

Presenter: Nick Washburn

Title: A Step-By-Step Approach to Sport Education

Description: Are you interested in learning a unique approach to teaching various units in PE that gives the students more ownership in their learning and that they love? Come learn about Sport Education! This session will preview this instructional model and provide a specific plan for implementation.

Presenter: Abby Rose

Title: CATCH My Breath: E-cigarette and Juul Youth Prevention Program

Description: In 2018, [one in five](#) high school students and one in twenty middle school students reported that they had "vaped" in the past 30 days, a substantial increase in youth vaping from the previous year. The vast majority of e-cigarette products contain nicotine, and some, like the popular Juul vaping device, can easily masquerade as benign school supplies. CATCH My Breath is a best-practices youth E-cigarette and Juul prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of E-cigarettes, including JUUL devices. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards. And best of all, It's FREE!!

Learning Targets: 1) Participants will be able to recognize the health risks of vaping to youth. 2) Participants will be able to list three factors that have contributed to the rise in youth vaping. 3) Participants will be able to access and implement the CATCH My Breath program in order to help students gain the knowledge and skills needed to prevent e-cigarette usage.

Presenter: Mike Tindal

Title: Action Team Games

Description: In this session we will be presenting Gopher's Exclusive Action! Team Games. These will be Action! Packed and very active sessions!

Presenter: Linda Parker

Title: National Archery in the Schools Program demonstration

Description: Experience a sample lesson on the NASP archery range.

Presenter: Derek Severson

Title: Attack of the Invaders

Description: Invasion Games. What are they? How can they be enhanced to increase the comprehension of applied skills and concepts. This ACTIVE session sponsored by GOPHER Sport will share creative ideas that will enhance student learning and increase participation rates by modifying the instructional approach to traditional Invasion Games. Come prepared to participate in an ACTION-PACKED lesson, take away easy instructional strategies, and leave ready to take Invasion Games to the next level with your students.

Presenter: Derek Severson

Title: Building Positive Relationships thru FUN Social Emotional Activities

Description: Social and Emotional Learning (SEL) is an essential component of high-quality Physical Education programs. This ACTIVE learning session sponsored by GOPHER Sport will introduce attendees to SEL activities that build relationships through problem solving, teamwork and socialization skills. Come prepared to participate in an ACTION-PACKED lesson, take away easy SEL activities, and leave prepared to build positive relationships through this memorable learning experience.

Presenter: Coach Myers

Title: Building Relationships & Empowering Leaders

Description: Tools to help build relationships with all students and strategies to integrate leadership lessons into your daily classroom routines

Presenter:

Title: Cancer Happens®: Teen Cancer Education

Description: Cancer Happens® is a cancer education and risk reduction program offered, free of charge by Cancer Pathways to adolescents in middle, high school classrooms. Cancer Pathways addresses barriers faced by teens in accessing and understanding empowering steps they can take to prevent and reduce their own risk of cancer as well as that of their loved ones (e.g., HPV immunization, smoking and vaping cessation, physical activity and nutrition). The content for Cancer Happens® is regularly updated to reflect national guidelines on cancer risk reduction and prevention. In addition to in-person student-engagement, via Cancer Pathways trained health educators, Cancer Pathways provides an option for teachers to be trained on how to use the Cancer Happens® e-learning program for their own classrooms. Cancer Pathways also provides information sheets that can be used to supplement any existing curriculum related to this topic. This flexibility built into Cancer Happens® digital platform enables Cancer Pathways to reach students in both urban and rural areas and moreover enables teachers to teach this topic at their own convenience and pace.

Presenter:

Title: GO Dough: School Wellness Funds Made Simple

Description: Let's face it: school fundraising is broken. But it doesn't have to be for your campus. GO Dough combines an online platform, financial services, and health-focused fundraising to make it simple for schools to raise and spend money on campus wellness. No limited catalogues of equipment to choose from. No restrictive vendor lists. No red tape. Sound interesting? Best of all, schools keep 75% of funds raised while helping to support your professional organization, SHAPE Washington! Learn how to get started in this session.

