Your dedication to our profession and your hard work are truly appreciated.

As we embark on this exciting journey of learning, growth, and collaboration, I am confident that this year's conference will inspire each of us to continue making a difference in the lives of our students and communities. Let's seize the opportunity to grow together and make lasting, positive changes through the power of health, physical education, and adapted physical education.

Mary Wentland
WHPE President

National Physical Education Standards

Standard 1: Develops a variety of motor skills.

Standard 2: Applies knowledge related to movement and fitness concepts.

Standard 3: Develops social skills through movement.

Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

<https://www.shapeamerica.org/MemberPortal/standards/pe/new-pe-standards.aspx>

National Health Education Standards

Standard 1: Use functional health information to support health and well-being of self and others.

Standard 2: Analyze influences that affect health and well-being of self and others.

Standard 3: Access valid and reliable resources to support health and well-being of self and others.

Standard 4: Use interpersonal communication skills to support health and well-being of self and others.

Standard 5: Use a decision-making process to support health and well-being of self and others.

Standard 6: Use a goal-setting process to support health and well-being of self and others.

Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

Standard 8: Advocate to promote health and well-being of self and others.

<https://www.shapeamerica.org/MemberPortal/standards/health/default.aspx>



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2024 Convention Committee

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Onsite Exhibits Coordinators

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Photographer

Brenda Erdman



WHPE 2024
Wednesday, October 23rd
Daily Agenda

TIME	EVENT	LOCATION
6:00 – 9:00 pm	Registration	South Atrium
7:00 - 9:00 pm	All Convention Social/Visit the Exhibits	Suite C/D/E/F
7:00 – 9:00 pm	Future Professionals Corn Hole Tournament	Suite 3

Sponsors



School of Education
University of Wisconsin-Stevens Point



SKATETIME
School Programs



WHPE 2024
Thursday, October 24th
Daily Agenda

TIME	EVENT	LOCATION
7:00 am - 3:00 pm	Registration	South Atrium
9:00 am - 4:00 pm	Exhibits Open	Suite C/D/E/F
8:30 - 9:30 am	Session 1	Per Schedule
9:35 – 10:00 am	Coffee/Tea/Muffin Break ...Check out the Exhibits ...Poster Session	Suite C/D/E/F South Atrium
10:05 – 11:05 a.m.	Session 2	Per Schedule
11:15 am - 12:00 pm	<u>General Assembly</u> Keynote – Kristi Mally Announcements/Elections/Award Recipients	Suite A/H
11:30 am – 12:00 pm	Exhibitor Lunch Break	Suite C/D/E/F
12:05 – 12:30 pm	Past President Meeting	Mahogany
12:30 – 1:15 pm	Past President/Retiree Lunch	Mahogany
12: 00 - 1:00 pm	Concession Lunch Break	Outside Suite A/H
12:00 - 1:00 pm	Future Professional Lunch/Election	Suite A/H
12:35 – 1:05 pm	Session 3 – Lunch & Learn	Per schedule
1:15 - 2:15 pm	Session 4	Per schedule
2:25 – 3:25 pm	Session 5	Per schedule
3:30 – 3:50 pm	Snack Break – Visit the Exhibits	Suite C/D/E/F
3:55 - 4:55 pm	Session 6	Per schedule
5:30 – 6:30 pm	UW-La Crosse Alumni Social	Suite B
6:30 - 8:00 pm	Awards Social	Suite A/H
8:00 – 11:00 pm	All Convention Dance	Suite A/H

WHPE 2024
Friday, October 25th
Daily Agenda

TIME	EVENT	LOCATION
7:30 - 10:00 am	Registration	South Atrium
8:30 - 9:30 am	Session 7	Per Schedule
9:35 - 10:35 am	Session 8	Per Schedule
10:45 - 11:30 am	Session 9 – Roundtable Sharing	Per Schedule
12:00 - 3:00 pm	Sandee Ortiz’s BOD Meeting	Wisconsin Brew Pub

WHPE is proud to working with the following partner in education:



Thursday, October 24, 2024
Session 1 8:30 - 9:30 a.m.

BREAKOUT TITLE	ROOM
Elementary:	
Intentionally Facilitating Activities for Social and Emotional Growth	Suite 1
Fun with Turtle Island Games: Explore Indigenous Play for Your Classroom!	Suite 2
Middle/Secondary:	
Self Defense, Part 1: I have no skills in self-defense, how do I teach my students?	Suite 6
Got a Pool at Your School? Teaching Lifeguard Training as a PE Elective	Tamboti
Adapted PE:	
Meet the needs of EACH student: Individualizing Instruction	Suite 3
Trauma Sensitive Practices in Physical Education	Aloeswood
Promoting Inclusion with Unified Physical Education	Mangrove
Health:	
Project Based Learning = Increased Student Engagement	Guava/Tamarind
Creating an Easy Yet Effective Sex Educator Professional Development Plan	Marula
K-12:	
FUNDamental Fitness: Creating a Personally Relevant Fitness Unit	Suite B/G
Keep Students Moving with Simple Quick Cardio Games	Suite 4
1 Net, 3 Games	Suite 5
Best Practices for You & Your Student Teacher	Aralia

Elementary Sessions:

“Intentionally Facilitating Activities for Social and Emotional Growth”

Want to take your students to the next SEL level? Learn how to use transition times to cement SEL learning after each activity.

Room: Suite 1

Target Audience: Elementary

Presenter: Cindy Kuhrasch, Teaching Faculty, UW-Madison

“Fun with Turtle Island Games: Explore Indigenous Play for Your Classroom”

Embark on an exciting journey into the fascinating world of Indigenous games from Turtle Island! In this hands-on session, you'll dive into the cultural richness of these traditional games while learning about the diverse heritage they represent. Through interactive activities, you'll master the rules and mechanics of various Indigenous games, discovering the fun and strategy behind each one. By the end of our adventure, you'll walk away with a deeper appreciation for these games' cultural significance and the skills to share them with others. Get ready to celebrate the vibrant traditions of Turtle Island through the joy of gameplay – it's going to be a blast!

Room: Suite 2

Target Audience: Elementary/Middle

Presenters: B. Denise Christofferson and Courtney Lukasavitz, PE Teachers, Indian Community School, Franklin, WI

Middle/Secondary Sessions:

“Self-Defense, Part 1: I have no skills in self-defense, how do I teach my students?”

Acquire the tools to train your students with these significant, life-saving skills. Using the 3-As of self-defense and basic life skills we all possess will provide you with all you need to confidently train your students. This session is open to all, no prerequisites needed.

Room: Suite 6

Target Audience: Middle/Secondary

Presenter: Toni Chilton, PE Teacher, Arizona Middle school TOY 2021 and SHAPE America Western District TOY 2023

“Got a Pool at Your School? Teaching Lifeguard Training as a PE Elective”

This workshop session will help you learn how to develop a Lifeguard Training elective class that can be offered to high school students through the Physical Education Department. Once certified, students can help provide supervision during your PE swim units and work out in the community as lifeguards. We will also discuss some of the differences we encounter as educators teaching this class in the school setting versus what Recreation Departments may encounter.

Room: Tamboti

Target Audience: Secondary

Presenter: Elizabeth Marty, PE Teacher, Oak Creek High School

Adapted PE Sessions:

“Meet the needs of EACH student: Individualizing Instruction” Vendor Session

Curriculum differentiation is the process of adapting or adjusting WHAT we teach, HOW we teach it, WHERE instruction takes place, WITH WHAT equipment, and HOW WE KNOW that students are learning. Come experience the process in action.

Room: Suite 3

Target Audience: Adapted PE

Presenter: Ann Griffin, Professional Learning Team Member, School Health Corporation

“Trauma Sensitive Practices in Physical Education”

To create practices within our classroom to create a safe environment for students with emotional behavioral disorder, students who show repeated aggression (both verbally and physically), and for students who run from areas when their stress is perceived as too great to handle.

Room: Aloeswood

Target Audience: Adapted PE

Presenter: Robert Nunn, Adapted PE teacher, Sennet Middle School, Madison Metro School District

“Promoting Inclusion with Unified Physical Education” Vendor Session

Establishing an inclusive physical education class is a progressive journey that requires effective strategies. In this interactive session, we will meet you where you are and guide you through the principles and benefits of Unified Physical Education, offering practical steps for its implementation. Unified PE ensures that all students engage in physical activities that enhance their fitness and overall health. This inclusive approach not only promotes physical fitness but also fosters a sense of belonging and participation among students with and without intellectual disabilities.

