

## Nebraska/Iowa Joint AAHPERD Conference Schedule November 3-4, 2006

*Letters to the right in red are room assignments*

### **Friday, November 3**

#### **FREE Workshop**

9:30a-12:30p

“Making Sense of Your School Wellness Policy”

Participate in fun activities while discovering ways to boost kids’ brains with nutritious food and physical activity!. Explore creative, culturally diverse celebrations that can be implemented in any setting.

#### **Pre-Conference Workshops**

##### **2:00-3:00 p.m.**

(Choose one session)

**(A) *Elementary Teachers of the Year from Nebraska and Iowa*** **A**

Lois Boeyink,  
Debra Kaplan??

**(A) *Social Dance*** **B**

Gary Sanders,  
Geri Wilson, ???? Omaha, NE

**(L) *Health Education*** **K-L**

“HIDTA” – Drug Training

##### **3:15-4:15 p.m.**

(Choose one session)

**(A) *Dance Educators of the Year from Nebraska and Iowa*** **A**

Dr. Josie Metal-Corbin, University of Nebraska at Omaha  
Dr. Cynthia Herndon,

**(A) *Secondary Teachers of the Year from Nebraska and Iowa*** **B**

Diane Lichtenberg, Bettendorf High School, Bettendorf, IA  
Diane Schnitzer, Nebraska City, NE

**(A) *Elementary Teachers of the Year from Nebraska and Iowa*** **E-F**

John Baker,  
Craig Schadwinkel,

##### **4:30-5:30 p.m.**

(Choose one session)

**(A) *Middle School Teachers of the Year from Nebraska and Iowa*** **A**

Becky Martin, Park Middle School, Lincoln, NE

Mary O'Connor, ?????

**(A) Adapted Physical Educators of the Year from Nebraska and Iowa**

**B**

Glenn Wragge,  
Shira Gebel,

**(A) Pilates**

**E-F**

Cathy Jewell, Interim Assistant Director for Fitness and Wellness,  
University of Nebraska-Lincoln  
Beth Shain, ?????, Council Bluffs, IA

**5:30-6:45 Meal on your own**

**6:45-7:30 p.m.**

Recognition/Awards Ceremony  
Nebraska  
Iowa

**K-L**

**H-J**

7:00-10:00 Exhibits Open (Those sponsoring the social)

**7:30 All Conference Social**

**A**

Entertainment/Snacks and Drinks

**Saturday, November 4**

7:00 Exhibits Open

**8:00-9:00**

Opening General Session

**??**

Mariah Berton-Nelson

Professional Athlete, Professional Motivational Speaker

Current Executive Director for AAPAR

**Breakout Sessions (Key: (L)=lecture setting; (A)=activity setting) (Choose one session)**

**9:10-10:15**

(A) **Geo Fitness, Inc** (Debby Mitchell, President)

**A**

Getting fit and having fun on our Geo Mats with new moves in hip hop, latin dancing, kickboxing, children's games and more!

(L) **Interscholastic Drug Testing: What the Courts Say.** (Dr. James Conn)

**D**

The drug testing of interscholastic athletes has propelled itself to the forefront of many interscholastic sport programs and two Supreme Court decisions. We will investigate the major principles that can be included in a drug testing plan.

- (L) Standards-Based Experiential Learning Resources for Health & Nutrition Education (Michelle Garwood) **E**  
Nebraska 4-H curriculum is an affordable alternative resource for many educational settings. Health and nutrition educators will be introduced to exciting, supplemental reliable and standards-based materials. Hands-on activities and technology demonstrations will illustrate the experiential aspect of the curricula and highlight opportunities to engage families, schools and communities.
- (A) ***Best Practices from Iowa's 2005 Teacher of the Year*** (John Baker) **K-L**  
Come prepared to take your program to the next level. Proven techniques in the area of management protocol, standard based report cards, curriculum mapping, brain gym, fitnessgram, peaceful playgrounds, kidstridders and more will be presented.
- (A) Live It, Step With It, Fit It In **H-J**  
(Marilyn Phelan, Reggie McGill and Deb Patterson)  
Do you want your health and physical education classes to come alive? LIVE IT is a healthy lifestyle program with many interdisciplinary opportunities that can enhance your elementary or middle school curriculum. Learn how a PEP grant district utilized it and hear how you can offer Coca Cola's LIVE IT for your students. This session will explain LIVE IT, how Bettendorf Middle School participated, and ended up winning the 2006 grand prize. With budgets so tight, find out how you can get free classroom materials to enhance your current offerings.
- (L) ***Creating Team Chemistry*** (Diane Lichtenberg) **F**  
Good team chemistry is a huge part of a team's success. Ideas will be shared on how to help develop your team's chemistry both on and off the court.

