

Walk the Walk: Building Healthy School Environments NAHPERD Fall Conference Program

Thursday, November 19, 2009

9-11:30 a.m. NAHPERD Board Meeting Boardroom

11:00a-5:00p Registration Open

12:30-1:45p Opening General Session Center Conference

Ron Gustafson "Turning a Set-Back into a Come-back"

When you face an obstacle in your life, think of Ron 'Gus' Gustafson. Gus battled for his life at age 9 following a tractor accident that took his right arm and shoulder and crushed his right leg. In spite of his injury, he was determined to excel in athletics. He played varsity basketball (Honorable Mention, All-State) and earned the respect of the coach who once said he'd never make the team. For Gus, each set-back has presented an opportunity to grow. Gus has built a family, a business and a wonderful future for his life.

Today, Gus is a remarkable motivator. To experience his message is to lose all self-doubt and to find the strength to succeed. He'll show you how, with three simple keys:

1. Process the garbage in your life,
2. Never give up, and
3. Have the courage to face the next challenge.

2:00-2:45p Breakout Sessions

L M/H Cast a Fly . . . Catch a Student: The National Fly Fishing in Schools Program
Katie Cole Boardroom

How the National Fly Fishing in Schools Program works to improve academic performance and instill better social and personal qualities in student. Description of the curriculum for Middle and High Schools and how schools may participate in the program. Learn how teacher training is conducted and how the curriculum can be expanded.

A E Never Play Leapfrog with a Unicorn
Vicki Worrell East Rooms

Participants will experience elementary activities appropriate for grades K-5. Special emphasis on best teaching practices and integration will also be demonstrated and discussed.

A Engaging Students in Meaningful, Relevant, Interactive Health Education Activities
Jean Varden West Rooms

This workshop will demonstrate how The Great Body Shop Health Program not only increases health knowledge, but actively engages students in development of critical thinking, social skills, and character.

Gain knowledge of methods to enhance student success while bringing an element of fun into learning. Children are smiling and laughing. They are jumping, balancing, and moving around on colorful mats with numbers, letters, and the alphabet on them are being physically active. The latest brain research was used in the development of learnercise and you can learn how to develop the whole child utilizing different learning styles.

5:30p Presidential Social Front Lobby

6:00p Dinner/Awards/Keynote Center/East Rooms
 Keynote Speaker: Dr. Vicki Worrell, AAHPERD President-Elect

Friday, November 20, 2009

8:00-10:45a Registration Open

8:30a-12:00p Exhibits Open

9:00-9:45a Breakout Sessions

A Which is Worse . . . Tornadoes or Assessment?
 Vicki Worrell East Rooms

This session will present activities and assessments designed for a variety of manipulative skills for elementary age students. How to develop assessment plans and rubrics will also be discussed. Self, peer and teacher assessments will be shared that are specifically aligned with National Standards 1, 2, 3 and 5.

A E Foundational Skills Development through Physical Fitness Utilizing the Young Athletes Program Laura K. Strathe West Rooms

The Young Athletes Program applies cutting-edge research on social, neurological and cognitive development to create a curriculum emphasizing physical activity and foundational skills. The activity guide complements physical education in elementary schools, early childhood learning centers, community programs and homes where parents can participate in physical activity with their children.

L H Designing a Strength and Conditioning Program that Promotes Life Long Fitness
 John Swanson Boardroom

This session will focus on Grand Island Senior High School's strength and conditioning program. The presentation will focus on how training for athletic performance, training for nonathletic fitness and health and promoting life-long fitness and health are integrated into the physical education curriculum.

10:00-10:45a Breakout Sessions

A Hop Sports
 Virgie Widdowson East Rooms

A Teaching Health through Physical Activity
Roxanne Burns West Rooms

Using THE GREAT BODY SHOP, participants will have fun with a comprehensive health education program that uses physical activity as an instructional strategy. PE teachers across the country are using the program to meet both PE and Health Education Standards. This session is designed to get you moving and learning.

L Advocating Physical Activity for Individuals with Disabilities Across the Life-Span
Paul Bishop Boardroom

The purpose of this presentation is to inform the audience about advocating physical activity for individuals with disabilities across the infancy to older adulthood age-span. The role of physical educators as advocates will be explored. Advocacy practices that could be implemented by physical educators will be described.

11:00-11:30 Exhibits

11:30-12:00 Lunch
American Heart Association Updates

12:10-12:55p Breakout Sessions

A Catch the Fun and Excitement of Fishing
Andrea Faas Center

Give your students the opportunity to learn a fun, exciting and stress relieving activity that anyone can participate in. Learn easy, hands-on activities that teach life skills and discover how you can get instructional materials for Free!

A E Syllable Name Dance – Cross Curricular Physical Education Lesson
Gregg Wiebusch West Rooms

This is a less for K-3 that uses a unique dance to teach the concept of syllables. Students create a dance to the syllables of their names. The lesson is great for memory and personal expression as well.

L Ready for Recess: Findings from a Pilot Intervention to Increase Physical Activity at
Recess Erin Fuhrmeister East Rooms

Schools have the opportunity to promote physical activity (PA) during recess time using two strategies; recess staff training and recreational equipment. The purpose of this presentation is to share findings from a research study that assessed the effects of the aforementioned strategies on PA participation in two Omaha schools.

1:05-1:50p Breakout Sessions

A Team Building
Becky Hamik Center

In this session you will be provided with the opportunity to learn ways to solve mental and physical challenges, build community within your classroom, and encourage positive interaction between team members. This session would be appropriate for elementary through secondary teachers.

A Opening, Closing & Poetry in Between
Josie Metal-Corbin West Rooms

Participate in creative dance activities for pre-school and primary school students that integrate language arts, imagery, and poetry.

L 21st Century PE
Kevin Morrow East Rooms

Physical education is enhanced with technology. This presentation will show uses of podcasting, moving making, web creation, and other web 2.0 tools in Elementary PE. Whether for classroom management, promoting physical fitness outside of school time or student-created productions, technology is a motivating factor in student engagement in PE.

L JRFH/HFH: Creating Event Success . . . Secrets from Top Schools!
Joe Everingham Boardroom

What are top schools across the nation doing to build successful events? Learn their secrets along with innovative ideas to spark student involvement.

2:00-2:45p Breakout Sessions

A Get em In and Get em Going
Mike Messerole and UNO Students Center

Come prepared to move and learn! Participants will experience 10 instant activities that can be implemented in elementary and/or middle school physical education classes as soon as students step into the gym. These activities will help students to meet NASPE Standards 1, 2, 3 & 5.

A Ready, Set, Dance!!!
Megan Gangwish West Room

Learn about how to get ready to teach dance, the elements of dance, and teach the dance moves!! Within this session you will be provided dances for ages K-8 that integrates objects, other class subjects, multicultural avenues and much more. Bring your tennis shoes and get ready to be active while using rhythmic!

