



CONNECT·GROW·LEAD

KAHPERD

CONVENTION 2018

**Emporia State University
October 24-26, 2018**

**KAHPERD Convention – Emporia, KS
October 24-26, 2018
Committee Chairs**

Convention Manager	Kim Morrissey
Convention Program	Claudia Welch
On-Site Managers	Sunnin Keosybouheuang
Exhibits	Shawna Shane and Katie Mathews
Banquet	Sunnin Keosybouheuang, Hannah Kipfer
Registration	Kim Morrissey, Jannelle Robins-Gaede, Jason Ramirez
Parking	Paul Luebbers and Matt Howe
Snacks/Hospitality	Kendra Hodges, Clint Longacre, Hannah Kipfer and Sally Miller
Equipment	Matt Howe, Diane Mangus, Tyler Goad
Signs/Maps/Boards	Jennifer Thomas, AJ Johnson, Mark Stanbrough
Packet Preparation	
Pre-Convention Social/Awards	Katie Mathews, AJ Johnson, Sally Miller
Social/Entertainment	Kim Morrissey
Publicity	Kim Morrissey, Jason Rameriz, April Baugh
Gifts/Door Prizes	Kim Morrissey, Claudia Welch, Convention Committee
Grants/Outside Funding	Kim Morrissey, Vicki Worrell, Sunnin Keosybouheuang
Techonolgy	Mike Butler, Tyler Goad
Hotel	Kim Morrissey

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Emporia State University



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Special Guests

2018 KAHPERD Convention



Sandy Spin Slade

For over 22 years, Sandy Spin Slade was considered one of the best basketball handlers in the world, performing for thousands at NBA half-times, schools, and special events around the globe.

Additionally, she revolutionized the educational market by introducing Skillastics®, oversize board games that allow all children to have a positive experience being physically active. Since 2002, Skillastics has been enjoyed by over 10 million students in over 25,000 education settings nationwide. Sandy is also known for being one of the premier session speakers/presenters at Physical Education & After School Conferences throughout the country, inspiring thousands to enjoy all the benefits physical activity provides.

In January, 2017 her High School Ala Mater named their gymnasium; Sandy Spin Slade Gymnasium in her honor.



Andy Horne

2015 National Health Teacher of the Year, has taught Health and Physical Education for the past 16 years at New Trier High School in Winnetka, IL. Andy presents at various national and state conferences sharing lessons and ideas on the topic of engaging students in the health classroom. One of his most unique talents is creating “Scholarly Raps,” - [YouTube.com/ahorne23](https://www.youtube.com/ahorne23) and then performing these captivating songs to his students and social media followers. He shares his passion for teaching through social media and shares teaching ideas through his blog –

[Tools2Engage.Wordpress.com](https://Tools2Engage.wordpress.com)

Andy believes in the importance of students developing feelings of self-confidence and self-worth, empowering them to believe they can accomplish their goals. He passionately leads with enthusiasm, providing students the tools to make healthy decisions and inspiring them to be both health literate and persistent life-long learners. Andy received his B.S. in Kinesiology from Indiana University, Bloomington in 2002 and his M.S. in Education from Walden University in 2008. He is an active member of the Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD), the American School Health Association (ASHA), and SHAPE America. Andy’s reputation as an innovative health teacher precedes him and his positive approach to education remains fresh and dynamic with a willingness to share ideas and listen to those of others.



Brain Devore

Before accepting his role as Health and Physical Education Coordinator for Fulton County (GA) Schools, Brian Devore had over 25 years of exemplary teaching experience at the middle and elementary levels. 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. Most recently, he was the recipient of the first OPEN National Trainer Impact Award for his service and dedication to OPEN. In 2005, Devore was named Georgia's Middle School PE Teacher of the Year. Along with his current position, Brian is a two-time Georgia AHPERD President, Georgia AHPERD's Social Media Director/Webmaster, OPEN National Trainer, and SHAPE America Southern District President.



Dr. Deborah J. Rhea

Dr. Deborah J. Rhea is a full professor in Kinesiology and Associate Dean of Research and Health Sciences in HCNHS at Texas Christian University. She prepares K-12 physical education teachers and is fully invested in her newest research called LiINK (Let's inspire innovation 'N kids) which examines whole child development through the addition of unstructured, outdoor play breaks and character development in the schools daily. She has published over 50 peer reviewed articles and 14 books on physical activity, eating disorders, and adolescents with a primary emphasis on diversity, behavior change, and motivation, presented at over 300 different local, regional, national, and international conferences on many different topics, been an invited speaker on stress, healthy living, behavior change, motivation, and eating disorders on numerous occasions, and develops and trains physical education and classroom teachers at in-service/workshop trainings on developmentally appropriate K-12 practices nationally. Her newest book will be out Fall, 2018 called *Wrong Turns, Right Moves in Education*. Go to www.liinkproject.tcu.edu for more information.



Thomas Ascough

He is a co-founder of PLYOGA Fitness with celebrity trainer Stephanie Lauren. Thomas uses his role within PLYOGA to provide continuing education for fitness and education professionals, as well as overseeing all major company endeavors. He is a Certified Personal Trainer with the National Academy of Sports Medicine and uses his background in National Sales Management to help his clients and event participants understand how their influence and potential in fitness education correlates to general success in life for themselves and others.

www.PLYOGAFitness.com – www.TASCOFit.com



Stephanie Lauren

Stephanie Lauren is an award-winning fitness and education leader. Stephanie has used her evolving sense of safely optimizing exercise to create her fitness system PLYOGA (A hybrid 4-part training system using accelerated and fundamental yoga as an effective active recovery for plyometric intervals). PLYOGA is taught throughout the USA and abroad and is accredited by the largest exercise science education organizations in North America.