Room: Mangrove

Target Audience: Adapted PE

Presenters: Ashley Reid, Manager of Fitness & Health in Schools for Special Olympics International and Grace VanBergen, Director of Unified Programs for Special Olympics Wisconsin

Health Sessions:

“Project Based Learning = Increased Student Engagement”

How does the PBL Works framework impact student engagement in a skills-based health education classroom? Through this interactive session, participants will learn strategies for embedding project-based learning into the health class while providing students with valuable skills practice. Participants will leave this session with the necessary knowledge and skills to engage students in project based learning.

Room: Guava/Tamarind

Target Audience: Health

Presenter: Mya Ferguson, District of Columbia Public Schools

Sponsored by:



“Creating an Easy Yet Effective Sex Educator Professional Development Plan” Vendor Session

This session will focus on how to create individualized professional development plans for sex educators using a systematic process that identifies priority content knowledge and skills, how to prioritize identified learning gaps, and how to create personalized plan to address those priority gaps. During the hands-on session we'll explore the free Spark*ED process and tools, including the Sex Educator Needs Assessment tool, discuss ways to adapt the tool to meet your organization's priorities for sex education staff, and review how to apply the tool with your staff. We'll then explore how to identify and access resources to meet specific training needs and provide a free professional development resource list which is primarily focused on free self-directed training.

Room: Marula

Target Audience: Health

Presenter: Anne Brosowsky, Resource and Training Specialist, Spark*Ed

K-12 Sessions:

“FUNdamental Fitness: Creating a Personally Relevant Fitness Unit” Vendor Session

We strive to encourage students to find the joy in movement. Yet when it comes to teaching fitness activities, we often get focused on testing and lose sight of enjoyment. When you make fitness activities personally relevant to your students, you empower students to improve their overall health, fitness and well-being, it is a win-win. Participants in this session will learn how to create an engaging and exciting fitness unit that helps students get fit while having a great time.

Room: Suite B/G

Target Audience: K-12

Presenter: Will Potter, PE Teacher, Serendipity School, 2019 California AHPERD Elementary TOY, 2020 SHAPE America National Elementary TOY, OPEN Trainer

“Keep Students Moving with Simple Quick Cardio Games” Vendor Session

This session will keep all attendees moving. We will start this session by demonstrating a portion of my class that my school called Build a Better Body. This allowed all students to become better movers which lead to higher success in class. then we will highlight 5 different activities to keep students moving and working on skills. Using the IHT heart rate monitors as a way to motivate students to move more than what they think they want to. At the end of the session you will be able to see the outcomes just like students do and why this is so effective.

Room: Suite 4

Target Audience: K-12

Presenter: Bev Brown, Interactive Health Technologies

“1 Net, 3 Games”

Learn how to maximize the use of your volleyball nets. In this session you will learn how to use your volleyball net to play volleyball, nitro ball, and eclipse ball. We will cover how to introduce these games to your school and tie them into your curriculum. More importantly we will be up and active, engaging in skills, drills, and games for volleyball, nitro ball, and eclipse ball. At the end of the session there will be sample unit plans available to see. So get ready to be active, have fun, and learn how to implement three games using one net!

Room: Suite 5

Target Audience: K-12

Presenter: Sawyer Koplien, School District of Nekoosa

“Best Practices for You & Your Student Teacher”

We have put together what we feel is best practices when working with student teachers. This session will cover everything from who to contact to sign up for a student teacher and the preparation you should do before the student teacher to working with the student teacher. We will also cover what you should do if problems arise.

Room: Aralia

Target Audience: K-12

Presenters: Laura Gunderson, K-12 PE Teacher, Stevens Point; Paul Haas and Ann Hockett, UW-Stevens Point

Coffee/Tea/Muffin Break

9:35 – 10:00 a.m.

Suite C/D/E/F

All participants are invited to come enjoy refreshments in the Exhibits Hall Exhibits Hall – Suite C/D/E/F

Happenings on Campus – Poster Session

South Atrium

All convention attendees are invited to the college/university poster session. Learn about initiatives in health and physical education taking place on Wisconsin's campuses. WHPE members will be available to discuss what's happening at their respective institutions. What's new at your alma mater?

Enhancing Student Success Through a Cultural Learning Community

Presenters: Molly Brown, Claudia Spalding, Abby Iverson, Dan Timm, UW-Madison

Job Satisfaction of Early Career Physical Educators in Wisconsin

Presenters: Yoonsin Oh, Saori Braun, Travis VonHaden, Josiah Johnson, Jayden Beckly, JT Bogle, Abigail Keenan, Chase Melton, Abbey Jacobs, Hannah Elmer, UW-Eau Claire

Breaking Language Barriers: Approaches to Teaching English Learners

Presenters: Abby Thompson, Caeben Schomber, Emma Weirough, Dan Timm, UW-Madison

Prediction of physical education teachers' job satisfaction through self-determination theory

Presenters: Myung Ha Sur, Jaehun Jung, UW-Whitewater

Undergraduate Students' Perception on Professional Growth and Development Through the University Homeschool PE Program

Presenters: Lynsey Anderson, Riley Armstrong, Megan Hansen, Zach Rahn, Yoonsin Oh, Saori Braun, UW-Eau Claire

Thursday, October 24, 2024
Session 2 10:05 - 11:05 a.m.

BREAKOUT TITLE	ROOM
Elementary:	
New Twists on Classic Games	Suite 2
Crossing the Curriculum in PE	Suite 4
Middle/Secondary:	
Connection, Cooperation, Choice & Competition: Building Character Through PE	Suite B/G
Paddle Smash: A new and exciting game that combines the skills and strategies of Pickleball and Spikeball	Suite 5
Maximize Electives in the PE & Health Department for College and Career Readiness (ACP)	Tamboti
Adapted PE:	
Innovative Adapted PE Activities and Games	Suite 1
Health:	
All Foods Fit – Teaching Nutrition Through an Eating Disorder Lens	Aloeswood
K-12:	
Instant Activities: start smart, start fast, start strong	Suite 3
Building Confi-DANCE in all your students	Suite 6
Get fast and furious with Omnikin	Suite 7
The New HE Standards Era: What’s Changed & Considerations for Practice	Marula
CORE PE Curriculum: K-12 PE Teaching System that makes teaching fun again!	Aralia
Future Professionals:	
Writing a Winning Resume	Guava/Tamarind

Elementary Sessions:

“New Twists on Classic Games”

We will go over new variations and ideas for some of the classic physical education activities you may use in your class.

Room: Suite 2

Target Audience: Elementary

Presenter: Dustin Ambort, Elementary PE Teacher, Alma Center-Humbird-Merrillan School District

“Crossing the Curriculum in PE”

This session aims to explore innovative ways to integrate math, literacy, technology, and STEM into physical education lessons. With a little creativity, we can reinforce core content while still staying true to teaching the skills, strategies, and concepts needed to be a lifelong mover. Participants will leave this session with easy to implement activities that can be modified for a variety of units and skills.

Room: Suite 4

Target Audience: Elementary

Presenter: Melanie Piacentine, PE Teacher, Elmwood Elementary, School District of New Berlin

Middle/Secondary Sessions:

“Connection, Cooperation, Choice and Competition: Building Character Through Physical Education”

Discover how physical education can cultivate character! Explore strategies to foster teamwork, resilience, and sportsmanship through inclusive activities and healthy competition. Learn to create environments that nurture social-emotional development, empowering students to thrive in the classroom and beyond. Gain practical insights and actionable techniques for integrating character-building principles into your physical education curriculum. Join the SHAPE Middle School Physical Education Teachers of the Year to unlock the transformative potential of PE in shaping resilient, empathetic, and collaborative individuals.

Room: Suite B/G

Target Audience: Middle

Presenters: Ryan McKinney, Austin Olson, Caitlin Schoville, SHAPE America Middle School TOYs

“Paddle Smash: A new and exciting game that combines the skills and strategies of Pickleball and Spikeball”

Come learn the rules, skill progressions, and strategies to teach PaddleSmash to your MS or HS students.

Room: Suite 5

Target Audience: Middle/Secondary

Presenter: Maureen Vorwald, Platteville High School PE Teacher

“Maximize Electives in the Physical Education & Health Education Department for College and Career Readiness (ACP)”

Designing your physical education department electives with purpose. We offer Lifeguarding, Principles of Coaching, and Principles of Officiating at our school for an elective with the benefit and connections to college and career ready pathways. All three courses are CAPP approved through UWO, which allows students to earn college credit. We also connect our students to employment opportunities with options to become certified & connect with different organizations.