Presenter: Hilary Franks

Title: Cooperative Game Creation #Physhedchopped Style

Description: Are you eager to exchange your traditional games and activities for something fresh and new? This session will give a brief overview of a framework to focus on strategic, original, and imaginative game creation to enhance your lessons. Participants will collectively brainstorm to create new, exciting games that will be shared among the group to use in their physical education classes.

Presenter: Mike Tindal

Title: Cooperative Team Games

Description: In this session we will be demonstrating Gophers activities with the emphasis of Team work!

Presenters: Lauren Wood and Rebecca Hultman

Title: Designing Unit Progressions for ALL Abilities

Description: This is a hands on activity-based session designed to help teachers plan activities and units which are inclusive for all students, regardless of their ability. Teachers will learn how to break down a complex unit and make it accessible for all learners. Teachers will learn how to teach fundamental motor skills in tandem with game concepts and strategies to ensure all students are engaged in meaningful activity and play.

Presenter:

Title: Confident Me! - Dove Self Esteem Project

Description: This is an interactive session that will introduce the free "Dove Confident Me" Program, designed to build body confidence and enhance self esteem in students. This is a free and research-based program built on National Health Education Standards. You will leave this session with the revised five sessions covering the main themes of Appearance Ideals, Competing and Comparing Looks, Media and Celebrities, Body Talk, and Being the Change. If you have attended

this session in previous years, this presentation will cover the updated materials developed in late 2018. Participants will receive a thumb drive with the curriculum and all materials needed to deliver the program.

Presenter: Emily Maughan

Title: Substance Abuse Prevention Tools for Middle Schools

Description: This presentation will give specific details about the "LifeSkills Grant" that OSPI offers to middle schools throughout the state. This grant will pay for the Botvin LifeSkills Curriculum, which is a substance abuse prevention curriculum. The presentation will also talk about how to use the Healthy Youth Survey (HYS) data to inform ones work. It'll also provide current resources on topics such as vaping and marijuana, and talk about what works and what doesn't work in substance about prevention.

Presenter: Alliance for a Healthier Generation

Title: 2017-18 Evaluation Results for In-person Professional Development Trainings (August 2017 – October 2018)

National Physical Education and Physical Activity Content Advisor: Eric Larson

Total Number of In-person PD Trainings: 67

Total Number of Participants: 2,040

Average Number of Participants per Training: 30

Total Number of Participant Evaluations: 1,116

Total Score: 5,365

Average Score: 4.81

Summary of PD Trainings:

Name PD Training	# of PD Evaluations	Total Score	Average Score
Activate Your Colleagues: Integrating Physical Activity During the School Day	188	907	4.82
Follow the Map: PE Standards & SLO's	85	399	4.62
Increase MVPA in PE	622	2,988	4.80
Learn to Move/Move to Learn in the Classroom	42	200	4.76
Meeting the Mark with PYFP	179	871	4.87
Totals	1,116	5,365	4.81

Scoring Rubric

5 = Excellent

4 = Very Good

3 = Good

2 = Fair

1 = Poor

Presenter: Kallan Campa

Title: Fistball, A Game for All - Introduction to the Sport and Modification Techniques

Description: Fistball has existed for centuries, yet remains relatively unknown to most Americans. By introducing an unfamiliar sport to students, they may be more inclined to “Move to Improve” as they all must learn the skills from the beginning. In our presentation, teachers will learn about modifications for different grades to aid in the planning of a scope and sequence for the game of Fistball. An overview of the sport, including where it originated from, gameplay, and rules, as well as a demonstration of how to play will be given. Fistball resources will be shared so teachers understand the fundamentals of the game before adding their own creativity to their lessons.

Presenter: Adam Marshall
Title: Wake the Fitness UP!!

Description: Fitness is not an outcome but a life-long process. While improving the fitness of students is a great short-term objective, improving the fitness knowledge of students can change their life for years to come. It may not always be realistic to see drastic fitness gains in the short time we’re with kids so let’s get back to the science of fitness and give them the tools they really need.

gym

Presenter: Jeremy McIver
Title: Intro to Goosechase in Health and Physical Education

Description: Would you like to have a fun and interactive tool to assist in your teaching? A tool where you can use for both formative and summative assessments? A tool where the kids are completely engaged? Then you need to attend my session on how to use GooseChase in your class. We will touch on a variety of ways this tool can be used in both health and physical education. You will also be given time to brainstorm ideas on how you might be able to use it in your class. At the end, you will come away with activities you can use right away.

