

1. Name of Presenter - Brian Devore

Bio: Before accepting his role as Professional Development Manager for OPEN, Brian Devore had over 25 years of exemplary teaching experience at the middle and elementary levels. Additionally, he supervised online HPE programs for the Cobb County school district and served as Fulton County Schools Health and Physical Education Coordinator. In 2013-14, Brian was named Cobb County's Elementary Physical Education Teacher of the Year, Georgia AHPERD's Elementary PE TOY, and Southern District SHAPE America Elementary PE TOY. Along with his current position, Brian is a two-time Georgia AHPERD President, OPEN National Trainer, and SHAPE America Southern District Past President.

Session Title: COVID-19 - The Response and Resources from OPEN

Presentation Description:

The 2020 pandemic forever changed the landscape of physical education worldwide. This session will highlight the resources in the Active Home module created by OPEN National Trainers to assist teachers with their transition to online teaching for grades K-12. Additionally, participants will dive into OPEN's new PE NOW curriculum created to teach students face-to-face with social distancing, virtually, or with a blended model. PE NOW focuses on OPEN's new Priority Learning Outcomes for Physical Education and social/emotional learning concepts based on CASEL core competencies.

Session Objectives

Participants will be able to identify components of OPEN and how they integrate into virtual or face-to-face instruction. Participants will analyze curriculum resources to determine the best fits for their teaching situation. Participants will comprehend how to utilize resources to create lessons in a learning management system.

2. Name of Presenters: Caitlin Kelley & Kelsey Machado

Bio: Caitlin Kelley is a CWU graduate and is in her 8th year in education. She has taught in Kent, Federal Way and now Renton! She is in her 2nd year at Risdon Middle School where she teaches both Health and PE to 6th graders. Caitlin is married and has a two year old son and a 16 year old bonus daughter. Kelsey Machado is a 2nd year teach who graduated from WWU in 2019. Kelsey taught K-12th grade in Shoreline and now 7/8th PE at Risdon in Renton with Caitlin.

Session Title: Adding Nearpod to Your Tech Bag of Tricks!

Presentation Description:

Presenters will show teachers two different clips, the first on how to make a Nearpod Lesson and the second demonstrating a lesson using Nearpod with student participation.

Session Objectives:

What: Utilizing Nearpod in Physical Education and Health Why: To turn boring lecture lessons into live interactions with student participation to increase student engagement. How: Health/Physical Educators will watch as we create a mini-lesson together, then watch as students experience and engage in the content in a demo recorded session.

3. Name of Presenter: Andjelka Pavlovic, Ph.D Cooper Institute

Bio: Dr. Andjelka Pavlovic earned her Bachelor of Science (Kinesiology) and Master of Science (Exercise Science) from The University of Arkansas. In 2015, she graduated from Texas Woman's University with a Ph.D. in Exercise Physiology and a minor in Statistics. Dr. Pavlovic is the Director of Research and Education at The Cooper Institute. Her research focus is on the role of muscular and cardiorespiratory fitness on chronic diseases and health outcomes. Additionally, Dr. Pavlovic is the primary researcher in the Youth Division, and is responsible for various components of evaluation of FitnessGram®, NFL Play 60 FitnessGram Project, and Healthy Zone School Program.

Session Title: Youth Physical Activity and Health: Impact of a Pandemic

Presentation Description:

The COVID-19 pandemic has led to extraordinary measures (i.e. social distancing, sheltering in place, school closures, and remote/hybrid learning) aimed at containing the spread of the virus ultimately resulting in a substantial decrease in youth physical activity. Additionally, the uncertainty of school environments has increased the complexity of delivering education for most subjects, especially physical education. This session will focus on methods of delivering physical activity and staying fit for FitnessGram regardless of the educational setting.

Session Objectives:

This session will align with the following Washington Physical Education State Standards: Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. The education provided will be relevant to the above standards as it will focus on the current state of youth physical activity. Additionally, important information and tools will be provided to ensure the youth of Washington continue leading active lives throughout the COVID-19 pandemic regardless of school environment.

