

### **1. Presenter: Barbara McCarney**

#### **POLAR**

**Session Title:** Personalize PE and Sports with Polar Heart Rate Monitors

**Presentation Description:** Polar Education, the heart rate technology, activity, and sleep tracking leader, will demonstrate how to successfully use heart rate monitors in class or with sports teams while creating a fun and motivating environment for students, athletes, teachers, and coaches. Learn the importance of individualized heart rate, track, save data and improve each student's performance.

**Session Objectives and Learning Targets:** Polar will present ideas that motivate students to participate and excel in class or on sports teams and educate teachers, coaches, and students to the potential for assessing students and athletes based on personal effort.

### **2. Presenter: David Scattergood**

**Title:** The Truth about Drugs

**Presentation Description:** The presentation will cover current drug use statistics and the true societal and health consequences of usage, how drugs affect the mind and changes in drug use during the current pandemic.

Techniques and materials for avoidance will be presented. Free educational materials from Foundation for a Drug Free World will be highlighted including excerpts from the award winning “The Truth about Drugs documentary.”

**Session Objectives and Learning Targets:** Gaining an understanding about the societal impact of drug use.

Learning about the effects of specific drugs and statistics of use rates. Learning avoidance techniques and how to use education to assist with decision making

### **3. Presenter: Eric Larson**

**Session Title:** Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education

**Presentation Description:** Strategies will be presented to modify existing activities to increase MVPA while using IHT heart rate monitors. Learn how effective management of students, technology, equipment, and instructional time can yield more activity for your students. Takeaway from this session: 13 engaging fitness activities and team games that will enhance elementary, middle, and high school programs.

Objectives • Demonstrate research-based strategies to increase MVPA. • Modify existing activities to increase MVPA. • Utilize best practice teaching strategies in physical education class that are known to increase MVPA. • Identify effective strategies utilized for increasing MVPA, gauging student interest, assessing learning and improving the overall quality of physical education programs.

### **4. Presenter: Hannah Kim**

**Title:** Digital Tools for Nutrition and Active Lifestyles

**Presentation Description:** Fostering a healthy school environment is a challenge, but EVERFI is here to provide support! Online learning provides students with a low-risk environment to learn about addiction and how it can impact their lives physically and socially, while equipping them with concrete skills to advocate for their own health and wellness. Whether you're working to educate students about how to build healthy eating and exercise habits, the dangers of alcohol or prescription drug abuse, or navigating conflict in social situations, EVERFI has a myriad of interactive, online programs to support the health of your school community.

**Session Objectives and Learning Targets:** Teachers will be able to walk away from the session with ready-made digital courses to teach students healthy habits, advocate for their own health, how to build healthy social relationships, and substance abuse prevention. During the session, I will be walking teachers through our newly updated platform, how to set up their classes, courses that teach their targeted goals, and what student views will look like.

## **5. Presenter: Judy Beard**

25 minute session

**Session Title:** Making Healthy Choices a Habit SEL Curriculum

**Presentation Description:** Are you looking for more SEL to implement into health and/or the gym? This session will provide you some key take-aways you could use Monday morning! Join us to discover and discuss standards and skills based health SEL lessons.

**Session Objectives and Learning Targets:** 1. Compare/contrast SEL and WA state standards.2. Review SEL curricula.3. Identify SEL teaching and learning strategies.

## **6. Presenter: Krista Winn**

25 minute session

**Session Title:** Show Me the Money!

**Presentation Description:** Need ideas for raising money for your P.E. program? Join us to find out about two of the three fundraising programs that SHAPE Washington supports. Melanie Flink will present information about CATCH GO Dough and Krista Winn will provide an overview of Health.Moves.Minds. Both programs provide online fundraising platforms, excellent support, helpful resources, and the flexibility to choose the type of event. Want to have a jog-a-thon? Color run? Dance-a-thon? Glow-in-the-dark activity? Jump rope event? Flag football tournament? Another activity? The sky is the limit and CATCH/HMM can help you hold a successful fundraising event! Added bonus: Hold a fundraising event using Health.Moves.Minds and earn 10 clock hours through SHAPE Washington!