Room: Tamboti

Target Audience: Secondary

Presenters: Angie Hall, PE Teacher and Christine Shelsta, Health Teacher, Hartford Union High School

Adapted PE Session:

“Innovative Adapted PE Activities and Games”

Modifying traditional and nontraditional games and activities to meet the needs of students with disabilities. Come prepared to play and share ideas that have worked with your curriculum and students.

Room: Suite 1

Target Audience: Adapted PE

Presenter: Sarah Brockberg, Adapted PE Teacher, Colorado El Paso County District 49, 2023 SHAPE Colorado Adapted Physical Education TOY, 2023 SHAPE Central District Adapted Physical Education TOY

Health Session:

“All Foods Fit – Teaching Nutrition Through an Eating Disorder Lens”

Teaching Nutrition is difficult, especially when eating disorders are concerned. During this presentation, attendees will learn about eating disorders from first-hand experience and will leave with strategies to teach nutrition with an "All Foods Fit" perspective.

Room: Aloeswood

Target Audience: Health

Presenters: Sarah Mosley, UW La Crosse Faculty, Jada Brunkow, Pre-Service Teacher, UW-La Crosse

K-12 Sessions:

“Instant Activities: start smart, start fast, start strong”

Looking for fun and engaging activities to start your classes in an instant? This is your chance to get moving with SEL-infused instant activities and recognize how your students can be actively engaged at the start of class. With a relaxed environment, receive tips, tricks, and formatting about maximizing your new favorite instant activities!

Room: Suite 3

Target Audience: K-12

Presenters: Abby King, PE Teacher, Bonduel Elementary and Claire Tomczik, PE Teacher, Sparta High School

“Building Confi-DANCE in all your students”

Join WHPE's Confi-DANCE HERS to explore innovative strategies for scaling and differentiating dance education to meet the needs of all learners. Drawing on inclusive practices, participants will discover ways to make dance accessible and engaging for all students K-12. Come dance with us and take away insights and tools to create a more inclusive and enriching dance experience for every student.

Room: Suite 6

Target Audience: K-12

Presenters: Katie Mulloy, PE Teacher, Ronald Regan Elementary, New Berlin, Molly Dado, PE Teacher, Hudson High School

“Get fast and furious with Omnikin” Vendor Session

Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So, what are you waiting for?!? Come join Team Omnikin today and blow your students away!

Room: Suite 7

Target Audience: K-12

Presenter: Alex O'Brien, Omnikin

“The New HE Standards Era: What’s Changed & Considerations for Practice”

Join us for an interactive session on the latest updates to the SHAPE America Health Education standards. We will discuss the most significant changes and explore implications for practice and other considerations. Whether you're a seasoned professional or new to the field, this session will provide you with a clear understanding of what’s new, why it matters, and how to effectively integrate these standards into your work.

Room: Marula

Target Audience: K-12

Presenter: Sarah Benes, Associate Professor, Southern Connecticut State University, Past President SHAPE America

Sponsored by:



“CORE PE Curriculum: K-12 PE Teaching System that makes teaching fun again!” Vendor Session

Introduction to CORE PE curriculum system based on the NEW K-12 SHAPEAM standards. This program accounts for your teaching variables helping you design high quality PE while saving planning time when using skill breakdowns and the assessment system, making teaching more enjoyable. Free program giveaways!

Room: Aralia

Target Audience: K-12

Presenters: Sue Barnd and Sonja Riddle, CORE PE Co-Founders

Future Professional Session:

“Writing a Winning Resume”

Participants will learn the critical elements of the resume and the "Look-Fors" by administrators that will help candidates stand out among the crowd!

Room: Guava/Tamarind

Target Audience: Future Professionals

Presenter: Judy LoBianco, President HPE Solutions, Past President SHAPE America

GENERAL SESSION

11:15 a.m. - 12:00 p.m.

Keynote Speaker-Kristi Mally

Room: Suite A/H



Keynote Address:

R.A.D.I.C.A.L. Growth for Our Students, Our Programs, and Ourselves

Our professional and personal journeys rely on a commitment to growth. Sometimes, growth is refreshing and straightforward; other times, it is fraught with frustration and setbacks. Sometimes, growth is immediate, but other times, it seems distant. What if we viewed pursuing growth as a perpetual expedition where the path itself is the destination? I encourage you to take hold, “pull from the roots,” and join the journey toward Radical Growth.

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LUNCHESES/MEETINGS
12:00 - 1:00 pm Lunch break

- ◆ **Exhibitors Lunch (11:30 a.m. -12:00 pm)**
(lunch will be provided) **Suite C/D/E/F**
- ◆ **Concession Lunch**
(additional cost) **Outside Suite A/H**
- ◆ **Future Professionals Luncheon/Election**
(pizza/salad buffet will be provided) **Suite A/H**
- ◆ **Past President Meeting (12:05-12:30 pm)** **Mahogany Room**
- ◆ **Past President/Retiree Luncheon (12:30–1:15 pm)** **Mahogany Room**



Thursday, October 24, 2024
Session 3 12:35 -1:05 p.m.
Grab Your Lunch and Come Learn

BREAKOUT TITLE

ROOM

Adapted PE: Adapted PE Statewide Google Drive	Tamboti
K-12: Health.Moves.Minds powered by Booster	Aloeswood
Help Build Stronger School and State-Level Physical Education Policies for Wisconsin	Marula

Adapted PE Session:

“Adapted PE Statewide Google Drive”

Building a statewide GoogleDrive that participants will have access too for the entire school year. Criteria for how many lessons need to be uploaded and what’s expected from you in order to still have access to everyone’s resources, will be discussed and determined by the group at WHPE.

Room: Tamboti

Target Audience: Adapted PE

Presenters: Korey Kleinhans and Marshall Morrin, APE Specialists, Oshkosh Area School District

K-12 Sessions:

“Health.Moves.Minds. powered by Booster” Vendor Session

health.moves.minds powered by Booster is an exciting multi-week celebration ending with an epic event day your students will not soon forget! From our hyper-caring fundraising experts to promotional materials and Dude Perfect themed prizes to our online fundraising platform, we create a personalized plan that provides your school with the right amount of resources you need to be a success! The program includes resources, event day options including fun runs, fitness focused events, obstacle runs and a Dance-a-thon. Come learn how this year’s program is more streamlined than ever before with better fundraising results for you!

Room: Aloeswood

Target Audience: K-12

Presenter: Katie Mulloy, WHPE Fundraising

“Help Build Stronger School and State-Level Physical Education Policies for Wisconsin”

Strong policies improve conditions for quality PE program delivery. A multiyear national surveillance project was launched to track PE policy implementation. Session attendees will learn about this project and ways to advocate for PE in Wisconsin.

Room: Marula

Target Audience: K-12

Presenter: Lisa Paulson, Teaching Assistant Professor, UW-Superior

Thursday, October 24, 2024
Session 4 1:15 -2:15 p.m.

BREAKOUT TITLE

ROOM

Elementary:

Get Your SEL-f Moving	Suite 2
Hobby Horsing USA	Suite 4
TAGG Academy – Introducing Math and Literacy into Physical Education	Suite 6

Middle/Secondary:

Cooperation is the Key!	Suite 1
Making PE Meaningful for ALL	Suite 5
Problem Solving Activities for Adventure Education	Suite 7

Adapted PE:

Utilizing American Sign Language in Physical Education	Suite 3
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Health:

Puberty is Different Today. How Can Schools Adapt to Better Support Kids?	Aloeswood
Communicate to Connect	Mangrove

K-12:

Lining up the Dances!	Suite B/G
Fuel Up Your Classes!	Portia/Wisteria
Heart Zones Move Network Session	Tamboti
TOY Spotlight – Authentic SEL, Connecting into the Community	Marula

Future Professionals:

Leadership: Developing a Successful Philosophy	Guava/Tamarind
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Elementary Sessions:

“Get Your SEL-f Moving”

Teaching SEL Skills doesn't mean you have to sacrifice movement in your classes. This session will demonstrate how teachers can provide students with SEL skills while simultaneously teaching physical skills. We will cover how the five CASEL competencies, goal setting, and team building activities can be enhanced through activities that include MVPA. Participants will also learn how creating a safe space for learning can lead to increased student performance and better behavior. Content areas will include classroom management skills, and lesson planning for the social and emotional needs of the students

Room: Suite 2

Target Audience: Elementary

Presenter: Will Potter, Physical Education Teacher, 2020 SHAPE America Elementary TOY, OPEN Trainer

“Hobby Horsing USA” Vendor Session

HOLD YOUR HORSES and don't miss the debut of HOBBY HORSING USA!