4. Name of Presenter: Erik Larson

Bio: Eric is responsible for new business development and territory management in the Southwest, West and Southeast regions for Interactive Health Technologies (IHT). A Colorado resident, Eric followed a distinguished 35-year career with the Denver Public Schools serving as the National PE and Physical Activity Advisor with the Alliance for a Healthier Generation before joining IHT. With the Denver Schools, Eric served as an award-winning educator, both as a PE teacher and administrator. Eric is an accomplished baseball and softball coach, as well as a basketball referee, officiating women's college games, including the 2003 Women's Final Four. He's an avid golfer in his free time.

Session Title: Increase Moderate to Vigorous Physical Activity (MVPA) While Using IHT ZONE Heart Rate Monitors

Presentation Description:

This video presentation utilizes evidence-based strategies that increase Moderate to Vigorous Physical Activity (MVPA) in physical education class. Learn how effective management of students, technology, equipment and instructional time can yield more activity for your students. Participants will use research-based strategies to modify existing activities to increase MVPA. Takeaway: 12 fitness activities and team games that will enhance elementary, middle, and high school programs.

Session Objectives: Modify existing activities to increase MVPA.

- Identify effective strategies utilized for increasing MVPA, gauging student interest, assessing learning, and improving the overall quality of physical education programs.
- Utilize best practice teaching strategies in physical education class that are known to increase MVPA as measured by gathering and reviewing IHT ZONE data.

5. Name of Presenter: Greg Bert

Bio: Greg Bert, BA/MA Physical Education, NBCT EAYA/Physical Education, Author/Presenter/Advocate for Quality Physical Education, Black Hills High School, Tumwater School District, 40 years teaching and still going strong!!!! Goal: 50 years as a physical education teacher!

Session Title: W.I.N. in High School Physical Education: What's Important Now!

Presentation Description:

A new way of looking at what high school physical education students REALLY need for life as an adult.

Session Objectives: Present a new way of looking at the fitness needs for life after high school.2. Assessments for each of the "old NASPE 6 Standards"- why "the old six".?3. Assessments and ideas one can use tomorrow in class- virtual or in school physical education.4. High School Physical Education: The Emphasis5. Changes that can easily be made.

6. Name of Presenter: Heather VanMullem

Bio: Heather Van Mullem is a Professor of Kinesiology and Health in the Division of Movement and Sport Sciences at Lewis-Clark State College. She holds a PhD from the University of Kansas, an MS from Humboldt State University, and a BS from Eastern Washington University. A former college athlete and coach, Heather's research and teaching interests are in Sport Studies, particularly in Sport Psychology and Sport Sociology.

Session Title: Do You See What I See?: Using Basketball State Championship Media Guide Covers to Engage Students in Conversations about Gender and Media

Presentation Description:

Images present in media sources can influence how we come to learn and understand ideas, beliefs, and expectations for behavior. This interactive presentation will share the results of a study which examined images on Washington state High School State Championship Boys and Girls Basketball media guide covers to determine if presentation of athletes varied by gender. Additionally, a teaching strategy will be shared which uses a smaller version of this study to engage students in critical consumption of sports images and to explore how culture and media might influence our perceptions of gender and gender roles.

Session Objectives:

Session participants will: 1. Explore the influence and impact of mediated images in sports on our perceptions and understanding of gender and gender roles. 2. Learn a teaching strategy which engages students in critical consumption of sports images throughout history and exploration of such imagery on their understanding and perceptions of gender and gender roles. H2.Se3.HS: Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.

7. Name of Presenter: Heather VanMullem

Bio: Heather Van Mullem is a Professor of Kinesiology and Health in the Division of Movement and Sport Sciences at Lewis-Clark State College. She holds a PhD from the University of Kansas, an MS from Humboldt State University, and a BS from Eastern Washington University. A former college athlete and coach, Heather's research and teaching interests are in Sport Studies, particularly in Sport Psychology and Sport Sociology.