**Session Objectives and Learning Targets:** Learning Target: Introduce participants to two easy-to-use fundraising programs that provide online platforms, resources, and flexibility. Session participants will be able to identify two fundraising programs that are supported by SHAPE Washington. Session participants will be able to list at least 5 different activities that can be used as fundraising events. Session participants will know how to sign up for one or both fundraising programs.

## **7. Presenter: Linda Parker**

**Session Title:** Archery in Washington Education

**Presentation Description:** Archery in Washington Education is AWESOME! The National Archery in the Schools Program (NASP) can be implemented at Elementary, Middle School, or High School level. The two week (10 hour) curriculum is aimed at students in grades 4-12 and meets National PE Standards. Program elements include Basic Archery Instructor certification and standardized archery equipment. Grants are available to help new schools acquire initial equipment.

**Session Objectives and Learning Targets:** Range Setup and Safety Using the String Bow Training Aid Eleven Steps to Archery Success Safety Orientation and Supervised Shooting Using the Range

## **8. Presenter: Lon Seiger**

**Session Title:** Simple Art-Related Activities to Teach Health

**Presentation Description:** In this session, participants will learn and participate in simple art-related activities to teach health at all levels. Common art-related activities that will be shared in the presentation will include drawing, painting, poetry, storytelling, role-playing, and constructing projects. These art-related activities to teach health have many benefits include teaching life skills of creativity, problem-solving, and decision-making; makes learning more enjoyable and meaningful; and offers the educator a valuable tool for teacher effectiveness. Previous art experience is not necessary to use art-related activities, only an open mind and a willing heart!

**Session Objectives and Learning Targets:** After the presentation is completed, the participants will be able to:1. Identify art-related activities to use in teaching health.2. Have the confidence to use art-related activities to teach health.3. Enjoy sharing the beauty of art with their students!

## **9. Presenter: Lori Dunn**

### **Title: Healthy Brains and Bodies with OPEN Active Classrooms & Recess**

Students need 60+ minutes of activity every day for healthy bodies and healthy brains. Physical activity helps build brains and prepares students for optimal learning! This will help them leap over any learning gap they may be facing. OPEN's Active Classroom and Recess resources are also designed to improve social and emotional health with activities that address physiological stress response. Teachers participating in this session will learn about the connection between physical activity and learning, as well as how to safely implement physical activity into every school day. This workshop is designed for the elementary classroom and physical education teachers.

**Session Objectives and Learning Targets:** 1. Learn about resources in ACTIVE CLASSEOOM/ACTIVE HOME in OPENPhysEd.org. 2. Introduce all the opportunities for movement in a general education and how movement connect. 3. MOVE. 4. Have FUN with DUNN!

## **10. Presenter: Lori Dunn**

### **Title: Funds Grants/Donations/writing/sustaining YOU CANDO THIS!**

Description: In this session participants will learn about funding their programs- The presenter will highlight and connect participants to the resources . Participant will gain knowledge about- GRANTS-DONATIONS along with finding that funding, writing and sustaining.

Thank you OPENPhsed.org for sponsoring this session.

Objectives:

1. Identify where do I start?? "My PROGRAM NEEDS FUNDS"
2. Identify the resources and supports
3. Answer "WHO CAN HELP ME?"  
YOU CAN DO THIS!!!

## **11. Presenter: Matt Burk**

**Session Title:** More Than Just a Stationary Activity - Experience Speed Stacks!

**Presentation Description:** This workshop will feature hands-on interactive learning of Sport Stacking and overcome the stigma of being a stationary activity. This session will incorporate movement based activities and games to get your students mentally fit and physically active. Proven results to develop your students math and reading skills plus eye-hand coordination, self-esteem, SEL integration and many more benefits!

**Session Objectives and Learning Targets:** 1) Participants will gain knowledge of Sport Stacking and how to incorporate the sport year round.2) Participants will experience how Sport Stacking encourages students to set goals and establish personal records and reinforces perseverance and practice as the way to improve those records.3) Participants will experience how Sport Stacking reinforces the value of teamwork and the importance of never giving up.

## **12. Presenter: Marnie Kazarian**

**Session Title:** Check Yourself Before You Wreck Yourself: Creating More Equitable Classrooms

**Presentation Description:** In this session, we will reflect upon our current instructional practices and challenge one another to ask questions about how we can create more inclusive and equitable learning opportunities through our words, routines, posters, grouping, equipment, and so many other resources we use every day. We will be using tools such as the Courageous Conversations Compass to guide our conversation and we will play a few games in the process.

