

KAHPERD Convention Sessions Preview

Exciting and New Sessions are in Store at the KAHPERD Convention!!!
University of Kansas in Lawrence, November 1-2



2012 National Elementary Teacher of the Year to Present!

We are very excited to announce that PJ Jarvis, the 2012 NASPE National Elementary Teacher of the Year, will present at Lawrence. PJ has said, “I am always challenging myself to find or create fun and innovative ways to integrate physical education, health, science, math, etc. into my lessons and our school community. I am blessed to work with outstanding educators who understand the importance of physical education as a core component of our children's education.”

Hantis to Make its KAHPERD Debut

Ben Fatheree, co-creator of Hantis, will give a demonstration and 2 presentations on the exciting new game called Hantis. This game, aimed at middle and high school students, received the 2011 Playworks Best New Game Contest award, the "Most Elegant" award at the Steel City Games Fest in Pittsburgh, and was the 2011 winner of the Healthy Schools Campaign's Ideas for Health & Wellness Contest. Hantis would be a wonderful activity for PE programs as well as a great drop in activity for a Comprehensive School Physical Activity Program for middle and high schools.

Elementary Sessions Include:

- “MAX OUT: Design with the Student in Mind” - This session will provide quick management ideas for the elementary physical education program and will be offered while learning activities and skills. Included concepts are quick assessment strategies, ways to increase practice time, social skill enhancement, and instant activities.
- “Active Academics...Learning in Motion” - This session will give you ideas to put academic lessons in motion, add brain breaks and make learning fun.
- “READ to PLAY -- Rewarding Activity Through Reading Points” - A unique merge between the PE Department and your schools Accelerated Reader Program. The students receive organized activity time in the morning by reaching reading goals.
- “Physical Education with ELLs” - Using SYOP principles, good teaching practices, and common sense physical education teachers can enhance English Language Learners ability to learn English while learning and participating in physical education classes.
- Start a "Trips For Kids" Chapter for Healthier Kids – “Trips For Kids” (TFK) has a 25 year history of success across the US and Canada and is well-sponsored by numerous corporations and NGOs. TFK puts kids on bicycles and conducts safe rides. It also provides the bikes, equipment and supplies for free. The presentation will describe how to start and maintain a TFK chapter.
- “Let's Be Cool and MOVE!” - Through the use of Character is Cool and Let's Move in School Skillastics activity kits, participants will gain new ideas for ways to promote physical activity and good character. Skillastics games are ideal for any size Elementary or Middle School class and can be used in the classroom, at recess, before and after school, and with families and community members. Come ready to experience the fun and excitement of two of the newest Skillastics products.
- “School Tennis – A Whole New Ballgame!” - The U.S. Tennis Association makes tennis easy to incorporate into your school programming with lesson plans, station signs, Tennis Skillastics, an after school tennis handbook, and more. No courts? No problem!

Secondary Sessions Include:

- “Hantis!” - The wait is over! Prepare yourself for the best game ever. In Hantis, players put paddles aside, and instead, use head, hands and feet to volley the ball. The game may look like doubles ping-pong, but the gameplay is most similar to that of volleyball with its sets and spikes, basketball for its dribbling, and soccer for kicking. Middle school and high school students will love this game.
- “Cooling Down Your Classroom: Just 1, 2, 3, Breathe” - This highly interactive session will provide participants with tools to make the connection between positive student behavior and academic achievement. Participants will learn powerful effective strategies including cool down strategies as a way to positively and proactively manage student behavior. This unique, data-driven program gives participants the tools to incorporate 5-10 minutes of relaxation, breath work, movement and yoga into the classroom daily to minimize disruptive behavior, increase student attentiveness, honor student wellness and create a cool classroom dynamic.
- “Undercover Fitness” - Fitness activities disguised by so much fun they won't even know they are "working out."
- “Learning Strategies for Critical Thinking and Student Engagement” - Engaging students and promoting their critical thinking skills through discussion and writing enhances the learning experience as emphasized by Bean (2011). This presentation will introduce several of his strategies and active learning activities and how to use them effectively in classes. Attendees will be encouraged to share their assignments for improving students’ learning. Strategies will be examined within the fields of health education and sport management, and can be adapted for many topics in high school or college classrooms.

Adapted Physical Education Sessions Include:

- “All Good Physical Education is Adapted: Practical Applications For Inclusion” - K-12: Co-workers from Adapted and General P.E. are highly encouraged to attend together! Information will be presented on how to utilize your APEs and Paras; Ideas on how to modify for Ball, Racquet, and Net games, Fitness Testing, Jump Rope, and more. This is a great opportunity for problem-solving your individual "How To..." and "What Ifs".
- “Where Is That Cache Hiding Anyway?” - Come and experience the fun we had while learning to find those hidden caches - around our campus and into the community. Strategies used for teaching students with disabilities to geocache will be shared, along with all the cross curricular implications. Don't miss out.
- “Say What?! Nonverbal Communication in the Gym” - This session is geared towards creating successful situations for students with nontraditional forms of communication and will be beneficial to Adapted personnel and general education PE teachers who work with students with communication deficiencies. Strategies learned can also be easily applied to students without communication delays, as every person benefits from using all 5 senses.
- “Make-n-Take Equipment” - Make It Today! Take it with you, and start using it with your students on Monday! Join us and make Poi Balls for teaching jump rope, fun waste hose equipment, and key rings/ lanyards for students with communication and/or modification needs.
- “Adaptive Physical Education- getting staff moving WITH the kids” - An interactive presentation where staff moves and simulates certain disabilities during common physical education activities. Attendees will also participate in some warm up activities used by Lawrence APE staff.