Session Title: Identifying Bias in Health and Fitness Imagery in Social Media: A Teaching Strategy**Presentation Description:**

Many people use social media daily. While sites can facilitate valuable information sharing and support personal connection, sites can also support and/or reinforce negative behaviors. This interactive presentation will share the results of a study which explored if people could distinguish between images on social media of women used to promote fitness versus images meant to promote disordered eating. Additionally, a teaching strategy will be shared which uses a smaller version of this study to explore the influence of gender ideology and social media imagery on our understanding of healthy behavior choices and body image.

Session Objectives: Session participants will: 1. Explore the impact of social media imagery on health and fitness sites on positive self-esteem, self-concept, body image, and personal behavior choices. 2. Explore social media imagery on health and fitness sites to determine if they are able to identify if the image is considered healthy or unhealthy. 3. Learn a teaching strategy which encourages students to explore the influence and impact of social media imagery on personal safety, personal healthy, and perceptions of gender. H2.Sa1.HS: Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors. H2.Se3.HS: Evaluate how culture, media, society, and other

people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.

8. Name of Presenter: Joe Bento

Bio: Joseph (Joe) Bento is an AP/IB Psychology and 9th grade Health teacher from Kent, WA. He has been involved in safe schools trainings for the last 18 years including his work as an NEA (National Education Association) trainer on Social Justice and LGBTQ issues. Joe also advises GSA at his school, is active in his local union, board member for SHAPE Washington, and is also the current chair of GLSEN Washington State. Joe likes to travel, work in his yard, and hang out with his niece.

Session Title: Changing the Game: Creating LGBTQ+ Inclusive Spaces in Physical Education and Sports

Presentation Description:

Designed for PE teachers, coaches, and athletic directors, this training will help participants create a winning team by encouraging the principles of respect, safety and equal access for all students, teachers and coaches regardless of sexual orientation or gender identity/expression. For students in general, participation in sports and physical activity at school has been shown to have positive effects on their physical health, self-esteem, and sense of connectedness to their schools. Unfortunately, sports is often an area where LGBTQ students feel most unsafe. By tackling an environment that is often seen as hostile and unsafe for LGBTQ students and providing training and resources for coaches and physical education teachers, schools can shift the overall school climate to ensure a safe, respectful, and inclusive schools for all students.

Session Objectives

Participants will learn about the prevalence of gender stereotyping and gender binarism in physical education spaces and its impact on students' social, emotional and academic success. Participants will reflect on the importance of coaches, athletic directors, and PE teachers, as adult allies to LGBTQ students. Participants will explore strategies and develop skills to respond to anti-LGBTQ bullying and harassment situations that might occur in school athletic spaces. Participants will gain knowledge about resources available to support LGBTQ student athletes.

9. Name of Presenter: Judy Beard

Bio: I am honored to serve as SHAPE WA's current president and work with a special team of educators and advocates. I currently teach health and physical education courses at Central Washington University and previously taught for 13 years in the K-12 setting. Like many, I'm still trying to navigate and thrive in the virtual setting.

Session Title: Loom as a Supplement to Zoom

Presentation Description:

Learn about another free teaching platform: Loom. This session will show you not only how to create your own Loom, but also what a finished product looks like.

Session Objectives

1. Review a completed Loom presentation.2. Practice creating your own Loom account.3. Begin building your first Loom presentation.

10. Name of Presenters: Krista Winn & Nels Winn

Bio: Krista Winn, SHAPE WA President-Elect, National Board Certified Teacher, 2006 National Elementary Physical Education Teacher of the Year, "I teach at Hamilton Elementary School in the Port Angeles School District and just completed my 35th year of teaching.

Nels is currently student teaching and a student at Central Washington University.

Session Title: Chicken Soup for the HPE Soul

Presentation Description:

Stressed? Anxious? Need motivation? Lie down on the couch or floor, relax your body, close your eyes, and just listen to this audio clip. Veteran teacher, Krista Winn, and her son, rookie teacher, Nels Winn, will read excerpts from the newly published book "How to Be an Outstanding P.E. Teacher." These clips will warm your heart, ease your mind, and leave you with an "I can do it" mindset!

Session Objectives: Participants will feel relaxed and energized listening to excerpts read by a veteran teacher and a rookie teacher.