An exciting new P.E. unit with original music, videos, tons of new games/activities, and a deep dive into all the locomotor movements. Learn the latest line dance, “THE HOBBY HORSE SLIDE”, play a game of “GOLD RUSH” and learn some TRICK ROPING from Guinness World Record Rope Jumper, David Fisher, THE ROPE WARRIOR. This unit combines locomotor movements, dance, aerobics, plyometrics, obstacle courses, jump rope tricks, and marching band formations. Every Activity/Game is designed to keep ALL of your students constantly moving and having fun! So SADDLE UP and join us!

Room: Suite 4

Target Audience: Elementary

Presenter: David Fisher, President, The Rope Warrior, Inc.

“TAGG Academy – Introducing Math and Literacy into Physical Education” Vendor Session

In this hands-on session, we show you how to bring Math & Literacy into your class using TAGG-ED balls with letters, numbers, and math symbols that will change the perception of PE and improve the “Whole Child Education” both physically and mentally. Learn how easy it is for students to stay active, have fun, be engaged, learn, and improve SEL all through active play with TAGG-ED Balls, Bowling Mats, Ball Holders/Spots, and more.

Room: Suite 6

Target Audience: Elementary

Presenter: Tim Taggart, Owner, TAGG TIME, National Presenter

Middle/Secondary Sessions:

“Cooperation is the Key!”

Unlock the power of cooperation in physical education! Discover how fostering teamwork and collaboration enhances student engagement and social-emotional wellbeing. Explore practical strategies to cultivate a culture of inclusivity, communication, and mutual support in PE classes. From cooperative games to group challenges, learn techniques to promote teamwork and social skills while working towards a common goal, and having fun along the way.

Room: Suite 1

Target Audience: Middle/Secondary

Presenter: Caitlin Schoville, Health and PE Teacher, 2024 SHAPE Central District Middle School TOY

“Making PE Meaningful for ALL”

Improved physical competence, social interaction, challenge, delight, personally relevant learning and fun are 6 features that research has shown contribute to students having a meaningful physical education experience. This active and hands-on session will use the Meaningful PE framework to demonstrate how you can help physical activity become a lifelong “want to”, not a “have to” for your students. You will come away with activities, infused with cooperative learning strategies, ideas and assessment examples to take back to your program.

Room: Suite 5

Target Audience: Middle/Secondary

Presenter: Jo Bailey, Physical Education Teacher, D.C. Everest Senior High

“Problem Solving Activities for Adventure Education”

Come ready to participate in small group problem-solving activities that you add to your Adventure Education curriculum. Experience problem solving activities set up as learning centers and use of cooperative learning role/responsibilities cards. Reflect on the value of these instructional strategies during the problem-solving stage and how these strategies could also transfer to other areas of content in physical education curriculum. Walk away with new activities and instructional strategies as well as all the resources to implement them!

Room: Suite 7

Target Audience: Middle/Secondary

Presenters: Kristen Csiacsek, PETE/UW-River Falls, Steve Eggerichs, Holmen High School PE/APE, Alex Mueller, PETE/UW-Oshkosh, and UW-River Falls students

Adapted PE Session:

“Utilizing American Sign Language in Physical Education”

Discover how American Sign Language (ASL) can benefit students with various disabilities and enhance overall classroom interaction in PE. We will cover essential signs related to physical education, skills, directions (start, stop, wait), and common equipment (ball, bat, cones). Learn practical applications through tailored activities across different skill levels: locomotor movements, object control, sports, and fitness. We will also share resources and practical strategies to take back with you to implement ASL in your PE curriculum.

Room: Suite 3

Target Audience: Adapted PE

Presenters: Brock McMullen and Abbie Wagner, Associate Professors, Exercise and Sport Science, UW-La Crosse; Samantha Benzel, Beth Gannigan, Josie Walsh, Abigail Willis and Elijah Zobrack, UW- La Crosse APE Graduate students

Health Sessions:

“Puberty is Different Today. How Can Schools Adapt to Better Support Kids?” Vendor Session

Today roughly half of young people begin puberty before they turn 10. In fact, since the 1970s, one study found that puberty has started about 3 months earlier each decade. Not only is the onset of puberty earlier, but puberty today tends to last longer and requires young people to deal with new issues that their trusted adults did not. In this session, participants will learn what the research is saying about puberty today. We will explore the science behind puberty’s physical, social and emotional changes. We will learn how and when to best address puberty topics with young people as well as specific strategies, programs and resources that schools can use to encourage and support their students through this developmental stage.

Room: Aloeswood

Target Audience: Health

Presenters: Katie Gallagher, Director of Education and Susan Foley, Health Educator, Candor Health Education

“Communicate to Connect”

Social connectedness can help create trust & resilience in communities, in addition to improving an individual’s health outcomes. In this session we will explore using interpersonal communication skills to build social connections. Strategy resources such as personality & communication, matching, deep questions, and looping will be shared.

Room: Mangrove

Target Audience: Health

Presenter: Allisha Blanchette, HPE Teacher, D.C. Everest High School

K-12 Sessions:

“Lining up the Dances”

Some classics and oldies that haven’t been done in a minute. Be ready to be up and moving and maybe even with a partner line dance or two!

Room: Suite B/G

Target Audience: K-12

Presenter: Chris Walker, Physical Education Teacher, Orange County Schools, 2022 NCSHAPE Elementary TOY, OPEN Trainer

Sponsored by:



“Fuel Up Your Classes” Vendor Session

Are you ready to FUEL UP your classes? Come join our exciting activities to rejuvenate your PE and health classes with instant activities based around movement and nutrition concepts (including delicious dairy to build strong bones and muscles). These ready to go games are great for warm-ups, brain breaks, or as an introduction for lessons in a plethora of PE and health areas. Modifications and suggestions on how to progress these activities to suite all levels will be given and you will go home with many ready to teach games that you can implement tomorrow! Free prizes available.

Room: Portia/Wisteria

Target Audience: K-12

Presenters: Natalie Anderson PE and Health Teacher, Arcadia School District, Greg Emerson and Karley Kryzanski, PE Teachers, Altoona School District

“Heart Zones Move Network Session” Vendor Session

Are you using the Heart Zones System? Or maybe you want to learn how to use MVPA to assess students, programs, teachers and programs with real time data. This session is designed to describe the Most Valuable Program Available using heart rate monitors. Already using? Come learn about the latest features and updates. Short demo included.

Room: Tamboti

Target Audience: K-12

Presenter: Deb Berkey, Heart Zones, Inc.

“TOY Spotlight – Authentic SEL, Connecting into the Community”

Four WHPE PE TOY's will share examples of how they partnered to illustrate extended learning beyond the classroom using HPE Standards and initiatives to create life learning and contribute to both physical literacy and social/emotional learning. This was initially done via development of a program called 'PE Buddies' linking high & Pre K students, and then expanded to include two specific elementary experiences.

Room: Marula

Target Audience: K-12

Presenters: Dave Rautmann, Elementary PE Teacher, 2023 WHPE Elementary TOY, Peter Toutenhoofd, High School PE Teacher, Kim Selby, Elementary PE Teacher and Kris Fritz, Retired, all PE TOYs/Sheboygan Area School District

Future Professionals Session:

“Leadership: Developing a Successful Philosophy”

Achievement in the workplace is often identified or linked to a successful leader. The leader possesses certain clearly identifiable traits and when challenged to make a difficult decision, the leader relies on a well-developed leadership philosophy. This hands -on interactive session will guide Future Professional through the process of developing their own leadership philosophy.

Room: Guava/Tamarind

Target Audience: Future Professionals

Presenter: Andro Barnett, Professor, Shepherd University, West Virginia, SHAPE Midwest EDI Chair, SHAPE Board member

Thursday, October 24, 2024
Session 5 2:25 -3:25 p.m.