**Session Objectives and Learning Targets:** By the end of this session, participants will be able to refer to the Courageous Conversation Compass when evaluating their instructional practices. Standard 4: Responsible personal and social behavior Standard 5: Recognize the value of physical activity for social interaction

### **13. Presenter: Libby Gutschenritter**

**Session Title:** Talking to Young People about Healthy Relationships

**Presentation Description:** One Love is a national leader in relationship health education. This session will explore how to integrate relationship health education to support students' social-emotional development and mental health, as well as incorporate affirmative consent and bystander intervention for all relationships. Learn about free curriculum resources that help foster these critical conversations as well as well examples of ways to start conversations with students to empower them to identify and avoid abuse and learn how to love better.

**Session Objectives and Learning Targets:** Outcomes:- Understand the need for, impact of, and student-facing learning outcomes of relationship health education and the intersections with social-emotional learning and health education.- Learn how to talk about healthy relationship curricula with administrators, teachers, and parents- Learn how to respond to differing viewpoints on topics like consent education to share applications beyond sex education- Understand the implications of SB5395 and the range of curricular options that can help teach healthy relationships to all students- Learn how to use One Love's Education Center to access hundreds of free resources and trainings.

### **14. Presenter: Ron Malm**

**Session Title:** Are You READY For it? A Skills-Based Health Curriculum

**Presentation Description:** Health READY® is a skills-based health curriculum providing students learning experiences that deepen their knowledge, attitudes, and skills using a variety of participatory methods. Health READY® personalizes instruction for all learners by providing a range of “student choice and voice“ assignments aligned with national and state health education standards. Health READY® uses daily routines to create a supportive learning environment, improves social and emotional learning (SEL) skills, and provides numerous opportunities for students to connect with one another.

**Session Objectives and Learning Targets:** 1. I can identify what Health READY® is and how it improves the student learning experience.2. I can understand what students are expected to do on a daily basis in a Health READY® classroom.3. I can discover how Health READY® supports the whole child by improving social and emotional learning skills and providing a way to create a safe and supportive learning environment for students.

### **15. Presenter: John**

**Title:** On the Move: Building Connections Through PLAY!

**Presentation Description:** Connection before content. Is this a statement you agree with? In this session, attendees will find out why this statement MUST be true and how it can benefit all; both students and teachers. Those in attendance will get hands-on experience moving and playing games that focus on student connection. These games can be played in any amount of space, some without the need for any equipment!

**Session Objectives and Learning Targets:** The objectives of this session are to: increase the awareness of connection between our students; understand how creating trust and safety within your classroom can lead to more interaction, more fun and more play; and finally, how we can create experiences that break any ice in your classroom.

**Presenter: Dr. Terri Farrar**

**Title:** Teaching Games for Understanding (TGfU) OER Curriculum (25-minute session)

**Description:** Information will be presented on the Open Educational Resource (OER) TGfU curriculum which is free to all teachers. An overview of the project including the Unit Plan and Lesson Plans will be shared. Lessons are available for Grades 3-5, 6-8 and high school.

**Objectives:** To provide K-12 PE teachers with lesson plans specific to teaching invasion and net games using the TGfU methodology.

**16. Presenter: Dr. Terri Farrar**

**Title:** New OSPI assessments:

**Description:** OSPI / SHAPE Washington New Assessments Rollout (50-minute session) (Presenter SHAPE Washington/OSPI Assessment Committee - description: Information will be presented on the rollout of the new Concepts of Physical Education assessment and will learn about the latest updates for the Components of Fitness Planning assessment. Teachers will also have an opportunity to pilot the Components of Fitness Planning Assessment this fall.

**Objectives:** To provide teachers with information on how to access and use the Concepts of Physical Education assessment.

To provide teachers an opportunity to learn more about the Components of Fitness Planning assessment including pilot opportunities.

**17. Presenter: Ashley Sharp**

**Title:** Bridging the Gap

**Description:** It's time to Reimagine what physical education means for students and families. It's time to ReEngage our relationships and heal as a community. Let's Bridge the Gap together.