Stephanie competed NCAA Division I in Gymnastics and Track & Field, and is a current Towson University Record Holder in Long Jump. Stephanie has 2 children (5 & 1) and has focused her knowledge of movement to nurture their personal growth as young people, as well her own rapid migration back to athleticism after childbirth.



Trooper C. S. Markham

Technical Trooper Chris Markham is assigned to the Kansas Highway Patrol Drug and Breath Alcohol unit where he serves primarily as an instructor for the Kansas Highway Patrol and other Law Enforcement and Public Safety agencies state wide.

After graduating from Chanute High School, he received two associate degrees from Allen County Community College and a Bachelor's of Arts and Science degree in Sociology from Emporia State University.

Chris Markham joined the Kansas Highway Patrol in January 2004 serving Southeast Kansas and the Kansas Turnpike as a Master Trooper and Drug Recognition Expert. He has received additional training in areas which include motor vehicle collision reconstruction and drug evaluation and classification. He is a certified Drug Recognition Expert (DRE) and DRE instructor and has evaluated more than 500 persons for suspected drug impairment.



Brandon Wolff – 2014 KAHPERD and 2015 SHAPE America Central District Middle School Teacher of the Year – Brandon has been teaching physical education and health for 15 years, he currently teaches at Maize South Middle School. As a physical educator, his job inside and outside of the classroom is to promote students to be healthy physically, mentally and socially. Some accomplishments are 2014 KAHPERD Middle School Teacher of the Year, 2015 Shape America Central District Middle School Teacher of the Year and Let's Move in Active Schools National Award winner.



Diane Wyatt has been a physical education teacher for the past 20 years at Abilene Middle School. Abilene Middle School was named a KAHPERD merit school winner in 2006. She was named KAHPERD Middle School PE Teacher of the Year in 2013. In 2014, Diane was named Central district Middle School PE Teacher of the Year and SHAPE America National Middle School PE Teacher of the Year.

Diane and her husband Kent, have been married for 41 years and have two children, Shawn and Emily. Shawn is married to Sheena, and they have one daughter Shaylee.

She grew up in Lyons, Kansas and graduated from McPherson College.

Diane enjoys hiking, golfing, traveling, and spending time with her family and friends.



Andrew Cherry

Andrew Cherry graduated from Southwestern College in Winfield, Kansas in 2008 with a degree in Physical Education. After graduating, Andrew began his teaching career in Wichita at Irving Elementary School. After seven years, he moved to Ellinwood, Kansas as the Elementary Physical Education teacher.

This fall, after 10 years with Elementary students, Andrew will move to the Middle and High School in Ellinwood. For years Andrew has coached several sports that include Cross-Country, Girls Basketball, and Track. In 2017, he became a national Presidential Youth Fitness Program trainer. PYFP is an educational fitness program for which Andrew regularly travels the state training other teachers in this program.



Joyce Ellis

Dr. Joyce Ellis is an Associate Professor of Health and Human Performance at Fort Hays State University. She has served in this position since 2005. She taught Physical Education and Health in the public-school system for 21 years prior to moving to post-secondary education. Prior to coming to FHSU, Dr. Ellis was an Assistant Professor of HPER at Kansas Wesleyan University from 2002-2005. Dr. Ellis has served KAHPERD for many years as a council member and board member. She served as Middle School Section Chair, Board Member at Large, KAHPERD President 2004-2005, and Journal Editor for many years. She served as Central District President in 2011-2012. Dr. Ellis was the KAHPERD Middle School TOY in 200 and CDA Middle School TOY in 2001.



Karl Ely

Karl has 16 years teaching with 15 of those years in Wichita Public Schools and is currently teaching at Abilene Elementary (K-3) in Valley Center, KS. His is also the middle school basketball coach, was the 2016 KAHPERD Middle School TOY. For KAHPERD he is also an OPEN Phys Ed Trainer.

He married to Rachel who is a first-grade teacher in Valley Center. We have two young daughters who keep us busy. I really like attending KAHPERD every year to share and learn innovative ideas from some of the best P.E. teachers!



Meggin DeMoss – SHAPE America Central District Past-President, KAHPERD Past President



Vicki Worrell – KAHPERD Executive Director, AAHPERD Past President, NASPE Elementary TEACHER OF THE YEAR




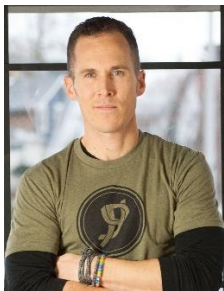

Rhonda Holt – NASPE Elementary TEACHER OF THE YEAR, KAHPERD Past President



Rick Pappas – KAHPERD and Central District Elementary TEACHER OF THE YEAR, KAHPERD Past President

2018 KAHPERD CONVENTION PROGRAM

Emporia State University

Wednesday, October 24, 2018	
<p>1:00 PM-5:00 PM Gym -E</p> 	<p>Skillastics – Character is INDEED Cool!</p> <p>Are you looking for a new resource that can help integrate character traits and positive social and emotional learning into your program? Maximum participation in cooperative activities? Team-building activities? Physical Education is the perfect environment to instil practical life skills training. Good choices and positive attitudes are everything. Focusing on a variety of movement skills that integrate practical life skills training, this workshop teaches best practices that build on cooperative and social skill strategies that are easy to implement.</p>
<p>9:00 AM -5:00 PM Dance Studio Presenters: Thomas Ascough <u>Stephanie Lauren</u></p>  	<p>PLYOGA Workshop \$200 Cost PLYOGA Education Certification</p> <p>The PLYOGA Pre-Convention is a phenomenal tool for educators to leave KAHPERD with. Educators will learn to implement this 4 part functional training system into their curriculum, using a format that bundles the flexibility and balance tenants of yoga as an active recovery for plyometric interval training. This event will detail the use of each movement plane and highlight phenomenal tools like PLYOGA's Minute of Movement, Mountain Minute, Fitness Star, and Resourcefulness VS Resources discussion.</p>
5:00-9:00 PM	<p>Pre-Convention Social Bourbon Cowboy 605 Commercial Street. Emporia, KS 66801</p>
5:30- 9:00 PM	<p>Early Packet Pick-up Location: Bourbon Cowboy 605 Commercial Street. Emporia, KS 66801</p>
7:00-9:00 PM	<p>KAHPERD Board Meeting Location: ESU Room 202</p>

Thursday, October 25, 2018

7:00- 12:00 - Registration

Located: ESU Student Rec Center

8:15-8:35 - Welcome General Session



Location: ESU Student Rec Center




9:00-3:00- Exhibits Open


11:35-12:05 - Exhibit Extravaganza

Location: ESU Student Rec Center


8:45-9:35






Location	Section	Title & Description	Presenter(s)
Gym E	K-12	PLYOGA - YOUR BODY IS POWER Functional Fitness. Everyone. Everywhere. Use all the planes of motion evenly as you discover a resourceful tool that can be taught with only the body. PLYOGA is an equipment free format that uses the balance and flexibility elements of yoga as an active recovery for plyometric interval training.	Thomas Ascough 
Gym B	Secondary	Games and Warm-Up Activities This session will have a variety of different games/activities that you can do with your students in a gym. You won't need a bunch of different equipment to get your students moving. Activities for partners, groups and teams will be given.	Lesley Wagoner Roni Dietz
Gym C	K-12	Fast Fitness First Make fitness a part of every class period! These activities are designed to "focus on fitness" for 5-10 minutes of your class each day as an instant activity. They can be modified for K-12 and enable students to work towards their fitness goals at their own pace.	Brian Devore 
Gym D	Other	Functional Fitness Fun Functional Fitness Fun is a method for teaching fitness to children ages 3-18. Based on the principle of Mechanics, Consistency and then Intensity, Functional Fitness emphasizes good movement throughout childhood and adolescence. Consistently good mechanics translates to physical literacy, enhanced sports performance and fewer sports injuries for kids. Not only that, a vast body of research indicates that exercise is beneficial to cognitive function, which means consistent adherence to the program can have a positive impact on children's academic achievement.	Jessica Seiler Tiffany Lippoldt


Room 202	Recess Elementary	<p>Developing a Child's Multi-Sensory Intelligence: Unstructured, Outdoor Play and Social Emotional Learning</p> <p>This presentation will introduce different developmental strategy improvements identified as a result of implementing unstructured play and the right character curriculum into a very stressful school environment. Teachers need these breaks as much as the children to improve their whole existence. The audience will learn why the outdoors and unstructured play experiences are so important to the multi-sensory intelligence and why allowing children to play without teacher's hovering is the most important ingredient. Enjoy the ride!</p>	<p>Deb Rhea</p> 
Room 204	Health	<p>Spicin' Up Sex Ed</p> <p>Join Shape America's 2015 National Health Education Teacher of the Year, Andy Horne, as he shares ideas to spice up your sex ed lessons. From low tech to high tech, including an infamous Mr. H "Scholarly Rap" live performance, he will share creative ways to teach units that are student-centered, that develop health skills, and have been successful in the classroom. Attendees will leave the session with a wealth of ideas that are easily adaptable to the needs of their own students. Bring a mobile device to access interactive content in this engaging presentation.</p>	<p>Andy Horne</p> 
Room 205	Elementary	<p>What IF</p> <p>As a physical education and health teachers, we plan an important role in the lives of our students. Are we helping our students to feel better about themselves? Do your students know that you care about them or do they need to comply to get that praise? Let's make sure we are thinking of what "could be" happening in our students lives, before we decide what they "need" to be doing. What if?</p>	<p>April Baugh</p> 
Room 206	Recreation	<p>Knots, Knots, and Even More Knots</p> <p>Have you ever fought a fish only to have it "get off" just as you were about to land it? Do you see a pig's tail twirl at the end of your line? Yup! You tied a poor knot for sure! Come and enjoy hands-on, manipulative, brain-based, cognitive, functional lifelong knot knowledge that can be used in a wide variety of fishing, camping, hunting and/or outdoor recreational settings!</p>	<p>Scott Gorman Samantha Way Dreu White Katherine Pinto Carianne Cuevas</p>

9:45-10:35			
Location	Section	Title & Description	Presenter(s)
Gym E	K-12	The Laws of Motion: Integrating STEM and Physical Activity Numerous studies have shown that children who are active and healthy have a lower risk of juvenile behavior, an increase in academic achievement, and tend to have a much better self-image. This workshop integrates STEM (Science, Technology, Engineering, and Math) with Physical Activity in the unique Skillastics® format that helps develop healthier, more productive children. Don't miss this opportunity to participate in a one-of-a-kind workshop!	Sandy Slade 
Gym B	Secondary Exhibitor	Outdoors Tomorrow Foundation - Outdoor Adventure Programming for ALL! Participants will learn the benefits of Outdoor Adventure Curriculum for students and about the Outdoors Tomorrow Foundation curriculum and resources available to them! Some of the main benefits of outdoor skills education include interpersonal and intrapersonal skills developed through engaging in nature-based activities in meaningful ways. Outdoor Education is for everyone and participants will learn how to implement a OA Unit or Course for their schools. This is a VENDOR (OTF) presentation.	Taralyn Garner
Gym C	Elementary	Can You Spare a SQAIR? SQAIR is an organized, comprehensive, standards driven system with progressions for K-12 for all levels and abilities. SQAIR is extremely versatile and can be used to enhance every unit taught. Numerous activities/tasks that incorporate specific exercises designed for individuals, pairs, small/large groups. Suitable for the classroom & before/after school programs.	Jade Ng
Gym D	Middle School	Spin Jammer Skills and Activities This session is activity-based and designed to show attendees a variety of skills and activities they can do with spin jammers. Skills may be performed individually, with a partner, or in small groups. In addition, participants will have a chance to implement spin jammers into familiar games (e.g. four square or H-O-R-S-E).	Lauren E. Loucks Amy Townsend and UCO students

Dance Studio	Dance	Lines, Circles and Squares to Shake, Rattle & Roll Learn fun dances to get students of all ages moving! These dances are quick and easy to learn and teach! Learn tips for quick instruction and maximum movement time! Participants will learn at least one-line dance, one circle dance and one square dance that they can teach immediately!	Janice Jewett Julia Spresser Cole Shewmake
Room 202	Health	CATCH My Breath Youth E-cigarette and JUUL Prevention Program Youth e-cigarette and JUUL use is an emerging public health crisis. Most e-cigarettes and ALL JUUL contain nicotine, a highly addictive substance that can harm adolescent brain development and has been associated with health and behavior problems. In this session, participants will learn how schools across the U.S. are using CATCH My Breath to deliver e-cigarette and JUUL prevention education to students and how to access this free program for use in their own schools.	Daniel Thompson
Room 204	Elementary	Physical Activity: A Path to Engagement Studies continue to show the positive impact of physical activity. Often the students' physical activity opportunities end at the gym doors. This session will discuss and present strategies for getting students moving throughout the school day. The presenter will discuss his current dissertation research on the use of physical activity to engage students during academic learning experiences as well as others' research on physical activity as a tool for increased learning and engagement in the classroom. This session will also present the importance of PE teachers acting as movement advocates school wide. Attendees will leave the session with new ideas to spark movement throughout their schools, as well as, strategies to work with classroom teachers to get students moving in and out of the gym.	Mark Ellner
Room 205	Health	Simple Health Strategies to Maximize Learning The health strategies shared in this session will provide a fresh perspective on how to teach relevant issues for students of this generation. A new approach means a fresh new way of addressing common topics. Strategies shared will be aligned with standards and ready for use when you arrive back at your school after KAHPERD.	Sunnin Keosybounheuang ESU Health Pedagogy Students
Room 206	Technology	Teaching Juggling in Virtual Reality I will demonstrate how virtual reality may be used to teach juggling. The demonstration will include a brief explanation of the equipment and how it works. The focus of the session will be the potential benefits and the current limitations of the technology. Limited audience participation will be available.	Mike Butler
Room 203	Retiree Social	Retiree Social	Wendy Scholten Claudia Welch

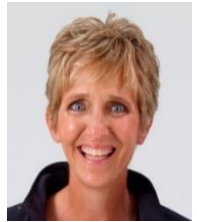
10:45-11:35.			
Location	Section	Title & Description	Presenter(s)
Gym E	K-12	Physical Activity is Fun and We Will Prove It! Do you want activities to take back to your gym tomorrow? Then this active participation presentation is for you. This session will provide elementary PE teacher with a variety of fun activities to use with your students for warm-ups, fitness, team building and sport skills.	Denise Johnson Reenie Stogsdill
Gym B	Exhibitor K-12	Foam Coated Balls are NOT for Dodgeball This session will cover a variety of fitness and game activities using foam coated balls. We incorporate activities which align to SHAPE National Standards for all grade levels. We make learning fun, so everyone can benefit from challenges and the values of physical activity.	Randy Kempke ADA Sports and Rackets
Gym C	Secondary	Open Curriculum Lacrosse is one of the fastest-growing sports in the United States. OPEN's Lacrosse Module for Grades 3 through 5 was created by teachers and Major League Lacrosse All -Stars to introduce the skills of the game in a standards-based learning environment. In this workshop participants will unpack the basics of the game with a focus on basic ball control skills (cradling, scooping, catching, and throwing).	Brian DeVore 
Gym D	Adapted	Creating an Inclusive Environment Through Physical Activity: Adapted Physical Education and Therapeutic Recreation Techniques Physical activity can allow for people of all ability levels to be active together but also to learn from each other. In this session, adapted physical education and therapeutic recreation-based activities will be shown in ways to promote teamwork among a variety of ability levels. Learning objectives include: Attendees will understand how to design activities to promote teamwork. Attendees will learn ice breaker games to enhance communication and learning among participants. Attendees will learn a variety of modalities in adapting activities.	Dr. Laura Covert-Miller Sarah Ball
Dance Studio	Exhibitor	Paddle Zlam An exciting new way to get kids of all ages to enjoy exercising. PaddleZlam combines Pickleball, Volleyball and KanJam into an amazingly interactive sport.	Tyler Goad Hannah Kipfer
Room 202	Other	Active Schools PALS Mentor Session Summer 2018 PAL Training Meeting This meeting is for all teachers who attended the Active Schools: Let's Move Kansas trainings that were held in Pratt and Emporia. Updates, current information, time to meet with your mentor, and time to answer questions and	Susan Oldfather Lori Heger




		concerns will take place during this time. If you attended one of these trainings, please make sure you attend this meeting.	
Room 204	Future Professionals	<p>You are The Future</p> <p>The KAHPERD Future Professional Chair and Chair-Elect as well as the Central District Future Professional Chair and members of the Executive Board will share their experiences of being a KAHPERD and SHAPE America member and how it has helped prepare them for teaching. This session will also be the social for future professionals. Snacks and door prizes will be given, and the voting for the new Chair-Elect will also take place.</p>	<p>Rick Pappas</p>  <p>Vicki Worrell</p>  <p>Meggyn DeMoss</p>  <p>Troy Babcock Taylor Winegarner Todd Thacker</p>
Room 205	K-12	<p>Fueled for Activity and Health</p> <p>Fueling up with healthy foods and being active - the corner stone of a healthy person. Hear from a middle school student who has been involved for 6 years & teachers at various grade levels.</p> <p>Come learn how to have a fun kickoff to FUTP60, what 'plays' can be used and how to do them at any level K-12, from easy to more involved. Recess, brain boosts, healthy snacking & more will be shared</p>	<p>Wendy Scholten</p>  <p>Tirzah Scholten (student)</p>  <p>Olathe Teachers</p>


Room 206	Health	Drugs in the academic environment Drugs in the academic environment will be an overview of what a drug is and the scope of the issue. We will address commonly used and abused drugs and look at the effect on the academic environment.	Trooper C. S. Markham 

11:35-12:05	Exhibit time- visit the exhibits ESU Student Rec Center
12:10- 12:30	General Session- Student Awards Location: Student Rec Center
12:30-1:15	Lunch Location: ESU Student Rec Center
12:30-1:15	Heart Hero Luncheon By Invitation only Sauder Alumni Center


1:20-2:10

1:20-2:10				
Location	Section	Title & Description	Presenter(s)	
Gym E	K-12	Creative Basketball Activities Roll up your sleeves – it's time to work! Sandy Slade will guide you through a basketball handling and dribbling workout. Learning, or for that matter, teaching basketball fundamentals can be very frustrating. By breaking down the drills into small, easy-to-attack segments, Sandy makes it easy to understand. The basketball skills you will learn will be invaluable, helping you in class.	Sandy Slade 	
Gym B	K-12	Pickleball, A Sport for All Ages and Abilities Attendees will know the basic rules and skills to be able to play a doubles game of Pickleball. They will also be given a brief view of the approved USAPA Pickleball teaching curriculum. They will be given contact information about the USAPA and The Great Plains Region. This information will give them access to grant possibilities to start Pickleball in their schools and communities.	Nancy Steffy Eldonna Coates	
Gym C	Exhibitor Elementary	Action Team Games! <ul style="list-style-type: none"> • Action Packed – Students are constantly moving, strategizing, and working together • Class Oriented – Each game is designed for multiple students, perfect for large classes or groups • Teacher Friendly – Included instructions provide clear direction on game play along with variations • Inclusive – The entire class is engaged and physically active, so no one is sitting on the sidelines • Only from Gopher - premium equipment, one-of-a-kind activity ideas that can't be found anywhere else. 	Mike Tindal	
Gym D	Elementary	Hoop There It IS Hoop There It Is session participants will learn how to perform and teach hula hoop tricks that can be energizing for all age levels. Large and small group activities and games will also be showcased in order to promote fitness and enjoyment. Participants will have the opportunity to try out fitness hoops used in exercise classes for students and staff.	Shelley Stahly Joan bolt	
Dance Studio	Elementary	How to bring yoga to your school with the Yoga Foster grant The session will explain how to write a grant for the Yoga foster school program. Explain and demonstrate what the year-long curriculum that supports the program looks like by doing a yoga session.	Blake Taylor Austin Bumgarner	


Room 202	Other	<p>Active Advocates</p> <p>Sharing your passion and energy outside of your gym can be daunting. Build confidence, gain resources, and become an advocate. Even with KAHPERD's growing presence, Kansas students need your voice!</p>	<p>Lauren Davis Arianne Seidl Libby Stover Karla Stenzel Verneda Edwards</p>  <p>Diane Wyatt</p> 	
Room 204	Elementary	<p>Using Project-Based Learning to Develop Health Literacy Skills</p> <p>Join Shape America's 2015 National Health Education Teacher of the Year, Andy Horne, as he discusses why project-based learning is perfect for teenagers and developing skills to be health literate. Explore proven methods that allow students to observe, model and interact with each other as they develop and practice health related skills. Facilitate higher level learning as your students take center stage and ownership of their own learning experience. All of the ideas shared can be adapted to best suit the needs of your students in order to teach skills, change attitudes and influence behaviors.</p>	<p>Andy Horne</p> 	
Room 205	Adapted Elementary	<p>Field Day for All Students</p> <p>Topeka Public School teachers will present on the Unified Field Day that was hosted by the TPS Adapted PE department with help from the general education PE teachers. Attendees will go to different stations and learn how to modify basic Field Day Stations to best meet the needs of all students.</p>	<p>Nick Gardner Kurt Lohse Kim Long</p>	

Room 206	Health	Signs and symptoms of commonly used drugs Signs and symptoms will build upon the basic definition of a drug and provide an in-depth look at what we can expect to see when a person is ingesting an impairing drug and how to identify the signs, symptoms, and safety issues.	Trooper C. S. Markham 	
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2:20-3:10			
Location	Section	Title & Description	Presenter(s)
Gym E	Elementary	OPEN PHYSED in Kansas! Come see what it's about! Open Physed core value is teachers helping teachers. Quality physical education curriculum should be equitable for all who need it. Come check out what OPEN can do for you. In this session you will get a sample of a module from Open Physed to take back and use in your classroom. This session will also serve as a way for you to share what you would like to see at future OPEN-Kansas workshops!	April Baugh Karl Ely
Gym B	K-12 Exhibitor	Introduce to your school with the USTA and Net Generation! The United States Tennis Association (USTA) recognizes that you have the ability to introduce tennis to the next generation of players. You continue to inspire them and are the face of health and wellness in your schools and communities. And as the game's governing body, the USTA is committed to making investments to commit to helping you introduce tennis into your school's P.E. or after-school programs. This session will be an on-court demonstration and introduction to USTA school's tennis and Net Generation.	Jaren Glaser
Gym C	Exhibitor	Showing how to score and provide Archery in the Schools They will be shooting at targets, as well as learning how to score the targets after they shoot.	KDWPT Shelby Stevens Gary Keehn Aaron Austin Dave Adams
Gym D	Elementary	Can You Spare a SQAIR? Rediscover the importance of encouraging non-manipulative skills to later directly and progressively influence better manipulative movement skills and more meaningful connections to movement.	Margaret Guerra


Dance Studio	Secondary	Cardio Kickboxing Attendees will learn simple kick, jabs, and punches to incorporate into their middle school level or higher P.E. classes while getting a great Cardio workout! Come ready to sweat...utilizing kick pads, shields, and gloves (optional) this all new cardio kickboxing routine is guaranteed to get your heart rate up while having fun!	Shelly Grimes
Room 202	Future Professional	What I Wish I Would Have Learned in College; "A New Teachers Perspective" The purpose of this session will be to discuss teaching experiences from the perspective of new teachers. Issues such as classroom management, communication, curriculum and lesson planning, time management, teaching/coaching conflicts, as well as others will be discussed. The session is designed to address future professionals as they prepare to enter the profession.	Joyce Ellis Steve Sedbrook
Room 204	Exhibitor Health	Want your students to take charge of their health? We have the solution! Come learn about a project-based program called Healthe Foundations. It reinforces the long-term impact of everyday health decisions. It promotes healthy lifestyle choices, preventable medical condition awareness and enables students to make informed health decisions. During implementation, student take on a health care role and collaborate as a team. Through an interactive, web-based format, teams' diagnosis their patient then create a care plan to improve their patient's health status; concluding with a presentation to peers.	Amy Merritt Patti Whittington-Burton
Room 205	Exhibitor Health Elementary	Great Body Shop PreK-6th grade Comprehensive Health Education curricular materials	Nancy Grace Children's Health Market
Room 206	Elementary Recess	Recess + Character: The Whole Equals More Than the Parts Recess is getting a lot of exposure these days to be added back into the school day. The media, parent groups, school personnel, and national organizations have used many angles to incorporate recess daily. Concurrently, social emotional learning is gaining ground in schools with PBIS training and other character development curriculum types introduced. These two topics are very important for children, but schools are trying to introduce them as separate initiatives instead of considering the power of the	Deb Rhea 




		combined effort. This presentation will examine recess and character qualities that are necessary in the pre-K through grade 12 setting as well as why local control is more powerful than state and national mandates to move initiatives forward.	
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		3:20-4:10	
Location	Section	Title & Description	Presenter(s)
Gym E	Future Professionals	2nd Annual College Bowl Teams from Kansas colleges and universities will come together for a friendly, yet competitive battle of the bodies and minds in the 2nd annual College Bowl. There will be two activity rounds and one question/answer round. Emporia State University took home the trophy last year. Who will it be this year? Spectators are welcome to join the fun, cheer on the students, and root for your alma mater.	Rick Pappas  Troy Babcock Taylor Winegarner Todd Thacker



Thursday Evening	
5:30 PM-6:15 PM	President's Social and Appreciation Awards Location: Blue Key Room Memorial Union
6:30 PM-8:30 PM	KAHPERD Awards Banquet Location: Webb Hall Memorial Union
After Awards	Bourbon Cowboy 605 Commercial


Friday, October 26, 2018


8:30-9:20			
Location	Section	Title & Description	Presenter(s)
Gym E	Middle School	<p>PE Escape Room - a focus on cooperative games, communication, teamwork, and fun</p> <p>Do you want activities to take back to your gym tomorrow? Then this active participation presentation is for you. This session will provide elementary PE teacher with a variety of fun activities to use with your students for warm-ups, fitness, team building and sport skills.</p>	Tiffany Dirks Ross Friesen Josh Dirks Washburn Students
Gym B	K-12	<p>Tech Tips for Health and Physical Education</p> <p>This "rapid fire" session takes attendees through multiple web based and app-based tools to enhance their teaching and productivity! Whether your teaching space is a gym or traditional classroom, you will walk out the door with multiple tools to try tomorrow!</p>	Brian DeVore 
Gym C	Middle School	<p>The Best of #PhysEd</p> <p>We are joining forces to deliver the best physical education activities that we have learned from Twitter. We will share ideas specifically used in our elementary and middle school PE classes. If you aren't a Twitter user, this session will jump start you to join the Twitter craze, so you can also have professional development daily at your fingertips.</p>	Derek Berns Derek Scott
Gym D	Recreation	<p>YABADABADOO Adventure Activities!</p> <p>Adventure curricular activities will take you out of the stone age and supercharge your gymnasium or classroom. Come and enjoy a smorgasbord of activities including: ice breakers, problem solvers, cooperatives and trust activities. PSU Gorillas will provide you with a potpourri of fun activities that you can use to educate and motivate your students! YABADABADOO</p>	Shelly Grimes Rick Hardy Sarah Ball
Dance Studio	Dance	<p>Let's SQAIR Dance!</p> <p>Discover a new way to teach dance that is less about feeling awkward and more about taking ownership of a dance your students work together to create. So much fun! Assessments with SHAPE HPE standards met. Take rhythm to the funniest level ever!</p>	Jade Ng Margaret Guerra

Room 202	Technology K-12	EZ Scan®! The New Way to Track Laps Learn how to add EZ-to-use technology to your class, run club or assessment. Students scan QR cards and the data syncs to your computer. It's that EZ! Saves lots of time. EZ Scan® also verbally encourages participants - a win for everyone. Works with tablets and smartphones. Accommodates up to 1,000 students – elementary through high school. Free EZ Scan® subscription awarded at the session.	Brandy Coker 
Room 204	Health	Teaching Teens to be Digitally Literate in the 21st Century Join SHAPE America's 2015 National Health Education Teacher of the Year, Andy Horne, as he shares a wealth of ideas and resources that have worked for him when teaching teens about responsible technology use in the 21st Century and its impact on health. He will discuss the skills and issues students should be learning about digital literacy based on national standards and student learning outcomes. Attendees will walk away from this presentation with various classroom ideas and activities that can be adapted and implemented immediately to suit the needs of their students. There will also be a live performance of an infamous Mr. H "Scholarly Rap" on digital literacy.	Andy Horne 
Room 205	Recess Elementary (Repeat)	Developing a Child's Multi-Sensory Intelligence: Unstructured, Outdoor Play and Social Emotional Learning This presentation will introduce different developmental strategy improvements identified as a result of implementing unstructured play and the right character curriculum into a very stressful school environment. Teachers need these breaks as much as the children to improve their whole existence. The audience will learn why the outdoors and unstructured play experiences are so important to the multi-sensory intelligence and why allowing children to play without teacher's hovering is the most important ingredient. Enjoy the ride!	Deb Rhea 
Room 206	Coaching	Compassionate Coaching: The Research Behind Team Building & Bonding This interactive, practical session will focus how contemporary brain science-based concepts and accompanying strategies can aid in developing team building and compassion among athletes in sport situations and students in our classes. Practical and proven effective ways to promote bonding, empathy, compassion and team spirit with our students and athletes will be presented.	Bill Stinson Mark Stanbrough

9:30-10:20			
Location	Section	Title & Description	Presenter(s)
Gym E	K-12	<p>Incorporating Nutritional Learning While Maximizing MVPA</p> <p>Are you looking for fresh and innovative ideas that can help integrate physical activity throughout the school day? Maximum participation in cooperative and team-building activities for all ages and abilities? The <i>Comprehensive School Physical Activity Program</i> (CSPAP) a multi-component approach by which school districts and schools create opportunities for all student to participate in 60 minutes of moderate-to-vigorous physical activities each day. It helps students develop knowledge, skills, and confidence to be physically active for a lifetime. This workshop focuses on maximizing physical activity while integrating nutritional questioning in the celebrated Skillastics technique. It separates the different learning outcomes for both Elementary and Secondary students while including age appropriate activities for each age group that can be integrated throughout the day.</p>	<p>Sandy Slade</p> 
Gym B	Elementary	<p>Put the TEAM back into Team- Building</p> <p>Everyone wants their students to work together and accomplish tasks. The NEXT step is to LEARN something from those games and apply it to their daily lives! In this session you will be given ideas that will not only give your students the opportunity to challenge themselves but will also provide ways to reflect on how they were able to complete those challenges and how they can use what they learned outside of PE class.</p>	<p>Andrew Cherry</p> 
Gym C	Middle School	<p>Favorite Things</p> <p>Favorite Things will include warm ups and practical games that our students have grown to love and ask for. When following our day to day curriculum adding in modifications to games, and warm ups so that all students are involved, and getting their heart rates up from the start. These warm ups and games will fit into any classroom management you already have set up and enhance the interest and learning of your students.</p> <p>Incorporating Fitness</p> <p>Incorporating Fitness will show you how easy it is to add fitness components into your daily lesson plans/curriculum. With various skills and goals needing to be achieved with a 30-50-minute physical education class, students will walk away understanding the importance of fitness/physical literacy in the gym and outside of the gym.</p>	<p>Elyse Espinoza- Caspermeyer Sara Tomlinson</p>

Gym D	High School	Ultimate Frisbee Ultimate Frisbee is a fun, adaptable, and unique sport for all students. Woven throughout Ultimate is the concept of Spirit of The Game, which teaches students the value of sportsmanship. In this session, educators will learn skills cues to teach basic throwing and catching mechanics, simples' rules and how to resolve them in a self-officiated sport, and worthwhile games to bring back to school.	Amanda Borders
Dance Studio (Outdoors)	Other	Come One Come All to the Busker Stage! Eager to add the future of fitness to your year? We will demonstrate not only aerial arts and flexibility but also give ideas for improv games & prop manipulation. All students should be given opportunities to express themselves creativity...why not run away with circus ideas! Attendees will learn about Arco yoga, aerial arts, bungee cardio, and other circus skills that are a growing trend for fitness. They will be able to learn skills using basic Terminology and visual aids.	Sandra Ortiz
Room 202	Other	Let's Move Kansas! is helping to create physically active schools. Through school-wide in-services, team workshops, and daylong physical educator trainings, all school staff are provided strategies to incorporate physical activity throughout the school day. Attendees will participate in activities they can take back to their schools to use and share with their colleagues to get students and staff moving while tying it to the academic mission of schools.	Meredith Slan Mark Thompson Rhonda Holt 
Room 204	Secondary	Improve Social Emotional Learning easily with Google Suites In this session, I will show how google forms, google slides, and google sheets can help be a tool to improve the classroom social and emotional learning. These examples are easy to use and make it very effective for the teacher and PAPERLESS! Some of the examples we will be discussing are behavior think form, student success post card for parents, easy to use checklist and easy way to make certificates for you students! Please bring your laptop for this session.	Brandon Wolff 
Room 206	Other	Secrets of KAHPERD, SHAPE Central District and SHAPE America Recognition Awards Programs Unveiled: The Mystery is Solved! We will educate members about all the awards available for future professional and professional members. Most importantly- we will simplify the awards nomination paperwork process and help get more KAHPERD members the recognition they deserve!	Scott Gorman John Oppliger Cole Shewmake Laura Covert-Miller Allie Barry

10:30-11:20			
Location	Section	Title & Description	Presenter(s)
Gym E	Elementary	Games to play using your Tumbling Mats! Don't let your tumbling mats just sit around all year! At this session you will learn a variety of games and activities that utilize your tumbling mats. Games will cover several of the Physical Education Standards and are elementary based.	Tara Yost
Gym B	Elementary School	Stack It, Move It, Use It: Fitness Stacking with Speed Stacks. Motivate your students to move using Speed Stacks! Experience health & skill related fitness activities which can be included in your daily physical education program. NEW FOR 2018-- Speed Stacks and Skillastics have joined forces with a NEW group-based activity Speed Stacks-Skillastics! All attendees will receive a FREE set of Speed Stacks and Instructional information.	Jackie Hall
Gym C	Middle School	Fitness Frenzy Featuring IHT Heart Rate Monitors In this session, attendees will get hands on experience with IHT Spirit Heart rate monitors while learning fitness games! These fitness games will be large groups and small groups activities! Come join the fun!	Brandon Wolff 
Gym D	Secondary	Secondary Instant Activities by OPEN This session on Instant Activities by OPEN will help teachers get students moving quickly, while also providing meaningful learning tasks designed to work toward grade-level outcomes. Each activity focuses on one middle and one high school standard and the outcomes.	Stephanie Dickson
Dance Studio	Dance	Dancin with Zumba instructor Julia and Company Actively learn Latin and world dances from PSU faculty and Julia Spresser, Zumba instructor. Have fun learning choreography and cues to take home to your K-12 students or adult clients. Choreography maps and music buying information are included. Feel free to video-tape routines. You can bring inspiring music and rhythms to your gym. Meets National PE Standards 1, 2, 3 & 5.	Julia Spresser Janice Jewett

Room 202	Other	PE-Kansas A Resource Promoting Quality Physical Education Come explore the PE-Kansas website. Create your account and start developing fun, exciting, standards based, developmentally appropriate lesson plans. Hundreds of lessons are available for all grade levels. Pick your instant activity, skill development, game and fitness activity and drop it into the lesson plan form on the site. After your plans are created, save them to the cloud, PDF or word document. Great resource for students, young professionals and seasoned teachers who just want some new ideas to spice up their lessons.	Michelle DiLisio Meggin DeMoss 
Room 204	Health	Kansas Health and Physical Education Standards Revision Update This session will introduce the newly revised Kansas Health Education Standards. Participants will learn how the standards were updated as well as how to read, understand, and use the standards in the classroom. This session is for all grade levels.	Amy McClure Sunnin Keosybounheuang Susan King

11:30-12:00 PM	
Closing Ceremonies Door Prizes	ESU Rec Center
12:15-1:30 PM	
Post- Convention for KAHPERD BOARD MEMBER Meeting All CURRENT & NEW Board members should plan to attend this meeting! The gavel will be passed at this meeting.	Room 202

Thank you for attending. Please remember fill out surveys for each session you attended via SCHED.

Thank You to our Sponsors, Exhibitors and Door Prize Donors!

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CATCH Global Foundation, Inc	Kansas National Education Association	SQAIR Fitness Solutions
EMP10	KDWPT Archery	The Children's Health Market
ESU	Marathon Kids	US Games
First Hand Foundation	Outdoors Tomorrow Foundation	USA Ultimate
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