BREAKOUT TITLE	ROOM
Elementary:	
Content Connections	Suite B/G
Games and More Games – Experience Speed Stacks	Suite 2
Elementary and Middle School 2-10 Minute Warm Ups	Suite 7
Middle/Secondary:	
Self Defense – Part 2: Basic Combatives – If we have to fight back, what do we do?	Suite 1
Revolutionizing the way we teach sportsmanship, create community and develop responsibility through the world of trending sports.	Suite 4
Social-Emotional Learning in a Snap: Powerful Mini Lessons	Aralia
Adapted PE:	
Solutions to Inclusive Placements: It’s all in the TOYs! Equipment Adaptations and Innovations	Suite 6
Unified PE and Sports: How to Create and Tailor a Program to Fit the Needs of Your School	Tamboti
Health:	
Let’s Talk: How to build a culture of discussion in your classroom	Marula
Nourishing Minds & Bodies: How to Un-Silo Health & SEL with a Coordinated Approach	Mangrove
K-12:	
Mobility to Move K-12	Suite 3
What’s New with SPARK?	Suite 5
The New PE Standards Era: What’s Changed and Considerations for Practice	Aloeswood
Future Professionals:	
Interviewing with Confidence	Guava/Tamarind

Elementary Sessions:

“Content Connections”

Feel like you're on your own island? Maybe its time to think outside the box? You will leave this session with exploring content connections with engaging P.E. activities that have a Math and ELA twist and support academic content within your current curriculum. You will also learn ideas on how your classroom colleagues can support Movement in their learning environment. Multiple opportunities for student success + Collaboration = Win!

Room: Suite B/G

Target Audience: Elementary

Presenter: Cindie Cortinas-Vogt, Elementary Physical Education Teacher, 2024 SHAPE Elementary TOY

“Games and More Games – Experience Speed Stacks” Vendor Session

This session will incorporate movement-based Sport Stacking activities and games to get your students mentally fit and physically active through fitness-based learning. Ranging from individual activities and small/large group cooperation, this session is bound to get you moving! Proven results to develop your students math and reading skills plus eye-hand coordination, self-esteem, SEL integration and many more benefits!

Room: Suite 2

Target Audience: Elementary

Presenter: Matt Burk, President, Speed Stacks, Inc.

“Elementary and Middle School 2-10 Minute Warmups”

Instant Movement-Let's have some fun! If you're looking for some new ideas to bring back to your school/district, check out the session which will include a variety of different warm-ups and instant activities to get your students moving right away. Warm-ups for 30 minute and 45 minute classes. Warmups include a variety of tagging games, the use of technology for a fitness based warmup, group warmups, math, reading and etc.

Room: Suite 7

Target Audience: Elementary/Middle

Presenters: Pam Erickson, Chris Christopherson, Corey Heathman, Physical Educators, Kiel Area School District and Eric Hoefler, Physical Educator, New Holstein School District

Middle/Secondary Sessions:

“Self Defense – Part 2: Basic Combatives – If we have to fight back, what do we do?”

Learn how to teach basic combatives using “Pain to Brain” techniques that facilitate opportunities for escape from dangerous situations.

Room: Suite 1

Target Audience: Middle/Secondary

Presenter: Toni Chilton, PE Teacher, Arizona Middle school TOY 2021 and SHAPE America Western District TOY 2023

“Revolutionizing the way we teach sportsmanship, create community and develop responsibility through the world of trending sports”

This isn't just about playing games – it's about leveraging activities to teach invaluable life lessons. Are you looking to spice up your curriculum while fostering essential life skills like sportsmanship, community building, and responsibility? Join us for an exciting hands-on session to learn innovative strategies for empowering your students to take ownership of their learning and behavior through trending games.

Room: Suite 4

Target Audience: Middle/Secondary

Presenters: Ryan Holleman, Kenneth Busch, Ethan Ivan, Carthage College students

“Social-Emotional Learning in a Snap: Powerful Mini Lessons”

We've built a powerful social-emotional learning (SEL) curriculum designed to equip students with the tools they need to thrive. These bite-sized lessons, ranging from 15 to 25 minutes, tackle real-world topics like sleep habits for focus and well-being, fostering inclusivity for a supportive classroom, and effective stress management techniques. We'll also delve into the power of a growth mindset and explore practical self-defense strategies – both physical and emotional – to build lasting confidence. But the true impact comes from the students themselves. Get ready to be inspired by student work and video testimonials that showcase the real-world value of this SEL curriculum. Hearing directly from students will not only reinforce the program's effectiveness but ignite your passion to implement similar programs at your own site.

Room: Aralia

Target Audience: Middle/Secondary

Presenter: Austin Olson, Physical Educator, San Diego, 2024 SHAPE Western District Middle School TOY

Adapted PE Sessions:

“Solutions to Inclusive Placements: It's all in the TOYs! Equipment Adaptations and Innovations”

Vendor Session

Take a look at physical education equipment through the eyes of an adapted physical educator! Come explore innovative equipment uses and solutions designed to increase practice and decrease chase!

Room: Suite 6

Target Audience: Adapted PE

Presenter: Ann Griffin, Professional Learning Team Member, School Health Corporation

“Unified PE and Sports: How to Create and Tailor a Program to Fit the Needs of Your School”

Are you interested in creating a unified PE class or sports program at your school, but not sure where to start? Do you want to provide meaningful experiences for your APE students and their peers? Participants will leave with useful tips and tricks to get their unified PE and sports program started or make updates to an already existing program.

Room: Tamboti

Target Audience: Adapted PE

Presenter: Stephanie Fencl, Physical Education and Adapted Physical Education Teacher, Westby Area School District

Health Sessions:

“Let’s Talk: How to build a culture of discussion in your classroom”

In this engaging presentation, participants will discover effective strategies to cultivate a culture of vibrant classroom discussion right from the start of the school year. Through a combination of interactive ice breakers, small group discussions, and large group activities, attendees will learn how to create an inclusive and dynamic learning environment that encourages student participation and engagement. Additionally, participants will gain insights into how to tailor these discussion-based lessons to meet the needs of diverse learners, including language learners, students with special educational needs, and those on different learning levels. By the end of the session, attendees will have the knowledge and tools necessary to develop and implement these strategies in their own classrooms, fostering a collaborative and stimulating learning experience for all students.

Room: Marula

Target Audience: Health

Presenter: Mya Ferguson, District of Columbia Public Schools

Sponsored by:



“Nourishing Minds & Bodies: How to Un-Silo Health and SEL with a Coordinated Approach”

Vendor Session

Many schools address physical and mental well-being independently, despite similarities in instructional best practices and the mind-body connection. By unifying wellness and SEL efforts, educators can more efficiently and effectively address the physical, social, and emotional needs of students, staff, and the community. Participants will learn about the CDC’s Whole School, Whole Community, Whole Child model, which provides a framework for coordinating school wellness initiatives. Participants will leave with an understanding of practices and resources that they can start using right away.

Room: Mangrove

Target Audience: Health

Presenter: Desiree Prater, Community Consultant, CATCH Global Foundation

K-12 Sessions:

“Mobility to Move K-12”

A growing body of research indicates our youth are missing essential mobility & strength patterns that support every day to sport specific movement. This session will educate participants on the sagittal, frontal & transverse planes of movement as a method to increase mobility in movement patterns through the components of health-related & skill-related fitness. Participants will explore ways to intentionally teach and use the planes in physical education lessons from kindergarten through 12th grade to increase overall mobility and functional wellness.

Room: Suite 3

Target Audience: K-12

Presenters: Tim Strehlow, Dave Wanta and Lucas Kollross, Physical Education Teachers, D.C. Everest School District

“What’s New with SPARK” Vendor Session

Join us for an exciting session on the latest additions to the SPARK curriculum. Discover our innovative new units designed to be active, fun, and engage all students. These new units go beyond the typical content being taught in PE classes, students will experience new activities and skills, make deeper connections with classmates and enjoy the learning process. We will showcase cutting-edge strategies and evidence-based practices that make physical education both fun and effective. Don't miss this opportunity to elevate your PE curriculum and inspire your students to lead active, healthy lives!

Room: Suite 5

Target Audience: K-12

Presenter: Brett Fuller, SPARK trainer

“The New PE Standards Era: What’s Changes and Considerations for Practice”

Join us for an interactive session on the latest updates to the SHAPEAmerica Physical Education standards. We will discuss the most significant changes and explore implications for practice and other considerations. Whether you're a seasoned professional or new to the field, this session will provide you with a clear understanding of what’s new, why it matters, and how to effectively integrate these standards into your work.

Room: Aloeswood

Target Audience: K-12

Presenter: Sarah Benes, Associate Professor, Southern Connecticut State University, Past President SHAPE America

Sponsored by:



Future Professional Session:

“Interviewing with Confidence”

Join the 2013 National PE Supervisor of the Year to learn the common questions asked in interviews as well as tips and tricks to help you stand out among the candidates!

Room: Guava/Tamarind

Target Audience: Future Professionals

Presenter: Judy LoBianco, President HPE Solutions, Past President SHAPE America

Snack Break

3:30 – 3:50 p.m.

Suite C/D/E/F

*All participants are invited to come enjoy refreshments in the Exhibits Hall and connect with Exhibitors. Exhibits are **one day only!***

Thursday, October 24, 2024

Session 6 3:55-4:55 p.m.