**Objectives:** Come to see the newest from OPENphysed designed to help your students build relationships, build routines, and rebuild a love of health-enhancing physical activity. Help your students transition back to school mentally and physically using Physical Education and Health as the vehicle.

**18. Presenter: Ashley Sharp**

**Title:** Next level Invasion games- up your students game!

**Description:** Learn fun, vertically articulated Invasion activities that transfer across Invasion games to help students build the skills and knowledge needed to successfully play and enjoy Invasion games.

**Objectives:** Help vertically align Invasion activities to get students understanding and enjoying invasion activities, while also giving students the opportunity to have experiences that create personal value to skill acquisition

**19. Presenter: Carri Kreider**

**Session Title:** Outdoor Education- OER grant

**Presentation Description:** Great news! SHAPE WA was awarded a 2021-22 grant for OER (Open Educational Resources) to develop Outdoor Education lessons for elementary PE. Learn how we were awarded this grant and share your outdoor education ideas and experiences to get us started. The final product will be free, online resources to help PE teachers integrate outdoor ed!

**Session Objectives and Learning Targets:** Attendees will learn about the grant process and steps in building OER curriculum. Attendees will collaborate to share ideas for elementary outdoor education curriculum.

**20. Presenter: Toni Bader**

**Session Title:** Unpacking Your SEL Activities

**Presentation Description:** During this session we will be unpacking various games and activities through the SEL lens. Get ready to be active, reflect on some activities you may already know, and debrief how to infuse Social Emotional competencies as you facilitate. We will be unpacking Social Emotional Learning in the PE classroom through fun yet intentional work.

**Session Objectives and Learning Targets:** Identify Social Emotional learning competencies. Apply SEL outcomes to your activities. Analyze games to create your own connections

**21. Presenter: Carri Kreider**

**Title:** "Teaching net games using a tactical approach"

**Description:** Learn a variety of activities to teach net games using a tactical approach. Games include pickleball, tennis, volleyball and spikeball. All activities focus on tactics which transfer over to other net games, while using learning supports to assist in teaching.

**Objectives:**

Participants will learn tactics to teach in multiple net games.

Participants will learn how to modify equipment for easy-to-play net games.

Participants will learn what learning supports can be used to assist in teaching tactics in games.

**22. Presenter: Krista Winn**

**Title:** Themes and Incentives to Increase Student Motivation and Class Teamwork

**Description:** A classroom/gym theme can add fun and increase student motivation to participate in class. Matching incentives can reward students/classes for working together to achieve lesson goals. This session will share ideas to use as a theme, ideas such as: Health and Fitness Ranch, Construction Zone, Olympics, Sports Seasons, Pokemon, American Ninja Yeti, and more!.

**Objectives:** Participants will be able to describe at least three different class themes and coordinating incentives to use in the elementary Physical Education classroom. Participants will share additional themes and incentives with others during this session.

23. **Presenter:** D. Barta (Calkins), Alexis Lee

**Session Title:** Designing and Teaching Fitness Education Courses

**Presentation Description:** What influence does fitness education have on adolescents? How well do you implement fitness education in your physical education courses? Fitness education is essential to adolescents learning the knowledge and skills needed for lifelong health and fitness. This session has participants self-assess their capacity to implement behavior-changing fitness education within their physical education program. Spoiler alert: fitness education encompasses more than fitness testing! Participants will learn how to make small yet effective changes to instructional practices to help their students develop lifelong fitness habits. This session also describes how secondary physical education teachers can use the book *Designing and Teaching Fitness Education Courses* as a resource. Participants will be introduced to the web resources, pacing guides, videos, chapter content, and lesson ideas to learn how to best use this text to effectively implement fitness education in their classes.

**Session Objectives and Learning Targets:** Participants will evaluate their capacity to implement fitness education in their physical education courses. Participants will be able to describe three strategies for implementing behavior changing fitness education into their physical education courses. Participants will be able to describe a fitness education lesson that they will use with their students this semester to accomplish a specific learning outcome.