Health Education Sessions Include:

- “Creating a Safe Zone in Your Classroom” - This session is designed for educators to increase their knowledge of Lesbian, Gay, Bisexual, Transgender, and Questioning youth issues and how to make the school environment a safe zone for all. Participants will define key concepts related to sexual orientation through group activities and discussions. Participants will also learn tips to successfully facilitate classroom inclusiveness and to advocate for LGBTQ youth.
- “Your Body is Talking, Are You Listening?” - Paying attention to the unspoken language of your body can open up windows of insight that can put you on a path to better health. Holistic Nutrition Coach Karen Duggan helps you to connect the dots between real food and good health.
- “Professor BeHealthy Goes to China” – Kim Morrissey will share her experiences from her trip to China. She will share what Chinese children do for physical activity during their school day as well as before and after school hours. Professor BeHealthy will also share food pyramid differences.
- “Student –Centered Activities for the Health Classroom” - Students learn best when they are able to link course concepts to previously existing knowledge and personal experiences, use critical thinking skills to address difficult problems and teach class concepts to their peers. The purpose of this presentation is to share knowledge, teaching strategies and interactive activities that will help teachers gain a better understanding of how to actively engage students in critical thinking activities in a college human sexuality or personal health class. Specific strategies discussed will include young adult sexuality, sexual decision-making, birth control, and consent and how they can be adapted for use in high school and college classes.

Dance Sessions Include:

- Drums Alive! - A new and unique rhythms workout. How can you use an exercise ball, a 5 gallon bucket and a set of rhythm sticks to teach rhythms and raise your heart rate? Let me show you this activity that is taking the east coast by storm and let's bring it to our students here in the Midwest.
- “Dancing In The Streets!” Part 1 is for K-2nd grade students, and Part 2 is for grades 3-5. - Disco didn't die; it just got its boogie on at a hoedown for the last 40 years!!! Join a variety of Physical Education and Music Teachers as we share our Dance events from our schools. We will teach you dances that we have taught our students to perform Boogie on the Blacktop, Harvest Hoedown, Disco on the Drive and Dancing through the Decades. In this two part presentation you will walk away with a multitude of easy dances. We will give you all the details for a successful school dance performance.
- "Whole, Part, Whole" Method of Teaching Dance - Country Line Dance taught using the "Whole, Part, Whole" Method of teaching dance. Two complete line dances will be taught-"Boot Scoot Boogie" and "The Watermelon Crawl".
- “Flash Mob Craze” - Learn what a Flash Mob is and what this popular event is all about. Get ideas on implementing a flash mob performance that gets your students exercising and having fun while expressing themselves too.

Special Bullying Session

- Through the help of Dr. Darrel Lang of the KSDE, Dr. Gary English, Department Head for Public Health at Western Kentucky, will present, “Don't be Mean Behind the Scene: Bullying.” Nearly one in five students in an average classroom is experiencing bullying in some way. The rest of the students, called bystanders, are also affected by the bullying. Providing safe classroom environments is an important part of the mission to reduce bullying. Students who bully can have a wide-ranging impact on the students they bully, students who observe bullying, and the overall climate of the school and community. This session will explore policies, practices and lessons that are designed to address bullying issues.

Technology Sessions Include:

- “iPad: The Greatest Innovation for PE Teachers Since the Invention of the Whistle” - This session will show how to use the iPad to reinvigorate your teaching career. Applications for use in the physical education, strength training, health instruction, coaching settings will be demonstrated along with a lot of other cool iPad tips and tricks. The session will be focused on instructor's use of the iPad and not student use.
- “Geocaching” - Geocaching is a worldwide scavenger hunt that is a great activity to teach in your classrooms! This session will teach you how to use it in your classroom and get your students moving all around your school! No experience required, just come ready to move and learn what geocaching has to offer you! We will go outside and look for caches, weather permitting!
- “Managing sets of iPads for classroom use” - The ESU HPER department is integrating Apple mobile devices into some classes. Some of the challenges of doing this will be discussed along with what we have found to be best practices.

Higher Education Sessions Include:

- “Call for Graduate Research” - This is an opportunity for graduate students who have completed or nearing completion of their research to present their findings.
- Practicum and Student Teacher Placement Issues (Round Table) - The following topics will be discussed in a round table setting:
 - What challenges, if any, does your division of education face identifying quality placements for practicum and student teaching candidates?
 - Does the paper work required for maintaining teacher education state accreditation create a burden on the mentor teacher?
 - What is your institution's policy related to stipends or other compensations to mentor teachers?
 - What is your institution's policy related to compensation/release time for the college/university supervisor?

Coaching Sessions Include:

- “Standards for Coaches!” - NASPE Past President Dennis Docheff will present a session on NASPE's National Coaching Standards.
- “Baseball Practice Organization” – Ritch Price, Head KU Baseball Coach, will preside over this session which will allow KAHPERD members to attend a University of Kansas official baseball practice and interact with the KU coaches and players.
- “Preparing Your Athletes for the Next Level” – Megan Smith, Head KU Softball Coach, will discuss how you can focus on getting the most out of your athletes and preparing them for the next level. Topics covered will include: on field development through innovative practice planning; off field development including academics and social behavior; and helping the athlete understand the recruiting process and what college coaches are looking for.
- “Teaching and Coaching Movement, not Muscles” - Clark Campbell, KU Head Swim Coach, will give a coach's prospective on teaching athletic qualities by focusing on basic movements instead of muscle.
- “Improving Body Image – For Coaches and Parents” – This presentation will focus on the ways in which coaches and parents can improve body image in youth. Not surprisingly, research shows that overweight and obese kids will be more likely to adopt healthy weight control behaviors (i.e. balanced eating and physical activity) when they have positive body image. This will be an interactive session where individuals actually practice the exercises intended to promote body satisfaction.

A complete list of all KAHPERD Convention sessions will be placed in the October Journal.