11. Name of Presenter Krista Winn

Bio: Krista Winn, SHAPE WA President-Elect, National Board Certified Teacher, 2006 National Elementary Physical Education Teacher of the Year, "I teach at Hamilton Elementary School in the Port Angeles School District and just completed my 35th year of teaching.

Session Title: Utilizing Google Slides in the P.E. World

Presentation Description:

This session will share google slides projects that are being used for online P.E. lessons. It will also include how to use google slides for Field Day and other virtual events.

Session Objectives

The participant will be able to create their own google slides project to use with distance learning.

12. Name of Presenter Kristen Edmiaston

Bio: Kristen Edmiaston has been teaching for 15 years and currently teaches PE, Dance, and Spanish and coaches the EHS Dance Team at Evergreen High School in Vancouver, WA. She is the Social Justice Committee Chair for SHAPE WA and is a National Board-Certified Teacher. She is a trained Action Based Learning Trainer and loves to share the joy of movement with others.

Session Title: Action Based Learning for Distance Learning

Presentation Description:

Get an intro to Action Based Learning tailored to accommodate a Distance Learning environment.

Session Objectives

Learn the brain science behind Action Based Learning. Leave with ideas on how to implement ABL in an online setting.

13. Presenter: Lauren Wood

Bio: Lauren Wood is an Adapted Physical Education Teacher with Highline Public Schools. She received her National Board certification for students with severe and profound exceptional needs, while advocating for appropriate APE programming in her school district. Lauren strives to provide all teachers with the knowledge and tools to ensure ALL students have access to an equitable and appropriate physical education.

Session Title: General Modifications and adaptations for students with disabilities participating in PE distance learning

Presentation Description:

This session is for Adapted PE teachers and general PE teachers who are currently teaching students with disabilities in a distance/online model. Teachers will leave this session with the strategies and tools to modify and adapt their distance PE curriculum to meet the needs of students with disabilities.

Session Objectives: Teachers will leave this session with the strategies and tools to modify and adapt their distance PE curriculum to meet the needs of students with disabilities.

14. Name of Presenter Lois Mauch

Bio: Lois is the Director of Education for IHT. She received her master's degree at Virginia Tech. Lois is a certified online instructor. She has published two books, and various articles, being published in the National Journal for Sport and Physical Education, and Strategies several times, one titled, What Really Motivates Students. March/April 2007. Lois had a distinguished career as a physical education teacher, teaching all levels K-12, was the Physical Education Director with Fargo Public schools, served as an instructor in methodology, and technology at the collegiate level and directed several Federal grants.

Session Title: Online, Hybrid, or Face 2 Face, we have answers and resources at your fingertips.

Presentation Description:

With the pandemic touching all our lives, we have had to consider teaching physical education in non-traditional settings, and it has had its challenges. Motivating students to participate and personalizing it for each student is quite motivating and engaging. There are many commonalities between student engagement and continued student fitness. Students

know what they like and what they can or can't do when it comes to personalizing their learning. This session will share how to enhance personalized learning on an individual personalized program that is research-based and encourages students to continue a personal fitness program.

Session Objectives: 1. Experience purposeful technology for the collection of data that shows an increase in health and health literacy in your students. 2. Participate in a group discussion on strategies for enhanced personalized learning that showcases online, hybrid, or face 2 face methodology is successful in a learning environment leading to increased self-esteem and a lifetime of personal success. 3. Share and discuss how to implement enhanced personalized learning in your program.

15. Name of Presenter Lois Mauch & Lisa McVicker

Bio: Lois is the Director of Education for IHT. She received her master's degree at Virginia Tech. Lois is a certified online instructor. She has published two books, and various articles, being published in the National Journal for Sport and Physical Education, and Strategies several times, one titled, What Really Motivates Students. March/April 2007. Lois had a distinguished career as a physical education teacher, teaching all levels K-12, was the Physical Education Director with Fargo Public schools, served as an instructor in methodology, and technology at the collegiate level and directed several Federal grants.

Lisa McVicker Fort Collins, CO, Poudre School District.