BREAKOUT TITLE	ROOM
Elementary: Gamify Your World	Suite 1
Middle/Secondary: Part of the Game	Suite 2
Biking in Secondary Schools: A Journey of Discovery	Suite 3
APE: Autism Inclusive Strategies to Engage Students in PE/APE	Suite 5
TOY Spotlight – An example of APE implementation within community-based transition programs	Aralia
Health: Creative Canvases: Exploring Art as a Tool for Health Education	Guava/Tamarind
Mental Health Literacy: Where to get free resources	Mangrove
K-12: Dance Party!	Suite B/G
ACTION! Team Games to Boost Engagement with GOPHER	Suite 6
#FamilyPEWeek	Tamboti
Let's Advocate! Discussion Surrounding a State Level Speak Out Day!	Aloeswood
University: Intentional Planning for Meaningfulness: More than just Good Teaching	Marula
Future Professionals: Survive and Thrive During Student Teaching!	Suite 4

Elementary Session:

“Gamify Your World”

Let's face it, many of our students play, know, and love their video games and movies. So as the old proverb goes..."If you can't beat them, join them!" Come join me for this session to see how incorporating video game, board game, and movie themes into your activities fits within the Meaningful PE framework by increasing student engagement and making your skill development lessons challenging, fun, and personally relevant.

Room: Suite 1

Target Audience: Elementary

Presenter: Kim Selby, Physical Education Teacher, Sheboygan Area School District

Middle/Secondary Sessions:

“Part of the Game”

“Part of the game, right? ...now how come he don't get to be?” Playing Team Sports can increase or maintain physical activity in youth but an inclusive Team Sports model can support mental/emotional health & social development, in addition to honing 21st Century Career skills such as: communication, collaboration, creativity & critical thinking. In this session we will pull from Spirit of the Game (SOTG), & Sport Ed models as well as the Meaningful PE Framework & Cooperative Learning practices to develop a class culture ensuring each student is Part of the Game.

Room: Suite 2

Target Audience: Middle/Secondary

Presenter: Allisha Blanchette, HPE Teacher, D.C. Everest Senior High School

“Biking in Secondary Schools: A Journey of Discovery”

Embark on an exhilarating journey with our Secondary School Mountain Bike session, where students will delve into the exciting world of mountain biking. This comprehensive session encompasses three key elements: bike maintenance, on-bike skills development, and thrilling trail riding experiences.

Room: Suite 3

Target Audience: Middle/Secondary

Presenters: Chris Stratton, PE teacher/challenge course coordinator, Appleton West High School and Assistant Professor, UW-Oshkosh; Alex Mueller, Assistant Teaching Professor, UW-Oshkosh; Ben Herland, PE Teacher, Sturgeon Bay Schools

Adapted PE Sessions:

“Autism Inclusive Strategies to Engage Students in PE/APE” Vendor Session

Step into the realm of inclusive physical education where every student, including those with autism, finds their stride! Explore the essential strategies and evidence-based practices that empower both students and para-educators alike. Learn the latest research, uncover simple yet effective exercises, and master strategies to create structured programs. Together, let's bridge the gap between neurodiversity and physical activity, ensuring every student thrives alongside their peers. It's time to revolutionize PE/APE and unleash the full potential of every learner!

Room: Suite 5

Target Audience: Adapted PE

Presenter: David Geslak, Autism Exercise Specialist & Exercise Physiologist, Exercise Connection

“TOY Spotlight – An example of adapted physical education implementation within community based transition programs”

This session will focus on how the School District of Holmen currently provides adapted physical education services within two of our three 18-21 year old off campus, community based, transition programs. Topics will include a brief description of each of our transition programs, and the goals of each program. We will discuss the role and a purpose of Adapted Physical Education in the School District’s Transition Programs. Other topics may include, our activities & daily schedule, how Holmen attempts to use best practices when implementing adapted physical education, community resources, benefits of community based transition programming, example learning outcomes, and examples of assessment.

Room: Aralia

Target Audience: Adapted PE

Presenter: Steve Eggerichs, Adapted Physical Education Teacher, Holmen High School

Health Sessions:

“Creative Canvases: Exploring Art as a Tool for Health Education”

In this session discover how the arts can enhance the development of health skills! Participants will discover how using different art disciplines can help students analyze influences, make healthy decisions, support healthy behaviors, and advocate for health! Teachers will leave with engaging activities that can be implemented in the health classroom.

Room: Guava/Tamarind

Target Audience: Health

Presenter: Ian Lacasse, Health and PE Teacher, Madison West High School

“Mental Health Literacy: Where to get free resources”

During this session, the participants will have an opportunity to explore the mental health literacy units created by the DPI and Office of Children's Mental Health. The presenter will also provide resources for easy implementation of the units, even for non-health staff.

Room: Mangrove

Target Audience: Health

Presenter: Sarah Mosley, Associate Teaching Professor, UW-La Crosse

K-12 Sessions:

“Dance Party!”

This session will keep you moving and it will be hard to get the songs out of your head. Come hydrated!

Room: Suite B/G

Target Audience: K-12

Presenter: Chris Walker, Physical Education Teacher, Orange County Schools, 2022 NCSHAPE Elementary TOY, OPEN Trainer

Sponsored by:



“ACTION! Team Games to Boost Engagement with GOPHER” Vendor Session

These games are all non-traditional PE activities that get students moving, working together, and practicing skills.

Room: Suite 6

Target Audience: K-12

Presenter: Owen Carlson, Territory Sales Manager, Gopher Sport

“#FamilyPEWeek”

Come explore the power of family involvement in advocating for your physical education program. Learn how to engage families by inviting them to join you in PE class to play with their kids, fostering a deeper connection between home and school, and reminding them of the joy of movement. Discover strategies to effectively communicate the benefits of physical education to families, empowering them to become advocates for your program. Leave with practical ideas to enhance family engagement and strengthen support for PE in your school community.

Room: Tamboti

Target Audience: K-12

Presenter: Katie Mulloy, Physical Education Teacher, Ronald Reagan Elementary School, New Berlin

“Let’s Advocate! Discussion Surrounding a State Level Speak Out Day!”

This session is designed to bring together state advocates who would like to discuss state legislation related to public education. This discussion will be led by Paul Haas - Assistant Professor - UWSP, long time SHAPE Speak Out Day Attendee, to compose ideas how to bring this advocacy campaign to the state level. All are welcome to share ideas surrounding state and national level advocacy ideas.

Room: Aloeswood

Target Audience: K-12

Presenters: Paul Haas, Assistant Professor, UW-Stevens Point and Katie Shulfer, Physical Education Teacher, D.C. Everest High School

University Session:

“Intentional Planning for Meaningfulness: More than just Good Teaching”

Prioritizing meaningful movement experiences for students is more than just good teaching. It requires intentional decision making and a commitment to ongoing reflection for the teacher and students – both individually and collectively as a community. In this session we will examine the idea of meaningfulness by digging under the surface of democratic and reflective practices, and unpacking the features that make movement meaningful for our students.

Room: Marula

Target Audience: University

Presenter: Kristi Mally, Associate Professor, Winona State University

Future Professional Session:

“Survive and Thrive During Student Teaching!”

This is not a “sit and get,” it is an interactive session with exciting activities and shared insight designed to help prepare you for student teaching and your teaching career. Tim and Cheyanne will bring energy, passion, and excitement to help inspire you to impact your future students.

Room: Suite 4

Target Audience: Future Professional

Presenters: Tim Mueller, Professor, Concordia University, K-8 PE Teacher, Erin Schools, Hartford, WI, Cheyanne Lammert, PE Teacher, Saint Frances Cabrini Catholic School, West Bend, and Nathan Heinritz, PE Teacher, Holy Hill Area School District, Richfield, WI

UW-La Crosse Alumni Social

5:30 – 6:30 p.m.

Suite B

Join UW-L alumni, faculty and staff for a networking social.

Free to attend, light snacks provided, cash bar



WHPE Social Functions

WHPE Awards Social

6:30 – 8:00 p.m.

8:00 – 11:00 pm WHPE Dance

Suite A/H

Everyone is welcome to join in socializing, enjoying hors d'oeuvres/cash bar and honoring our colleagues. No need for tickets or specific dress attire. Come as you are. Come early for snacks/socializing/interacting with Award winners and if possible stay for the entire program to honor our award winners. The awards social will be followed by a WHPE Dance for all convention attendees.

Wisconsin Teachers of the Year sponsored by



Friday, October 25, 2024
Session 7 8:30 – 9:30 a.m.