24. **Presenter:** Lauren Wood

**Session Title:** Adapted Physical Education (101, 201, 301)

**Presentation Description:** Due to the limitations of the pandemic, an Adapted PE Pre-Conference is not provided this year. However, Adapted PE learning sessions will be provided during the main conference. Each session will build upon the previous; starting with General Guidelines for Adapted PE (101), followed by Designing an Adapted PE Structure and Curriculum (201), and ending with Adapted PE Programming for the Individual Student (301). Topics covered in APE 101: basics of APE instruction, disability facts, understanding the disabled community, appropriate prompts for students with disabilities. Topics covered in APE 201: building lesson structure and routine, designing curriculum, working with paraprofessional/instructional assistants, equipment modifications. Topics Covered in APE 301: task analysis for the individual, introduction to Adapted PE goals, and working with the IEP team

**Session Objectives and Learning Targets:** APE 101: Attendees will learn: basics of APE instruction, disability facts, understanding the disabled community, appropriate prompts for students with disabilities APE 201: Attendees will learn: building lesson structure and routine, designing curriculum, working with paraprofessional/instructional assistants, equipment modification APE 301: Attendees will learn: task analysis for the individual, introduction to Adapted PE goals, and working with the IEP team

25. **Presenter:** Whitney Hehemann

**Session Title:** Mindfulness/ proactive restorative justice practices in the gym and Health classroom

**Presentation Description:** Build relationship and deeper connections through thoughtful mindful moments. Structure your classroom to include daily routines that will create community. This is done as both a way to regulate and focus as well as manage conflicts and goes in line with our current discipline practices state wide. If your district has restorative justice practices in place or have considered it you can be the leader in your building! As Health and fitness educators we can be the experts on this and can benefit our buildings by leading the charge. I'm excited to share some of the things I've tried along the way and hear what awesome things you have done with your students.

**Session Objectives and Learning Targets:** Objectives- Gain a better understanding of how to incorporate SEL in your gym and health classrooms. Build classroom communities and create positive relationships/ class culture. .Learning Targets- Emotional regulation strategies/ SEL in the gym and classroom.

**26. Presenters: Toni Bader, Terri Farrar, Lauren Wood**

**Session title:** Adapted Physical Education State Endorsement Update

**Description:** This will be a classroom session where we will be giving an update on the APE state endorsement status. Many individuals and stakeholders have supported furthering professional development and supports for our PE teachers as you work with students with disabilities. Come be part of the conversation and advocacy, we will be giving a brief overview and will sharing possible next steps for not only the endorsement but work with OSPI.

**Objectives:**

**27. Presenter: Anna Casey**

**Session Title: Yoga for Every Body**

**Presentation Description:** Come prepared to actively participate in a basic yoga class designed for all abilities levels. Whether you are yoga curious, yoga novice or a yoga veteran, start your day with a basic yoga sequence. Learn basic yoga vocabulary, poses, shapes, and how to incorporate yoga, stretching or recovery into your physical education and health classes or your own life. **Objectives:** Participants will engage in a basic yoga class and will discover ways to incorporate yoga into their teaching and personal life. **Learning Target:** Participants will engage in a basic yoga class and take away at least one aspect of yoga they can incorporate into their teaching or personal life.

**Session Objectives and Learning Targets:** Objectives: Participants will engage in a basic yoga class and will discover ways to incorporate yoga into their teaching and personal life. Learning Target: Participants will engage in a basic yoga class and take away at least one aspect of yoga they can incorporate into their teaching or personal life.

**28. Session Title: Now What? Inspiration for the new school year.**

**Presenter: Chris Sampson and Sandy Sampson**

**Presentation Description:**

Taking a look at what worked (and what didn't) while teaching through the Pandemic. We will present many successful instant activities, L.O.G.'s, Meet or Beat the Teacher Challenges, and other games that focus on SEL. Also, strategies and ideas for modifying both in person and remote learning. Be prepared to move and participate in active play!

**Session Objectives and Learning Targets:**

Looking at what worked and what didn't work during the Pandemic? Instant activities, L.O.G.'s, Meet or Beat the Teacher Challenges, and other games that focus on SEL. Games are introduced that integrate health related and sport related fitness concepts. Active play!