After graduating from the University of Northern Colorado and earning a Master's degree in Educational Administration, I am entering my 27th year in education. I have been lucky enough to have the opportunity to work at the elementary, middle, and high school and as a paraprofessional, teacher, and administrator during my career. High school is my favorite. In addition to teaching, I have coached club and high school softball, been a Student Council Advisor and Activities Director. I love my job - every day is an adventure, and I love teaching physical education. I am married to my best friend Marty, and we have four amazing kids - Dylan, Brooks, Ryan, and Zack.

Session Title: Remote, Hybrid, or Onsite, IHT has a Solution for you!

Presentation Description:

Remote, Hybrid, or Onsite learning, we have the resources for you! IHT combines wrist heart rate technology, data analysis software and teacher and student curriculum resources that empower ownership of physical, mental and emotional health in students, while helping teachers, administrators and parents track student wellness and outcomes from K-1

Session Objectives

1. Experience purposeful technology for the collection of data that shows an increase in health and health literacy in your students. 2. Participate in a group discussion on strategies for enhanced personalized learning that showcases online, hybrid, or face 2 face methodology is successful in a learning environment leading to increased self-esteem and a lifetime of personal

success.3. Share and discuss how to implement enhanced personalized learning in your program.

16. Name of Presenter: Nikki Klinger

Bio: My experience includes teaching my three favorite subjects (PE, Health, Reading) and/or coaching all ages from Kindergarten through college. I am National Board Certified in PE and my Masters Degree is in Literacy. I have mostly taught elementary PE at Little Mountain Elementary. I love my job! I love to learn and grow! When I am not teaching I am usually busy watching our son's baseball games, paddleboarding, hiking and playing games with our whole family, running with my friends, and volunteering for the Mount Vernon Parks Foundation.

Session Title: Adding Social Emotional Learning Content to Asynchronous PE lessons

Presentation Description:

*Tips and tricks for adding SEL content to PE lessons

* Take away materials to be used immediately for each SEL component (via Google Slides).

Session Objectives: Participants will learn how to add SEL into PE while making connections between WA State SEL and PE standards.

17. Name of Presenter: Scott Williams

Bio: Scott is an Omnikin consultant, the founder/owner of Camp4Real and taught elementary physical education at Meriwether Lewis School for 15 years and high school summer PE for six years. He was the 2013 VAHPERD Elementary PE Teacher of the Year, and the 2015-16 VAHPERD and SHAPE Southern District Dance Teacher of the Year. Scott was also honored as a National Healthy School Hero by Action for Healthy Kids in 2017 and is a presenter and keynote speaker at physical education conferences across the nation

Session Title: Omnikin: Have a Ball with Socially Distant Fun for All!

Presentation Description:

Whether you are looking for a new or modified team sport, cooperative and community-building activities, fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that will generate excitement in your classroom like never seen before! Whether it's in a socially distant or the traditional PE environment, your students will have a BALL!

Session Objectives:

~ The participant will learn activities that promote fitness, team building, responsible behaviors, and skill development.~ The participant will be introduced to activities that support the Physical Education Standards of Learning and instructional best practices.~ The participants will be

introduced to equipment that is non-threatening and provides students with the opportunity for a higher level of participation without the fear of injury or intimidation.

18. Name of Presenter: Scott Williams

Bio: Scott is an Omnikin consultant, the founder/owner of Camp4Real and taught elementary physical education at Meriwether Lewis School for 15 years and high school summer PE for six years. He was the 2013 VAHPERD Elementary PE Teacher of the Year, and the 2015-16 VAHPERD and SHAPE Southern District Dance Teacher of the Year. Scott was also honored as a National Healthy School Hero by Action for Healthy Kids in 2017 and is a presenter and keynote speaker at physical education conferences across the nation

Session Title: KIN-Ball: Action-Packed and Fun for ALL!

Presentation Description:

The sport of KIN-Ball requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out! Every member of the team is involved in the continuous action as KIN-Ball promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and good sporting behavior. The only equipment needed is the official 48" Kin-Ball and you can play inside or out. Come have a ball with us!

Session Objectives

~ The attendee will be introduced to the rules of a non-traditional team sport with unique skills and rules.~ The attendee will learn skill development activities and lead-up games to promote student competency in participating in the sport of KinBall~ The attendee will be given instructional strategies including game modifications to accommodate class format, facility challenges, and the diversity of student skill levels.