Presenter: Adam Marshall
Title: Ready, Set... Action!

Description: In an article by Kim Syman she states, “Data is among the most powerful, under-utilized, and incompletely understood forces in social problem solving.” Collecting hard data in PE can drastically change the impact we have on our students, districts and communities. In this session we’ll be discussing the actionable strategies you can take to make the most of your data.

classroom

Presenters: Marilyn Cohen & Ken Turner
Title: FoodMania: A New Media Literacy-Based Nutrition Curriculum

Description: Marilyn Cohen, UW, and Ken Turner, OSPI will introduce FoodMania: Kids and Food in a Marketing-Driven World, a new media literacy-based nutrition curriculum. Based on extensive research and field testing conducted here in Washington, this new curriculum for grades 4-8 offers a wealth of activities and resource materials throughout its carefully crafted lessons. We will examine strategies for presenting this new curriculum either in its entirety or offering only select lessons, including examples of some of the many activities, images and videos that have proven so engaging to students.

Presenter: Stacie Masterson
Title: Game On!

Description: Exciting new fundraising opportunity. Engage elementary and middle school students with stations that focus on flexibility, strength, endurance and agility while empowering them to improve their health while helping others and your PE program!

Presenter: Krista Winn

Title: Getting Started with Health.Moves.Minds.

Description: SHAPE Washington has partnered with SHAPE America to promote Health.Moves.Minds. as a fundraiser for Health and Physical Education classes. Krista Winn, the presenter, participated in Health.Moves.Minds. during the pilot project last spring. This session will provide a description of the program, resources available, and ideas to get started.

Presenter: Hannah Mc Hugh

Title: Culture of Consent: Communication and Play

Description: Asking for what you want, setting and enforcing boundaries, listening to and respecting others are powerful tools for us all to learn and practice. Learn games and activities to help cultivate a culture of consent in your class.

Presenter: Eric Larson

Title: Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education While Using IHT Zone Heart Rate Monitors

Description: Utilizing evidence-based strategies can 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.

Presenter: Eric Gelfand

Title: Introduction to Ultimate Frisbee

Description: Welcome to Ultimate Frisbee, a wildly fun team sport for all ages, that uniquely fosters citizenship by focusing on self-refereed conflict resolution and celebration of difference and sportspersonship, through exalting the 'spirit of the game.'

Presenter: Johnathan Siregar

Title: Jumping Jon Fitness

Description: Mini Trampoline fitness for group exercise

Presenter: Judy Beard

Title: Wheel of Fitness

Description: Join us to learn how to make your own Wheel of Fitness board that can be used in multiple other settings as well. If you are looking to IMPROVE your cross-curricular teaching, gamification strategies, and student engagement, this presentation is for you! Not only will you have the opportunity to experience the activities, but you will also learn how to re-create the "wheel" and apply the same strategies to your classroom.

Presenters: Ken Turner & Susan Sellers

Title: Data Dive: looking at PE and health metrics from 2018-19 metric collection

Description: This session will explore trends in Washington state 2018-19 Physical Education (and Health) data reporting from districts. How are the average minutes looking statewide? Number of waivers districts are offering? Explore this data and work in small teams to reveal more information to support your practice.

Presenter: Kirsten French

Title: Universal Designs of Learning for Students with Visual Impairments

Description: This session will explore adapting PE and physical activity for individuals with visual impairments using the Universal Designs of Learning framework. Attendees will have the opportunity to learn about different ways to adapt PE units and curriculum for students with a variety of visual impairments. Additionally, all participants will gain hands on experience through practice adapting lessons and utilizing accessible equipment.