BREAKOUT TITLE

ROOM

Elementary:

Beyond the Game: Purposeful Play in Physical Education

Suite B/G

Take Your Fun Seriously – Creating Connection and Culture Through Play

Suite A/H

Middle/Secondary:

Daily Physical Education as a Behavioral and Academic Intervention

Guava/Tamarind

Teacher Tips, Hacks and EdTech

Mangrove

Bridging the Gap: Training Theory into High School Students and Athletes

Aloeswood

Adapted PE:

All Things Unified

Suite 3

Health:

TOY Spotlight – Let's Talk About Sex: Engaging Activities in a Comprehensive Model

Portia/Wisteria

K-12:

Utilizing creative movement to explore sports-based skills

Suite 4

Debriefing Strategies for Adventure Education

Tamboti

An Experiential Approach to EDI: What is it? And Why is this important?

Marula

WHPE Grants Sharing Session

Aralia

University:

Changing the World Through PE: The Future of our Profession

Suite 5

Elementary Sessions:

“Beyond the Game: Purposeful Play in Physical Education”

Come and play in this fast paced and exciting activity-based session that will showcase quality instructional strategies that are inclusive for all students. We will share differentiated, equitable and diverse learning experiences in movement and play-based learning and share how we analyze the instructional design process in a way that leads to purposeful instruction. You will leave this session with a repertoire of planned and purposeful strategies that your students will love!

Room: Suite B/G

Target Audience: Elementary

Presenter: Cindie Cortinas-Vogt, Elementary Physical Education Teacher, 2024 SHAPE Elementary TOY

“Take Your Fun Seriously – Creating Connection and Culture Through Play”

Let’s just say it, our job is fun! When that fun is taken seriously, we create a culture in our classroom where students feel truly connected to us and each other. Regardless of the age, audience, or circumstances of the students you teach, come to this session to learn how I use intentional and purposeful play to help my students find the joy in movement while feeling seen, heard and understood.

Room: Suite A/H

Target Audience: Elementary

Presenter: Kim Selby, Sheboygan School District, 2023 SHAPE America Midwest District Elementary PE TOY

Middle/Secondary Sessions:

“Daily Physical Education as a Behavioral and Academic Intervention”

In a school era focused on technology and test scores, what if what some students need to succeed is not more academic work on a device, but an opportunity to move their bodies outdoors? Join us as we share how our school is using bikes, skis and snowshoes as intervention tools during strategically timed outdoor exercise before core classes to help students achieve academic and behavioral success. Inspired by scientific research studies demonstrating improved cognitive performance after exercise, we are putting this applied research into practice in the classroom for students with attention challenges and seeing promising results.

Room: Guava/Tamarind

Target Audience: Middle/Secondary

Presenter: Ryan McKinney, Physical Education Teacher, Spooner Middle School, 2024 SHAPE Middle School TOY

“Teacher Tips, Hacks and EdTech”

I will share my favorite instructional strategies and ed-tech tools such as Magic School, ChatGpt, and Autocrat to save you time, improve communication, and help your class run more efficiently.

Room: Mangrove

Target Audience: Middle/Secondary

Presenter: Courtney Lukasavitz, Middle School PE/Health, Indian Community School

“Bridging the Gap: Training Theory into High School Students and Athletes”

During this lecture, we will discuss practical applications of training theory to developing and implementing weight training programs for high school students and athletes. Participants will be provided with resources for designing weight training programs.

Room: Aloeswood

Target Audience: Middle/Secondary

Presenter: Andrew (Tony) Pustina, Assistant Professor, Carthage College

Adapted PE Session:

“All Things Unified”

If you are interested in starting, learning more or improving your Unified PE program this session is for you. We will walk through steps on how to get a class started, recruiting and training partners, providing competitions opportunities and more. Come ready to learn all things Unified, both pros and cons.

Room: Suite 3

Target Audience: Adapted PE

Presenter: Sarah Brockberg, Adapted PE Teacher, Colorado El Paso County District 49, 2023 SHAPE Colorado Adapted Physical Education TOY, 2023 SHAPE Central District Adapted Physical Education TOY

Health Session:

“TOY Spotlight – Let’s Talk About Sex: Engaging Activities in a Comprehensive Model”

In this session participants will the brief history of human growth, how to incorporate Skills based health. Additionally, participants will be able to take away into HGD a variety of engaging activities for their classrooms.

Room: Portia/Wisteria

Target Audience: Health

Presenter: Sandee Ortiz, Health Educator, Sun Prairie West High School, 2022 WHPE Health TOY

K-12 Sessions:

“Utilizing creative movement to explore sports-based skills”

This playful session engages participants in ways to use Language of Dance®, a framework of basic movement verbs represented by Motif symbols, to help K-12 students develop ability, knowledge, and understanding of skills used across sports and activities. Participants will experience the actions of flexing, extending, rotating, traveling, taking a direction, springing, balancing, falling, and being still, to rediscover the essence of sport-based actions. Connecting the full and joyful exploration of these verbs to their symbolic representation enables each person to deepen their movement appreciation and knowledge. Participants will learn ways to integrate these verbs and their symbolic representations into their teaching practices to energize and intensify the teaching and learning process. Participants will be provided opportunities to practice using the LOD verbs and symbolic representations with one another during the session.

Room: Suite 4

Target Audience: K-12

Presenter: Chell Parkins, Arnhold Director of Dance Education/UW-Madison, Executive Director, the Language of Dance and Susan Gingrasso, Certified Movement Analyst, Language of Dance

“Debriefing Strategies for Adventure Education”

Debriefing is often thought of like broccoli. It is what we need the most for growth and development but the least appetizing to eat. As facilitators it is important that we make sure our broccoli is appetizing. We can do this by serving our broccoli in a variety of ways, pair it to complement the main course and dishing it in the right portions. In this session, we will model and discuss different debriefing styles- Frontloading, Questions and Answer, Participant directed, and Independent Reflection. We will also introduce a variety of instructional tools for debriefing—Chi Cards, Quote cards, emoji, Thumb-Ball, Candy Bags, snowballs, Blanket gifts, etc..

Room: Tamboti

Target Audience: K-12

Presenters: Kristen Csiacsek, Assistant Professor, UW-River Falls, Abby Tapanila, UW-River Falls student, and Steve Eggerichs, Adapted Physical Education Teacher, Holmen High School

“An Experiential Approach to EDI: What is it? And Why is this Important”

We know to be an effective education today, we strive to meet the needs of each of our students in our room while creating inclusive communities that foster mutual respect. With EDI being at the forefront of some educational battles, this session will provide you with the tools to define Equity, Diversity, and Inclusion, help you identify what you need to be successful with your practices, and help you identify what you need to teach your students by creating knowledge and autonomy with your students. We will use small group discussions and activities to create a space to share our knowledge, experience, and provide the opportunity for you to ask questions related to EDI practices in education.

Room: Marula

Target Audience: K-12

Presenters: Andro Barnett, Nathali Jones, Mark Foellmer, Becky Foellmer and Sam Meyerhoff, SHAPE Midwest EDI Committee

“WHPE Grants Sharing Session”

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

Room: Aralia

Target Audience: K-12

Facilitator: Wendy Wiesjahn, WHPE Grants Committee

University Session:

“Changing the World Through PE: The Future of our Profession”

How we can best utilize the special elements of PE to transform the lives of our students? Join us as current undergraduate students in the physical education teacher education program at UW-Madison explore the many potential benefits of physical education in the schools.

Room: Suite 5

Target Audience: University

Presenters: Cindy Kuhrasch, Teaching Faculty, UW-Madison and UW-Madison students

Friday, October 25, 2024
Session 8 9:35 – 10:35 a.m.

BREAKOUT TITLE

ROOM

Elementary:

Meaningful Movement and Purposeful Play: What, Why, How!

Suite 4

Large Group Games for All

Suite 6

Striking a Balance: Integrating Skills-Based Units in Elementary PE Through Striking Activities

Suite B/G

Middle/Secondary:

Community Building in PE: How to get those heart rates up while developing a community

Suite 3

Super Speed Ball Sports Mashup

Suite A/H

Adapted PE:

Paralympic Sports – Goalball for ALL Students

Suite 5

Health:

Engagement Activities in Health

Tamboti

Simple High Impact Instructional Strategies for Health Education

Marula

Future Professionals:

How to Make the Most of Student Teaching: From First Year Teachers

Mangrove

Elementary Sessions:

“Meaningful Movement and Purposeful Play: What, Why, How!”