19. Name of Presenter: Amy Masten & Toni Bader

Bio: Amy Matsen is originally from Pullman, WA. She is currently a secondary Physical Education Specialist for Seattle Public Schools at Robert Eagle Staff Middle School. The last few years (since 2018) she has been developing and implementing a Partner Physical Education

class and is enjoying seeing all the successes that it is having for the students and community. Toni Bader is CAPE-certified and the Adapted Physical Education Specialist for Seattle Public Schools.

Session Title: Connect through Inclusion – Virtual Partner PE Success

Presentation Description:

This session is a share out of strategies of what is working to get student with disabilities to “click in” and participate as well as connect with general education peers. This is a BIG collaborative process with the families, students, teachers, instructional assistants, and staff. During this session we will share some of the intentional planning, the strategies that are working, success stories, and the resiliency to reflect and continue to have an impact on our students health and physical education. (level is secondary but tips could be used for all levels)

Session Objectives Understand a basic level of inclusion Identify specific supports and strategies. Implement relationship building activities, List planning steps for inclusion, recognize your shift of mindset & engage in critical thinking

20. Name of Presenter: Toni Bader

Bio: Toni Bader is CAPE-certified and the Adapted Physical Education Specialist for Seattle Public Schools. Toni received her Bachelor’s degree in Adapted PE from SUNY Cortland in 2000 and her Masters in Adapted PE with a concentration in Adventure Education from University of Wisconsin-La Crosse in 2001. She is the 2019 SHAPE America National Adapted Physical Education Teacher of the Year and is currently excited most about collaboration and advancing our impact on supporting students with disabilities accessing physical education and physical activity

Session Title: SEL & Trauma - What we can do?

Presentation Description:

During this time Social Emotional Learning and Trauma are a reality not only for our students but for us adults. This presentation will be a basic level that takes the theory and research and talks about supports and strategies. My favorite tips from various resources will be shared.

Session Objectives

Understand a basic level of theory and research of SEL and Trauma. Identify supports and strategies Implement relationship building activities List various resources specific to SEL and Trauma. Recognize your shift of mindset & engage in critical thinking

21. Name of Presenters: Emma Sanders and Toni Bader

Session Title: Today’s PE - What’s Working & What’s FUN

Presentation Description:

This session is a share out of strategies of what is working to get students involved and

connected. This year has been trying for all, but WHAT CAN WE DO! During this session we will be sharing some activities, games, apps, and more that are getting students excited and “clicking in”. This is a learning process for all, but the big question is, how can we make learning FUN and engaging. Come ready to get an idea, a stem, a seed, an inspiration to go back to your students.

22. Name of Presenter: Whitney Hehemann

Bio: I have been teaching Health and Fitness for 13 years across WA and in MT. SEL has become a huge focus for me in my classroom. After attending many workshops I began teaching my peers and presenting and promoting SEL at staff PD. This will be my second time presenting at SHAPE WA. I am an executive member of the SHAPE board as well as this years SHAPE WA Health teacher of the year. I look forward to connecting and collaborating with you.

Session Title: SEL in Virtual World and Beyond- Health class and in the Gym

Presentation Description:

I will be going over some tips and tricks to continue or begin imbedding SEL into your classrooms virtually and beyond.

Session Objectives

Reviewing and learning tips on Social Emotional Learning

23. Name of Presenter: Paige Mac Leod

Bio: Paige Mac Leod is the Capacity Building Strategist at PPGNHI. She oversees the creation and delivery of the Spark*ED online sex educator training and sex educator professional development programs. She brings her passion for providing needed services to youth in high at-risk situations into building community partners’ ability to deliver sex education. She is a skilled facilitator and trainer with 25+ years of experience in international organizational development and non-profit management. She received a BS in Business Administration from Boston University, and is fluent in Spanish. In her spare time, Paige can be found baking up a storm, hiking and kayaking, but not all at the same time.