Presenter: Lauren Wood

Title: Guidelines for Physical Education Programming for Students with Disabilities

Description: This session is designed to answer one of the most recurrent questions I get asked by teachers who teach students with disabilities: "What am I supposed to teach?!" This session will break down how to create a lesson, unit, and scope and sequence that is individualized to the needs of the student, but also aligns with the state Physical Education (PE) Standards. We will discuss general guidelines when planning content that is functional, fun and meaningful to all students, whether they are included in general PE or in a separate setting.

Presenter: Lon Seiger

Title: Using a Class Ritual to Excite Students About Learning

Description: This interactive and engaging session will highlight the value of using a class ritual to get students excited about learning. You will be invited to participate in an actual class ritual presently being used in Health classes today. Time will be given to design your own effective ritual to take back home and use with your students. Also, data will be briefly shared demonstrating the effectiveness of including a class ritual to spark learning.

Presenter: Lori Dunn

Title: SHOW ME THE MONEY

Description: This session will allow the participant to learn, experience and hear about success in funding for programs/classrooms/systems.

Presenter: Matt Burk

Title: Experience Speed Stacks – Skillastics: A Group Activity!

Description: This session will feature movement based lessons from our comprehensive curriculum to include our group activity kit Speed Stacks-Skillastics!

Presenter: Adam Marshall

Title: Next-Level Nutrition

Description: When it comes to nutrition we know two things – 1. Nutrition education is vital for kids to have a complete understanding of fitness and health. 2. It isn't always apparent when and how to incorporate nutrition into PE. Join us as we take an active look at nutrition games that will surely put smiles on student's faces.

Presenter: Peter Marcy
Title: Adapted Physical Education 101

Description: We will give a brief history and description of what adapted physical education, go through some activities that are appropriate for all students, how to adapt activities to meet the needs of students, and end with sharing ideas and questions.

Presenter: Rebecca Hultman
Title: Resistance Training Considerations for the Adapted Athlete

Description: This session will focus on different strategies for planning a resistance training program for individuals with an array of disabilities. The session will cover different topics, such as; accessibility, injury prevention, safety, inclusivity and lesson plan strategies. During the session teachers will have the opportunity to see and participate in adaptations for the weight room setting. The session will also cover strategies and safety for integrating students with visual impairments in the weight room. We hope this session will help teachers feel comfortable designing a resistance training program for individuals with a disability, integrating students into the class community, and promoting a lifetime of healthy living.

Presenter: Bianca Smith
Title: School Wellness and Academic Success

Description: Discover how school wellness initiatives and Child Nutrition Programs (such as the National School Lunch Program) help prevent obesity in the students you serve.

Presenter: Whitney Hehemann
Title: SEL- Restorative Justice in your Gym/ Health Classroom

Description: Restorative Justice- Overview of what Restorative Justice is and what it looks like. We will have two applications to bring back to your school ASAP. Specific areas we will go into detail on are talking circles and affirmative statements.

Presenter: Terri Farrar
Title: Skills-Based Health Education – What Is It and How Do I Teach It?

Description: Teachers will learn what skills-based health education is and how to incorporate the skills of health education into their current content. By using the skills of health your students will have many opportunities to Move to Improve their health literacy on a regular basis. Teachers will also learn how to formatively assess the skills of health education using various strategies.

Presenter:
Title: Get Moving with Speed Stacks!

Description: This session will feature an interactive learning experience with Speed Stacks! Get moving through our comprehensive curriculum which features 20+ games and activities. In addition, we'll highlight the Sport of Sport Stacking plus our new Speed Stacks-Skillastics Group Activity Kit! Learn the physical and academic benefits Sport Stacking has to offer!

Presenter: Toni Bader-National Adapted PE Teacher of the Year 2019

Title: Supporting students with Social Emotional needs

Description: Behavior is one of the biggest topics teachers complain about. When we look at students who are labeled EBD or with a Social Emotional Disability, many people see a “bad kid.” This disability can be looked at as a hidden disability as most of these students are able bodied and active, yet still are adversely impacted in accessing the physical education curriculum. During this session we will look at relationships, Positive Discipline approach, student behavior as communication, as well as from the lens of Trauma Informed Practice. We will discuss tips and strategies, go over specific games and activities, and provide resources for Trauma Informed Practices and ACES. Lastly, we will unpack an activity and look at intentional planning for student success.