## **VISIT EXHIBITS!**

### **10:30-11:30**

(Choose one Session)

- (A) ***The Magic Step*** (Steve France) **A**  
Learn how to do the Magic Step and dance to just about any music!
- (L) ***Here a Rubric, There a Rubric, Everywhere a Rubric, Rubric . . .*** **D**  
(Ellen J. Drewes-Stoen and Jacki Wright)  
How often have you attempted to grade your students' work only to find that the assessment criteria were vague and the performance behavior was overly subjective? Could you justify the assessment or grade if you had to defend it? In this session you will learn how to create your own rubrics for assessing student

work/performance. Numerous examples of rubrics commonly used for assessing student performance in the physical education and health settings will be presented.

- (L) ***Using the NEW Coaching Standards; Giving Our Best to Kids*** **E**  
(Dr. Dennis Docheff, Central District President-Elect)  
This session introduces participants to the new coaching standards as provided by NASPE. In addition, participants rate themselves and create a plan in order to enhance their coaching. Finally, coaches are encouraged to develop plans to enhance their athletic programs as well as their coaching qualifications.
- (A) ***ABC Cardio and PR for P.E.*** (Rob Chapman & Lu Suarez) **K-L**  
Students exercise while running or jumping rope, as well as collect cardio cards to spell words provided by the instructor on various topics. Learn cooperative, cognitive PE games that integrate classroom curriculum as well as simple methods to gain support and respect for your program. (elementary PE)
- (A) ***Teaching on the Move*** (Tom Spalla) **H-J**  
Quick hitter and lead up games for k-12 will include: Give Me Some Lovin' (4-12), Patner Mouse (k-12), Gator Tag (3-12), Four For All (1-12), Three Catch Game (3-12), 4<sup>th</sup> and Goal (3-12), Circle Ultimate (6-12), I'm It Your're It (k-12) and Picket Fences (3-8).
- (L) ***Using Adapted PE Equipment to Increase Inclusionary Practice*** **F**  
(Mason Babcock)  
Adapted p.e. equipment ideas will be shared that are helpful for including individuals with special needs into your regular curricular activities.

## **VISIT EXHIBITS!!**

### **11:45-1:05 Luncheon**

Association Annual Business Meetings

### **Breakout Sessions**

#### **1:15-2:15**

(Choose one session)

- (A) ***Scatter Square Dance: Using A Rhythmic Activity to Enhance Fitness*** **A**  
(Dr. Dennis Docheff, Central District President-Elect)  
This session offers the Scatter Square Dance to elementary PE teachers. In addition to being a dance activity that does not require specialized steps and a partner, this activity can also enhance fitness or be used as a warm-up activity.

(L) ***My Pyramid*** (Alice Henneman) **D**  
The new MyPyramid includes an “extras” category specifically for those foods that are higher in fat and sugar. Learn how youth can enjoy the foods they want while still eating the foods they need.

(L) **E**

(A)) ***Adapted Physical Education (APE) at the Elementary/Middle School Levels*** (Mark Jacobs) **K-L**  
Activity Ideas for APE include: modifications for students with needs in PE, use of paraprofessionals in PE/APE, integration into regular PE, writing goals for APE and lesson planning and organization of gym space of APE.

(L) ***Addressing Changing Demographics in Physical Education*** **H-J**  
(Joshua Nash and Frank Lynott)  
This presentation includes a brief review of current research and practical application of multicultural integration into physical education curricula. The focus is providing practicing physical educators with techniques for creating a culturally inclusive and inviting learning environment. Hands-on activity will follow a brief on-screen presentation.