What might meaningful movement and purposeful play look like, sound like, and feel like in the elementary (and early childhood) gym? Join this active session to engage in and examine learning tasks that have been intentionally designed using the frame of Meaningfulness. Yes, you will play – and we will critically analyze how the learning tasks were planned, organized, and presented using the MPE framework.

Room: Suite 4

Target Audience: Elementary

Presenter: Kristi Mally, Associate Professor, Winona State University

“Large Group Games for All”

Learn some large group games/activities that we have had success with. These games are ones that get everyone moving. Come ready to play.

Room: Suite 6

Target Audience: Elementary

Presenter: Laura Gunderson, Elementary PE Teacher, Jefferson Elementary School, Stevens Point School District

“Striking a Balance: Integrating Skills-Based Units in Elementary PE Through Striking Activities”

Teaching team and individual/dual sports in elementary school should focus on fundamental skill development and small-sided games. Come learn how to implement quality net/wall and fielding/striking activities through teaching skills while allowing for creativity, choice, ownership, and inclusion.

Room: Suite B/G

Target Audience: Elementary

Presenter: Mike Doyle, PE/APE Teacher Cloquet Public Schools, Lisa Paulson, Teaching Assistant Professor, UW-Superior

Middle/Secondary Sessions:

“Community Building in PE: How to get those heart rates up while developing a community”

The community development process is important in helping ALL students feel a sense of belonging and emotional safety in physical education. A lot of times, however, community building activities are sedentary games/activities. In this session we will explore games/activities that you can use in the community development process that will allow your students to move their bodies and even raise their heart rates. We will explore the four main steps to community development, engage in a series of activities, and complete brief debriefs for each activity so you can see how this could be implemented in your own classes!

Room: Suite 3

Target Audience: Middle/Secondary

Presenter: Haley Rohloff, Physical Education and Health Teacher, Sun Prairie East High School

“Super Speed ball Sports Mashup”

Want an invasion game that incorporates all of your students favorite sports. Super Speedball Sports Mashup creates an environment for everyone to participate, be successful and increase cardiovascular endurance. This game incorporates basketball, soccer, football, and handball in one game. A high energy completely adaptable game your middle school and high school students will love!

Room: Suite A/H

Target Audience: Middle/Secondary

Presenter: Josh Thomas, Physical Education Teacher, Alexander Middle School, Nekoosa

Adapted PE Session:

“Paralympic Sports – Goalball for ALL Students”

Goalball is a Paralympic team sport specifically for athletes with a vision impairment or low vision. Participants compete in teams of three, and throw/roll a ball with bells toward an opponents goal trying to score. Using ear-hand coordination to throw/roll and body manipulation to protect the goal provide opportunities for ALL students in to participate in this sport. This activity is an inclusive activity for ALL students and allows students to engage in activity. In this session, participants should bring a bandana, but eye shades will be provided for all who choose to participate.

Room: Suite 5

Target Audience: Adapted PE

Presenters: Michael Norris, Adapted Physical Education Coordinator, UW-Madison and Abby Iverson, Owen Nachtigal, Aaron Brunner, Sawyer Schmidt, Brittney Barrerra-Gonzalez, Caeben Schomber, Lucas Mandel, Weston Sprinkel, UW-Madison Adapted Physical Education Teacher Candidates

Health Sessions:

“Engagement Activities in Health”

By attending this session you will come away with engaging activities you can use in your health classroom. You will gain a hands-on activity about how students can feel a stress response, a way students can understand how stressors are difficult to manage, and an activity that gives students a perspective of feeling left out. The last activity can be used in a human growth and development unit when talking about gender identity and sexual orientation. You will be up and moving for this session!

Room: Tamboti

Target Audience: Health

Presenter: Nathan Korth, Health Education Teacher, Edgerton Middle School

“Simple High Impact Instructional Strategies for Health Education”

In this session, health teachers can learn low-burden, high impact instructional strategies to improve interpersonal skills and help students think deeper about how health topics are interconnected as well as listen to and understand other perspectives. In addition to a few favorite instructional strategies, leave with comprehensive unit plan templates and simple target-based assessment rubrics.

Room: Marula

Target Audience: Health

Presenter: Sarah Cirilli, Health Teacher, James Williams Middle School, Rhinelander

Future Professional Session:

“How to Make the Most of Student Teaching: From First Year Teachers”

Calling all future professionals! Are you starting your student teaching experience soon? A year ago, we were in your shoes and searching for tips and tricks on how to best use student teaching to foster a smooth first-year transition into the field. We will openly and honestly share our best advice along with the things we would've done differently during our final semester. Leave this informative session with a checklist of Student Teacher musts to set yourself up for success!

Room: Mangrove

Target Audience: Future Professional

Presenters: Emily Wintrone, Physical Education Teacher, Murray Park/Quest Elementary School, Ripon Area School District and Dylan Jensen, Physical Education Teacher, Kegonsa Elementary School, Stoughton Area School District

Friday, October 25, 2024
Session 9 10:45 - 11:30 a.m.

ROUNDTABLE TITLE

ROOM

Elementary:

Elementary Roundtable Sharing
Facilitators: Katie Mulloy and Dustin Ambort

Guava/Tamarind

Middle/Secondary:

Middle/Secondary Roundtable Sharing
Facilitators: Ryan McKinney, Courtney Lukasavitz, and Katie Shulfer

Mangrove

Adapted PE:

APE Roundtable Sharing
Facilitator: Korey Kleinhans

Aloeswood

Health:

Health Roundtable Sharing
Facilitators: Allisha Blanchette and Ian Lacasse

Tamboti

K-12:

1st – 5th Year Teacher Experience Roundtable Sharing
Facilitator: Shannon Maly

Marula

NBCT Roundtable Sharing
Facilitator: Sandee Ortiz

Desert Rose

Retiring Teacher experience Roundtable Sharing
Facilitator: Sandy Hagenbach and Lori Petersen

Aralia

Future Professionals:

Speed Interviewing
Facilitators: Nathali Jones and Ann Hockett

Portia/Wisteria



2024 WHPE Convention Exhibitors

AAA – Booth 32

Joann Solberg
jmsolberg@acg.aaa.com

ABEE Inc. – Booth 27

Maggie Walters
maggie@abeeinc.com

Big 8 Conference Athletic Directors – Booth 31

Jamie Sims
jsims@mcpasd.k12.wi.us

Candor Health Education – Booth 23

Laura Benn
lbenn@candorhealed.org

Catch Global Foundation – Booth 21

Desiree Prater
desiree@catch.org

CESA Purchasing – Booth 4

Meghan Cropp
meghan.cropp@cesapurchasing.org

Core PE Curriculum – Booth 11

Sue Barnd
suebarnd@gmail.com

Dairy Farmers of Wisconsin – Booth 14

Erika Schade
eschade@wisconsinmilk.org

Dazzling Dave Yo-Yo Master – Booth 16

Dave Schulte
dave@dazzlingdave.com

Foundation for a Drug-Free World – Booth 29

Nancy Schumacher
njschumacher@earthlink.net

G-W Publisher – Booth 34

Kathy Moehle
kmoehle@g-w.com

Gopher Sport – Booth 24

Josh Hillen
conferences@gophersport.com

Health.Moves.Minds by Booster – Booth 30

Katie Mulloy
katie.mulloy@nbexcellence.org

Heart Zones – Booth 26

Deb Berkey
deb.berkey@heartzones.com

Interactive Health Technologies – Booth 33

Bev Brown
bev@ihtusa.com

Mothers Against Drunk Driving (MADD) – Booth 15

Karl Krull
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Omnikin, Inc. – Booth 12

Alex O'Brien
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Pick-A-Paddle, Inc. – Booth 6

Howard Sokol
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School Health – Booth 1,2,3

Tom Strenger
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Skatetime School Programs – Booth 17-18

Brian Goodmanson
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SPARK – Booth 13

Josh Hillen
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SPARK*Ed – Booth 8

Paige MacLeod
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Special Olympics Wisconsin – Booth 25

Grace VanBergen
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Speed Stacks, Inc. – Booth 19

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Summit Commercial Fitness – Booth 9

Tim Nikolai
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TAGG Time – Booth 22

Tim Taggart
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The Children's Health Market – Booth 5

Pat Stewart
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The Rope Warrior, Inc. – Booth 20

David Fischer
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USTA/Midwest – Booth 7

Greg Boyd
greg@midwest.usta.com

UW-La Crosse PET Graduate Program – Booth 28

Brock McMullen
bmcullen@uwlax.edu

Wisconsin Disc Sports Association – Booth 10

Terry Miller
terry@prodiscgolfer.com

Map of Kalahari