**29. Presenter: Dan McGee**

**Session Title:** Pickleball For 4th Through 12th Grades

**Presentation Description:** PICKLEBALL SKILLS, DRILLS, AND STRATEGIES Join Seattle Metro Pickleball Association members for this active and informative presentation. Pickleball is the fastest growing sport in the country. If you are a teacher interested in offering this incredible sport as a unit, this session is for you. What are the rules and strategies? What are the basic skills and drills? These questions and more will be covered along with some actual playing time.

**Session Objectives and Learning Targets:** PICKLEBALL SKILLS, DRILLS, AND STRATEGIES Our objective in this session is to encourage teachers to add the sport of pickleball to their physical education program and to help them teach it in a fun way. Teachers will leave the session with the knowledge necessary to teach proper skills, using effective drills and knowing the strategies necessary to be successful

**30. Presenter: Ryan Wiser**

**Session Title:** Shape WA Monthly Socials 25 min.

**Presentation Description:** This session will be a group collaboration for setting up monthly socials. This past year we had some Amazing guests such as Mike Morris, Lynn Hefele, and a few collaborative sessions with teachers across our State. Please join me for this brainstorming session so we can make some other connections with people you would like to have as a "Champion Guest"!

**Session Objectives and Learning Targets:** Making connections with Champions across our State to provide them with some helpful engaging professional development!

**31. Session Title:** Mindfulness and Yoga in PE

**Presentation Description:** This session is designed to give you a plan to implement yoga, meditation and mindfulness into your PE sessions in a fun, playful way. Using stations and games, we will explore how to introduce children to these concepts in a way that gets them excited and keeps them moving. You do not have to be a yoga instructor to be able to bring this to your students! The presenter, Kristi Fischer from Kidding Around Yoga has been successfully running children's yoga programs in many different schools in the Peninsula School District.

**Session Objectives and Learning Targets:** To introduce yoga, meditation and mindfulness in a fun, playful way. Participants will learn ways to incorporate these concepts into a physical education class using a variety of games and activities, helping their students to improve body awareness and to manage stress.

**32. Presenters: (Dr. Terri Farrar and Dr. Missy Widmann**

**Title: Grading Equity in Physical Education through a Neural Len**

**Description:** Is your grading in physical education stuck in a past decade? Is your grading reflective of the current students in your rooms? Is your grading bias free or at least bias aware? This session will help you to look at your grading practices to see if you are unintentionally marginalizing and penalizing students unknowingly.

**Objectives:** To provide K-12 PE teachers with concepts on equitable grading practices.

**33. Presenter: Craig Face**

**Session Title:** Quathro

**Presentation Description:** We would love to play Quathro with your students. Quathro is a game of consecutive catches, encouraging (actually requiring) full player participation. In Quathro it takes all four for a single score! Four players per team, each teammate must have a catch in a single possession to score a point. In fact, any one player making more than one catch in a single possession, is a turnover. How inclusive is that? Extensive game testing confirms middle and high schoolers absolutely love playing. As Quathro adapts to varied skill levels, athletic prowess and individual fitness, our favorite discovery was that players of varying athleticism enjoy playing in the same game... together. A real sport, in Quathro play, real fitness is lost in the fun! (Attached are the rules) Quathro's side benefits include: •Emphasizes team work and communication• Easy to learn and play•30-second setup and 60-second tear down (Even setup triggers student intrigue)•Lasts forever (Life Time Warranty) Quathro is 100% unique and is adaptable from its original outdoor version to indoor basketball courts. It would be our absolute pleasure to share it with you and your students, with no expectations of anything except smiles, enjoyment (and potentially exhaustion).

**Session Objectives and Learning Targets:** Teach-out the sport of Quathro and its attributes. Encourage play in PE classes, supported at no charge by our team.

**34. Presenter: Steve Johnson**

**Title:** On the Move: Building Connections Through PLAY

**Description:** Connection before content. Is this a statement you agree with? In this session, attendees will find out why this statement **MUST** be true and how it can benefit all; both students and teachers. Those in attendance will get hands-on experience moving and playing games that focus on student connection. These games can be played in any amount of space, some without the need for any equipment!

**Objectives:** The objectives of this session are to: increase the awareness of connection between our students; understand how creating trust and safety within your classroom can lead to more interaction, more fun and more play; and finally, how we can create experiences that break any ice in your classroom.