Session Title: Spark*ED - Online Professional Development on Sex Education

Presentation Description:

Spark*ED is a new, innovative online professional development program built on a racial equity & social justice platform. Interact with & learn about our self-paced & virtual instructor-led courses designed to deliver information, skills and theory required to deliver impactful and inclusive sex ed. OSPI approved for clock hours.

Session Objectives

Come and learn how you and your colleagues can benefit from our new and innovative Spark*ED online sex education courses. Launched in June 2020, Spark*ED courses focus on the information, skills and theory required to deliver impactful and inclusive sex education. Self-

paced courses are designed to build a participant's knowledge on the topic to prepare them to deliver accurate sex education in their community. Our virtual instructor-led courses focus on developing the skills needed to be an effective sex educator. Our philosophy towards sex education is at the heart of our curriculum. We believe sex education should be age appropriate, sex positive, LGBTQ+ inclusive, culturally responsive, medically accurate and trauma-informed. All course material is created with a social justice and racial equity lens and incorporates the latest information and research in the fields of sexual health, gender, adolescent development, learning styles, and behavioral change. Each course has been reviewed by content matter experts, including medical professionals, trainers, classroom teachers, school administrators, public health workers, and researchers. With over 20 years of eLearning experience for sexual health professionals, our team has been at the forefront of online training and education. We're committed to supporting the growth of youth-serving professionals who deliver sex education that incorporates a holistic and comprehensive understanding of human sexuality and healthy behavior. Learning Objectives/Targets: 1. Understand how the Spark*ED online professional development program can benefit teachers who deliver sex education. 2. Understand how the courses were designed to train teachers to address current sex education needs (medically accurate, inclusive, culturally responsive, age appropriate, trauma-informed). 3. Understand how to access and take the Spark*ED self-paced and virtual instructor-led courses.

24. Name of Presenter: Catherine Hasbrouck

Bio: Catherine is a Senior Schools Manager with EVERFI, supporting teachers across WA. She is a former 7th grade teacher and passionate about using technology in the classroom.

Session Title: Digital Wellness Lessons for Remote Learning

Presentation Description:

EVERFI offers no-cost digital lessons for teachers to utilize in the classroom. Particularly relevant during this time of remote and hybrid learning, EVERFI supports teachers with standards-aligned lessons that are fully digital, self-paced for students, and include auto-graded assessments. Our wellness resources take a prevention-focused approach, and engage students in topics ranging from mental health to vaping.

Session Objectives

Teachers will get an in-depth look at EVERFI's wellness resources for grades 6-12, including lessons on mental health, vaping, opioids, alcohol, and social emotional learning. Attendees will set up an account to explore resources, learn about implementation strategies, and walk away with turnkey next steps that will allow them to leverage these resources with their students.

25. Name of Presenter: Kristen French

Bio: Kirsten French, M.S., Programs Manager - Sports Adaptations and Camp Spark, Co-Camp Director of Camp Spark. Kirsten earned her bachelor's degree from Grove City College in special education and elementary education and her master's degree from Slippery Rock University of Pennsylvania in adapted physical activity. Kirsten is a Certified Disability Sport Specialist with an undergraduate degree in Special Education and has also done graduate work in Deaf Education.

Session Title: Virtual Resources for Students with Visual Impairments

Presentation Description:

This session will highlight the virtual resources that Northwest Association for Blind Athletes has available to support teachers working with students with visual impairments in PE, particularly the resources that are most impactful for virtual learning. We will be focusing on our video resource library, which provides over 20 videos to support athletes, teachers, families, and community members in implementing instructional strategies when working with individuals who are blind or visually impaired. These instructional resources are also helpful for teaching all students, particularly when in a virtual setting.

Session Objectives

Attendees will be able to :

- Identify at least five different teaching methods that can be used to make virtual learning more accessible.
- Break down locomotor skills, fitness skills, and object control skills, into their foundation elements and communicate these to a student virtually
- Describe how they would break down a lesson that they are currently teaching or will be teaching in the future in order to make the teaching accessible.

26. Name of Presenter: Karl Myers

Bio: I am a high school PE teacher at Mount Si High School as well as coaching tennis and baseball. I have an amazing team to work with here and we've been collaborating and building our online curriculum/process. I hope you find this session helpful!