(A)

## **2:15-3:30 Exhibits**

### **2:25-3:25 Breakout Sessions**

(Choose one session)

(L) AAPAR (Berton-Nelson) **D**

(L) ***Getting Started with AAHPERD: A Student Prospective*** **E**  
(Derek Keasling, Nebraska Student Rep to the Board)  
This session will be directed to students and new members explaining the benefits of joining and becoming **active** members of your associations..

- (A) ***USTA School Tennis – Innovative Approach to Tennis in Your School*** **K-L**  
( Dan Bratetic)

Fun, interactive presentation on how to make tennis a successful part of your PE curriculum or after-school programming. Learn about the latest in equipment, teaching techniques and resources available from the USTA.

- (L) New Tools for Program Evaluation (Dr. Marybell Avery) **F**  
Revising your curriculum? NASPE is here to tell you about CDC's Physical Education Curriculum Analysis Tool (PE-CAT) and the NASPE STARs Program which honors excellence in school physical education programs. These latest tools are designed to help you identify your program's strengths and align it with the national standards for physical education. Learn how NASPE can provide you with your own technical assistance and training.

### **3:30-4:30**

(Choose one session)

- (A) ***Curriculum in Motion*** **A**  
(Kathy Hayward - Physical Educator, Cheryl Brogla-Drupke - Music Educator, and Lou Ann Hoskins - Art Educator)  
Brain friendly tools incorporating the use of music, visual arts and movement will be introduced. We will bring the written page of social studies curriculum to life. Children will be active as they learn, thereby submitting it to long term learning. The use of music, physical education and a visual arts curriculum will show how to enlighten the child who learns by experience and not by the written page.
- (L) Getting Started: Issues and Answers in Your Profession **D**  
(Bob Nutgrass & Valerie Unkrich)  
The outcome of this presentation will be useful tools that can be used for interviews to land the first job. Once in a physical education domain, you will be able to put course work into practical use. Meet national and Central District leaders in the profession.
- (L/A) Let's Go Treasure Hunting Using GPS (Dr. Berniece Jones) **E**  
This is a family or physical education class activity. The participants will be using GPS (global positioning system) to go treasure hunting. The participants will be introduced to Geoching and will experience the fun of treasure hunting using GPS direction finding.

- (A) Speed Stacks (Roger Washburn) **K-L**

- (A) Fly Fishing (Hughes) **H-J**

- (L) ***Girls on the Run*** **F**  
(Lori Tackett, GOTR Nebraska Coordinator & Kristin Nelson)  
Friends! Fun! And 5K! Girls on the Run combines all these elements to promote healthy lifestyles and self respect among third, fourth and fifth grade girls. This is an innovative eight week program using exercise and education to create a positive athletic experience for girls!

**4:40-5:40**

(Choose one session)

- (A) **Dance (Gary)** **A**

- (L) ***Documenting Student Growth in Physical Education Through the Use of Portfolios*** (Michael J. Glynn) **D**  
With the use of portfolios you can use several different activities to bring students learning to a higher level of understanding. Several activities will be presented that have been tried and work at the Middle School level! The focus of this presentation is to provide us a different way of looking at how we document student growth.

- (L) ***What Went on in the Iowa Legislature Last Year*** (Steve France) **E**

- (A) ***Assessing and Reporting Using Technology in Physical Education*** **H-J**  
(George Centeio)  
This is a hands-on session in which you will learn how to effectively use heart rate monitors, and a hand held computer to assess students and generate various reports.

- (L) **Don't Smile Until Christmas!?! Are You KID-ding me?** **E**  
(Bob Nutgrass and Valerie Unkirch)  
An interactive session, giving students the opportunity to discuss, with several professionals, discipline ideas in the physical education and health settings that can aid in developing students towards responsibility in learning so that all can have a positive experience.

- (A) **Strengthening or Restructuring Your APE Program** (Shira Gebel)  
Do you feel like you're in a rut? Do you need to spruce up your APE program? Come join this session and begin to rethink how you approach APE class, rejuvenate your spirit and receive some hints to rekindle that love for the not-so-abled kids!