Presenter: Lauren Wood

Title: Task Analysis of Fundamental Motor Skills

Description: This session is designed to help teachers recognize the critical elements needed for students to perform fundamental motor skills required for daily living, recreation and sport. This session focuses on students who are having difficulty keeping pace with their grade-level peers or struggle to learn basic fundamental motor skills

Presenter:

Title: KIN-Ball: A Non-Traditional Action-Packed Game

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. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48" Kin-Ball. Play inside or out. Have a ball!!

Presenter:

Title: Omnikin: Fitness Fun, Team Building, Cooperative Games, Skill Development

Description: Experience all these components of quality Physical Education using Omnikin's 14" to 48" durable, light-weight balls. Omnikin products and activities support the number one instructional best practice for Physical Educators.....all students actively engaged in learning.

Presenter: David Scattergood

Title: The Truth about Drugs

Description: The presentation will cover current drug use statistics and the true societal and health consequences of usage, why people take drugs and how drugs affect the mind. Free educational materials from Foundation for a Drug Free World will be highlighted including excerpts from the award winning “The Truth about Drugs documentary.”

Presenter: Chellie Lafayette – Western District Elem PE Teacher of the Year 2019

Title: Midline Crisis, Helping Vestibular Systems Grow!

Description: Many of our young children arrive to school with underdeveloped vestibular systems. We are seeing children with challenges in motor planning, balance, crossing midline, focus, tracking and learning. This session will provide the attendee with activities, games, and exercises that will help build the sensory systems for every young child.

Presenter: Jennifer Hendrickson SHAPE Washington Middle School Teacher of the Year 2018

Title: Using Peer Feedback and Peer Assessments in PE

Description: This session will share ways in which peer feedback and peer assessment can be used in Physical Education.

Presenter: Hans van der Mars – Keynote speaker from Arizona

TITLE: Better Eat Your Vegetables!... Weaving Formal Assessment Into Your Instruction.

DESCRIPTION: In this activity-based session, attendees will learn about how formal assessment can be integrated into regular lessons. Attendees will have a chance to use a sport-based performance scoring guide while monitoring modified game play.

Presenter: Carri Kreider

Title: "When do we get to play? Right away!"

Description: Students learn best through play. In this session, you'll learn how to set up games to start class while implementing the "Teaching Games for Understanding" model, with the tactical approach to games. Learn how to modify games to emphasize tactics that can carry over to various sports in the same category, while students also "move to improve" their cognitive and affective abilities thru TGFU.

Presenter: Nichole Calkins

Title: Why Do I Have to Run the Mile?

Description: This session presents a series of lessons that secondary teachers can use in their physical education classes to help students understand the value and importance of cardiorespiratory training to their health and wellness. Students often want the answer to "why are we doing this?" Teachers will leave with a creative and engaging way to help students choose to participate in aerobic training activities.

Presenter: William Reamer & Emily Maughan

Title: Prevention science: Integrating effective strategies for preventing substance use and improving mental health

Description: The WA State Health Care Authority/Division of Behavioral Health and Recovery (DBHR) will cover the high level basics of substance use disorder prevention science and how it aligns with the work that health educators are already doing with students. We will talk about what strategies are effective in prevention and what some of the common missteps are. We will discuss the WA statewide system and share resources that are available to you and your community. Just as health and physical education has transformed in recent history, so too has the prevention field. If your prevention lens is based on experiences with DARE, signing petitions or perhaps scare tactic campaigns (think "This is your brain in drugs"), this session will provide you with new, effective tools to foster healthy youth and students.

Presenter: Kristen Haley

Title: You Can Be a Positive Influence: Tools to prevent underage marijuana use

Description: Presenters from Washington State Department of Health (DOH) and Ken Turner from OSPI will walk through a sample middle school lesson plan to prevent underage marijuana use and build protective factors among students. Attendees will get resources from the DOH marijuana prevention and education campaigns for youth and influential adults.

Presenter: Healthy School Trainers

WSCC Model

Active Schools

CSPAP