Session Title: Utilizing Formative Assessments to Monitor Student Growth (Schoolology)

Presentation Description:

This presentation is meant for users of the Schoolology Platform to help them utilize formative assessments to monitor student growth & attendance in class.

Session Objectives

-How to use the Schoolology platform tools to your advantage-Utilizing formative assessments in Schoolology to:***Keep Accurate attendance ***Monitor Student Growth

27. Name of Presenter: Terri Farrar

Bio: I am the Assessment Chair for SHAPE Washington and an Associate Professor at Pacific Lutheran University in the Department of Kinesiology. I am also the director of our PETE/HETE teacher prep students.

Session Title: OSPI / SHAPE Washington - Physical Education Assessment Feedback & Pilot Opportunity

Presentation Description:

We will present information on the latest updates for the new Physical Education assessments. Teachers will have an opportunity to pilot the Components of Fitness Planning Assessment this fall in a rough draft form.

Session Objectives

Session Objectives: To provide teachers with an opportunity to provide feedback on the Components of Fitness Planning Assessment. To provide teachers an opportunity to pilot the Components of Fitness Planning assessment.

28. Name of Presenter: Terri Farrar

Bio: I am the Assessment Chair for SHAPE Washington and an Associate Professor at Pacific Lutheran University. I am also the director of our PETE/HETE teacher prep program.

Session Title: Virtual Formative Assessments**Presentation Description:**

Teachers will be given a variety of ways to assess PE and Health assignments using technology in a remote setting.

Session Objectives

Session Objectives: To provide K-12 teachers with multiple assessment options while teaching in a virtual environment. Learning Targets: Teachers can evaluate student learning in PE and Health using multiple technological tools.

29. Name of Presenter: Ryan Wise

Session title: Topic: Tips and Tricks to go back teaching Face-to-Face

Objectives/Learning Targets: In this session I will go through some weekly lesson plans, discuss sanitation of equipment and student seating, and technology used for teaching.

30. Name of Presenter: Lois Mauch

Session title: Remote, Hybrid, or Onsite, IHT has a Solution for you!

Bio: Lois is the Director of Education for IHT. She received her master's degree at Virginia Tech. Lois is a certified online instructor. She has published two books, and various articles, being published in the National Journal for Sport and Physical Education, and Strategies several times, one titled, What Really Motivates Students. March/April 2007. Lois had a distinguished career as a physical education teacher, teaching all levels K-12, was the Physical Education Director with Fargo Public schools, served as an instructor in methodology, and technology at the collegiate level and directed several Federal grants.

Presentation Description: Remote, Hybrid, or Onsite learning, we have the resources for you! IHT combines wrist heart rate technology, data analysis software and teacher and student

curriculum resources that empower ownership of physical, mental and emotional health in students, while helping teachers, administrators and parents track student wellness and outcomes from K-12.

Session Objectives

1. Participate in a group discussion on strategies for enhanced personalized learning that showcases online, hybrid, or face 2 face methodology is successful in a learning environment leading to increased self-esteem and a lifetime of personal success. 2. Review three methodologies for teaching in your physical education or health courses. 3. Experience purposeful technology for the collection of data that shows an increase in health and health literacy in your students.

31. Presenter: Curt Jordan

Title: Learn to Teach Virtual Parkour to Empower your Students

Description: Curt will take you through teaching basic parkour techniques, instruct how to engage with students virtually, & how to incorporate simple SEL pillars with the 5 components of physical fitness. Everyone can learn to do this and your students will be grateful for a PE lesson that will get them moving in a truly fun and challenging way. Too often kids are treated as fragile and incapable. With our parkour program kids will become physically and emotionally strong, ready to better the world!

BIO: Curt is a monkey. He runs around, climbs on top of things, swings from lamp posts and is excited to play with everyone! He has trained and worked as a physical therapy assistant, paramedic, personal trainer, lifeguard, parkour instructor, and a special education teacher. He has worked with kids since 1999 and loves to help people improve their minds, bodies, and spirits. Growing mindful movers is his passion and he is grateful to bring people together through play.

Session Objectives: