
DUBLIN SPARKS JUMP ROPE TEAM PERFORMANCE

Presenter(s): *Dublin Sparks Jump Rope Team*

Session Date/Time: 12/1/2022 9:15:00 AM - 12/1/2022 9:30:00 AM

Location: Zambezi

Session Description: Check out an exciting performance from the Dublin Sparks Competitive Jump Rope Team from Dublin, Ohio!

WELCOME & KEYNOTE ADDRESS: IT STARTS WITH YOU

Presenter(s): *Brian Mabry, D.C., Ability Chiropractic*

Session Date/Time: 12/1/2022 9:30:00 AM - 12/1/2022 10:30:00 AM

Location: Zambezi

Session Description: Join us for welcome announcement, association news, and a keynote address by Dr. Brian Mabry, DC

PE ACTIVITIES FOR ALL

Presenter(s): *Carli Alfriend, Dublin City Schools*

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Kilimanjaro Suite 4

Session Description: Do you want new activities to get all of your students involved AND excited about? Participate in a variety of team building, cooperation, and sport Ed focused ideas that even you will love! These activities can last one lesson or an entire unit while leaving every student feeling included and important.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

CRICKET- INCLUDING INTERNATIONAL SPORT TO ENHANCE YOUR CURRICULUM

Presenter(s): *Garry Bowyer, Miami University*

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Indigo Bay

Session Description: Cricket is a bat and ball game played in many countries of the world. This presentation will provide attendees with an understanding of the rules and strategies of play. In addition, the skills required to play the game will be demonstrated and attendees will have the opportunity to participate. Several lead up games will be provided and a developmentally appropriate sequence for learning skills will be given.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Sport & Exercise Science

Age Group: Any/All Ages

SOCIAL AND EMOTIONAL LEARNING IN PE: WHAT, WHY, & HOW

Presenter(s): *Kathy Casper, 2018 Elementary Teacher of the Year; Copley-Fairlawn City Schools*
Amy Belles, 2019 Adapted Teacher of the Year; Copley-Fairlawn City Schools

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Kalahari Salon B

Session Description: We all know that our students have been adversely affected by the pandemic. How can we incorporate SEL in our classroom? What is it? What does it look like in PE? How can it be a part of our classroom culture? We will give you simple and practical ideas that can help your students develop the skills needed to manage emotions, develop a growth mindset, and treat others with kindness and respect.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: Pre K - 5

BUDGET FRIENDLY FUN

Presenter(s): *Nate Cline, Lakota Elementary School*
Elle Shumney, Orrville City Schools

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Kilimanjaro Suite 3

Session Description: Want to stretch your budget or learn new ways to use equipment you might already have? Join 2 Elementary PE teachers for this fun session on 10 games that will have the whole school talking about how much fun they are having in your class. From Noodles to Buckets to Cones, and everything in between, we've got you covered for a fun filled session with your budget in mind.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Pre K - 5

STEPS TO BUILDING A SUCCESSFUL STRENGTH & FITNESS PROGRAM INTO YOUR PE CURRICULUM

Presenter(s): *Mike Crissinger, Perry High School/National High School Strength Coaches Association Ohio State Director*

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Kalahari Salon G

Session Description: Attendees will learn the steps that need to be taken to build a strength & fitness class into their PE curriculum. They will learn of the challenges of building the program, answers to those challenges, and the overall benefits of a strength & fitness class for their school. Attendees will learn how to progress and individualize programs to meet the specific needs of each individual student. Attendees will also learn how to meet the state standards with a strength & fitness class and I will share several types of assessments that will enhance student comprehension and maximize student engagement.

Division/Interest Area 1: Sport & Exercise Science

Division/Interest Area 2: Physical Education

Age Group: 9 - 12

FINALLY! A BALANCED PE CURRICULUM: KINETIC + COGNITIVE

Presenter(s): *Gary Lemke, iPE/iHealth*

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Kalahari Salon H

Session Description: To move the body, we must first move the mind. Only when students understand the "why" will they fully engage in movement. Now technology allows you to add academics without sacrificing gym time. Attend this session to understand how blended learning enriches physical literacy - the knowledge, confidence, and skills that last a lifetime.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education
Age Group: 9 - 12

OAHPERD HEALTH EDUCATION MODEL CURRICULUM

Presenter(s): *Kevin Lorson, Wright State University*
Tina Dake, Washington Local Schools
Maria Schneider, 2021 SHAPE Midwest Health Teacher of the Year; 2019 Ohio Health Teacher of the Year;
Brecksville-Broadview Heights Middle School
Judy Jagger-Mescher, Wright State University

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM
Location: Kalahari Salon A

Session Description: This session highlights using the OAHPERD Health Education Model Curriculum as a tool to develop a K-12 skills-based health education curriculum that builds students' functional health knowledge and skills to demonstrate a lifetime of healthy behaviors. We will overview the curriculum development process that integrates National Health Education Standards, the OAHPERD Health Education Model Curriculum, skill-based health education, and the Ohio Whole Child Framework to maximize opportunities to build a lifetime of healthy behaviors.

Division/Interest Area 1: Health
Division/Interest Area 2:
Age Group: K - 12

HOW TO BRING BIKING TO YOUR PE PROGRAM

Presenter(s): *Amanda Love, Laurel School*

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM
Location: Orange

Session Description: In this session, I will give some practical ways one can bring a biking program to your school. We will discuss bike co-ops, bike drives, and other creative ways to build a fleet of bikes at your school. We will talk about how to break down biking skill development, the pros and cons of balance bikes, and the possibilities of end of unit events you can put together to celebrate the accomplishments of your students. We will talk a bit about bike to school days and activities you can do with multi level riders. We will also look at different environments you may have to work with to implement your biking units.

Division/Interest Area 1: Physical Education
Division/Interest Area 2:
Age Group: Pre K - 5

DE-LINKING FROM HETERONORMATIVITY: 'COMING OUT STARS'

Presenter(s): *Sam Meyerhoff, The Ohio State University*

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM
Location: Kalahari Salons E&F

Session Description: To De-link Physical Education and Physical Education Teacher Education (PETE) from heteronormativity the narrative needs to change. 'Coming Out Stars' is a brave space training and discussion intended for Physical Education teachers, physical education teacher education students, and university professors to disrupt the heteronormative view of physical education and its students. The embodied experience, 'Coming Out Stars' centers participants in a world they may not understand, the coming out of an LGBTQ+ person, and allows participants to critically think, raise awareness, and/or enact change for future LGBTQ+ students, teachers, and colleagues.

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: Physical Education

Age Group: Any/All Ages

LEARNING TO NAVIGATE DUAL ROLES

Presenter(s): *Adrian Turner, Bowling Green State University*
Obi Atkinson, The Ohio State University
Sydney Mack, The Ohio State University
Bonnie G. Berger, Bowling Green State University
Mary J. MacCracken, University of Akron

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Kalahari Salon D

Session Description: Role theory suggests that individuals are members of social positions and retain assumptions for their behaviors, as well as those exhibited by others, based on the roles they occupy. In educational and social contexts people often hold dual roles, such as teacher and coach. Dual roles are important to identify, because they frequently impact performance in both roles. Roles explored in this presentation include counterbalancing between doctoral student/sport social worker, doctoral candidate/team manager, and professor/coaching director. Sydney Mack will examine the dual roles and responsibilities of working with Lifesports and the sport psychology and wellness services at The Ohio State University, in addition to working with Kenyon College field hockey. Obi Atkinson will explore his responsibilities as a graduate teaching assistant and role as manager for The Ohio State Men's Soccer program. Finally, Adrian Turner will reconcile the dual role of teacher educator and responsibilities as a Director of Coaching for a youth soccer travel program. Completing this Panel Discussion, Bonnie Berger and Mary MacCracken will serve as Panel Discussants and provide research/advice on managing dual roles for each of the presenters. Time will be provided for audience interaction and questions. We look forward to your participation in this panel discussion.

Division/Interest Area 1: Higher Education

Division/Interest Area 2: Sport & Exercise Science

Age Group: Any/All Ages

GET FAST AND FURIOUS WITH OMNIKIN!

Presenter(s): *Scott Williams, Omnikin*

Session Date/Time: 12/1/2022 10:45:00 AM - 12/1/2022 11:30:00 AM

Location: Kilimanjaro Suite 5

Session Description: Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So what are you waiting for?!? Come join Team Omnikin today and blow your students away!

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

ENERGIZE YOUR PROGRAM WITH JUMP ROPE

Presenter(s): *Anita Gabel, AMJRF Ohio State Agent*
Jenny Mentzer, AMJRF Ohio Marketing Director

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kilimanjaro Suite 5

Session Description: Jump rope can inspire students to get physically fit while having fun. Whether you are a beginner or experienced teacher, we will give you the tools to energize your program. Come watch the American Jump Rope Federation (AMJRF) Team Ohio Ambassadors demonstrate the sport of jump rope at the elite level.

Next, participate in a hands-on session to learn the basic to intermediate skills of jump rope. Engage in single rope, pairs, long rope, and double dutch games. Learn how to get your adaptive students involved. Also, find out how to get your program/school pumped up for National Skipping Day 2023.

Participants will get a chance to win an AMJRF Team Ohio performance for their school or event.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Recreation/ Therapeutic Recreation

Age Group: Any/All Ages

UNIVERSAL DESIGN FOR LEARNING: I TRIED THAT ONCE, IT DIDN'T WORK

Presenter(s): *Katie Basmagy-Bandiera, Garfield Heights City Schools, Garfield Heights High School*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kalahari Salons E&F

Session Description: Universal Design For Learning (UDL) is a framework to improve and optimize teaching and learning for all people based on scientific insights into how humans learn. Within the framework is a set of guidelines on which all UDL lessons are based on. These guidelines are Engagement, Representation and Action and Expression. If we as educators can change just a few of our teaching methods gradually and not all at once, we can ultimately assist our students in becoming master learners inside the classroom, in addition to becoming master learners in whatever endeavors they choose outside the classroom.

UDL is not a concept often associated with the Health and Physical Education Classroom, however these guidelines can help our students become master learners in our classrooms. This framework can be used to allow us to reach all of our students no matter their athletic ability or prior knowledge of health concepts.

This session will walk through the basics of the UDL guidelines from a health and physical education teacher standpoint, in addition to providing everyday examples of UDL in the classroom that seem so simple you wouldn't even think of them.

Division/Interest Area 1: Student

Division/Interest Area 2: Adult Development & Learning

Age Group: Any/All Ages

STRS OHIO - BEYOND THE CLASSROOM

Presenter(s): *Tamla Cole, State Teachers Retirement System of Ohio (STRS Ohio)*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kalahari Salon C

Session Description: STRS Ohio would like to provide a pre-retirement session for mid to late career educators/members. Typically, the program will discuss eligibility, payment options and health care in retirement. However, a session can be customized to meet the needs of the audience. If the proposal is accepted the retirement system is prohibited from paying to participate.

Division/Interest Area 1: Adult Development & Learning

Division/Interest Area 2:

Age Group: Adult

EXPLORING EQUITY-BASED TRAUMA-INFORMED PRACTICES IN PE

Presenter(s): *Doug Ellison, Kent State University*
Jen Walton-Fisette, Kent State University

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kalahari Salon D

Session Description: Learn techniques to effectively work with students utilizing an equity-based, trauma-informed lens to establish quality teacher-student relationships and enhance the learning environment. The focus will be on: Practical strategies to help teachers understand that trauma is a lens and NOT a label, and by rethinking our roles

as educators and adopting a universal approach to teaching, we can move from mindset to systems change to serve better the communities we teach in and enhance our sustainability as teachers.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

THE ESSENTIALS OF CLASSROOM MANAGEMENT

Presenter(s): *Bill Jones, University School*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kilimanjaro Suite 4

Session Description: Classroom management skills are a prerequisite to effective instruction. Most students enjoy and appreciate a learning environment that is organized and efficient allowing for the maximum amount of time to be devoted to learning skills. The utilization of effective classroom management techniques allows for increased productivity from both students and the teacher.

Classroom management refers to the efficient movement and organization of student activity along with the efficient transition from one activity to another. It includes the rules, procedures, and protocols that facilitate an orderly and structured environment in which children can be productive and safe. It includes the ongoing interactions between children and their teachers.

Skills that allow for good classroom management should be taught to children similarly to teaching physical skills. All skills need to be learned through practice and repetition until they become almost automatic. When classroom management is viewed as a set of skills to be taught and practiced, it is much easier to empathize with students who do not perform well. Some students will perform management skills incorrectly, just as some students make mistakes when performing physical skills. A focus on correcting management problems by practicing the skill (spacing, stopping signal, etc.) is much more constructive than lectures or accusations of a class for not doing things according to expectations.

The management of student behavior is a "pay me now or pay me later" proposition. The time you spend managing student behavior is time well spent. The time you spend now managing student behavior is time that you will save down the road or in the long run. Effective management systems tend to cause disruptive behavior to self-eliminate. At the same time management is an ongoing and never-ending process.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Higher Education

Age Group: Any/All Ages

TEACHING GIFTED STUDENTS IN PHYSICAL EDUCATION

Presenter(s): *Robbie Lazear, Cincinnati Public Schools/Spencer Center for Gifted and Exceptional Students*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Orange

Session Description: What is giftedness and how are the needs of gifted learners best met in physical education? Attendees will get to learn about the different types of giftedness, some common myths associated with gifted learners, and how certain characteristics could be viewed as positive or negative depending on the situation. Gain insight into an often-overlooked subset of students and learn the process for identifying gifted learners using both objective and subjective identification instruments. Attendees will also participate in a highly engaging movement-based activity period that will utilize the gifted teaching strategies that most effectively challenge gifted learners.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: K - 12

MOVING BEYOND THE HEALTH TEXTBOOK

Presenter(s): *Gary Lemke, iPE/iHealth*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kalahari Salon H

Session Description: Do you struggle with limited time to cover all health content areas? Do you want to transition from health worksheets towards skills-based education? Are you looking to use technology to reduce your effort and time chasing and grading assignments? Join this session to discover proven best practices in blended learning and the flipped classroom for health education.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 6 - 12

OHIO WHOLE CHILD FRAMEWORK: ROLE OF HEALTH EDUCATION & PHYSICAL EDUCATION

Presenter(s): *Kevin Lorson, Wright State University*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Cypress

Session Description: The role of health education and physical education is to build healthy behaviors and be part of the larger effort to support the whole child through the coordinated policies, programs, and practices of the Ohio Whole Child Framework. The presentation will highlight the opportunities for health education and physical education to build school/community partnerships that support the whole child and student success. Communication and advocacy skills will be key to building relationships, creating awareness of the Ohio Whole Child Framework, and valuing the connections and opportunities within whole child initiatives to align education and health partners in whole school, whole community approach.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: K - 12

OUTDOOR ADVENTURES IS FOR ALL STUDENTS!

Presenter(s): *Scot McClure, Outdoors Tomorrow Foundation*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kilimanjaro Suite 3

Session Description: Outdoor Adventures (OA) K-12 is an outdoor education curriculum with 290 lessons in 34 units. OA is taught in schools across 45 states. The mission of the Outdoors Tomorrow Foundation (OTF) is to get more youth involved in life-long enjoyment of the outdoors. The outdoors can be enjoyed by all. OA can be taught in any school in Ohio (public, private, charter and home school). The OTF is a 501c3 non-profit and will give ALL new schools a \$1000 equipment or curriculum grant. The OA curriculum has remote/distance learning built into every lesson. Units include: NASP, fishing, survival skills, camping, wildlife conservation, orienteering, camp cooking and much more. There are no requirements to teach any particular unit and schools can pick the units matching the needs of their students. Schools report a 30% increase in P.E. enrollment and OA becomes the most popular course at school. All lessons are aligned to the NPE K-12 standards and include cardiovascular activities, writing and character trait emphasis along with enrichments and modifications. The OA curriculum also includes STEM applications, cross-curricular opportunities, community involvement projects and career applications.

Presentation Objectives

Educators will learn how Outdoor Adventures K-12 is for all students.

Educators will participate in outdoor skills

Educators will have hands-on experiences with rods and reels.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Recreation/ Therapeutic Recreation

Age Group: K - 12

CURRENT TOPICS IN SPORT

Presenter(s): *Alina Cioletti, Ohio State University*
Ali Talcott, Ohio State University
Mackenzie Rector, Ohio State University
Carter Bulington, Ohio State University

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kalahari Salon B

Session Description: The purpose of this session is to discuss current issues occurring in sport and identify ways to solve these issues. Topics to be presented: (a) Barriers and facilitators to participating in group fitness, (b) What stops students from engaging with campus recreation? (c) "What is your praxis?" Exploring social justice education in sport management education, and (d) Exploring effects of sport fandom on mental health.

Division/Interest Area 1: Sport & Exercise Science

Division/Interest Area 2:

Age Group: Any/All Ages

USING AVID® STRATEGIES IN THE HEALTH AND PE CLASSROOM

Presenter(s): *Jessica Matheson, SHAPE America National Health Education Teacher of the Year*

Session Date/Time: 12/1/2022 1:30:00 PM - 12/1/2022 2:15:00 PM

Location: Kalahari Salon A

Session Description: Are you looking to increase Writing, Inquiry, Collaboration, Organization, and/or Reading in your health and physical education classes? Participants will learn about WICOR® strategies to think critically and connect prior knowledge to their current learning. No need to have any prior knowledge of AVID®, nor to teach in a school that offers AVID®; all strategies can be implemented in any classroom and any school.

Division/Interest Area 1: Health

Division/Interest Area 2: Physical Education

Age Group: K - 12

MOVE MORE WITH STATIONS

Presenter(s): *Nate Cline, Lakota Local Schools*

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Kalahari Salons E&F

Session Description: Low or No Budget? Lacking Equipment? Large Classes? This is the session for you!! Discover how to maximize your space and equipment to get all of your students moving at the same time. I'll show you how to get started, how to maintain it, and how to make it fit your classes and schedule. With nearly a decade of station experience, see how this can help your Phys. Ed. Curriculum right away.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

STIS: MINUS THE SCARE TACTICS

Presenter(s): *Casey Langendorfer, Fayetteville-Manlius School District (New York)*

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Kalahari Salon H

Session Description: Recent data tells us that scare tactics don't scare people away from having safer sex. This is especially evident because over half of the 20 million new sexually transmitted infections in the US are among

young people ages 14-24. In this session, we will explore different STI lessons that you can bring directly back to your classrooms that focus on prevention and treatment rather than stigma and shame.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 6 - 12

LET'S HAVE FUN IN PHYSICAL EDUCATION CLASS WITH OPEN

Presenter(s): *Melanie Lynch, OPEN*

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Kilimanjaro Suite 5

Session Description: This workshop puts the focus on using OPEN's free standards-based curriculum resources, which give physical educators creative ways to engage students and teach lessons that ensure academic rigor in any instructional environment. This is an activity-based session - come prepared and ready to move! Every OPEN instructional module includes research-based teaching tools such as academic language resources, depth of knowledge tiered question techniques, Marzano academic rigor strategies, universal design strategies, and social and emotional learning integration. Additionally, this professional learning experience will address assessment and evaluation in learning management systems, and how to plan for changing educational environments. This workshop is designed for a grades K--12 audience

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

SOCIAL EMOTIONAL LEARNING RAISING THE BAR WITH ADVENTURE BASED LEARNING

Presenter(s): *Sam Meyerhoff, Ohio State University*

Sue Sutherland, Ohio State University

OSU Undergraduates, Ohio State University

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Kilimanjaro Suite 4

Session Description: Social Emotional Learning has been a recent focus for educators. While Adventure Based Learning is a well known but underutilized teaching model. Adventure Based Learning (ABL) is flexible and adaptable for different environments, settings, and abilities in physical education. With ABL, physical educators facilitate students through five stages; getting to know each other, communication, cooperation, trust, and problem solving to build interpersonal and intrapersonal skills. Social Emotional Learning's five components; self-awareness, self-management, social awareness, relationship skills, and responsible decision-making are infused throughout ABL activities and experiences. The combination of sequenced activities and debrief discussions provide an enriching experience to students. Come and learn how ABL and SEL can enhance and broaden your physical education classes.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

SKILLS-BASED HEALTH ED 101

Presenter(s): *Maria Schneider, 2021 SHAPE Midwest Health Teacher of the Year; 2019 Ohio Health Teacher of the Year; Brecksville-Broadview Hts. Middle School*

Dayna Daltorio, Brecksville-Broadview Hts. Middle School

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Kalahari Salon D

Session Description: Are you looking to transition your Health Ed classroom to align with our National Standards? Are you already using Skills-Based Health Ed but want to get more ideas to implement in to your classroom? Join the 2021 SHAPE Midwest District Health Teacher of the Year, Maria Schneider, and Dayna Daltorio for a session filled with lessons to take back to your classroom.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: Any/All Ages

THE VALUE OF POSITIVE, CARING, SAFE, AND NURTURING STATEMENTS BY TEACHERS IN PHYSICAL EDUCATION AND THEIR EFFECT ON STUDENT LEARNING

Presenter(s): *Scott Trainer, Ohio State University*

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Kalahari Salon A

Session Description: Part of a teacher's duty is to provide positive, caring, safe, and nurturing spaces for students to learn and excel in their academic progressions. When children learn in such spaces, they perform better than in other spaces (Klem & Connell, 2004). Positive, caring, safe, and nurturing statements are statements that praise students for performing well, compliment an aspect of the student's identity, or show that a teacher is interested in the student's performance in class. Positive, caring, safe and nurturing statements can be found in practice sometimes pertaining to specific elements of pedagogy such as when a student show progress within a given task and sometimes spontaneously when a teacher notices an aspect of the student that should be celebrated like complimenting a clever statement that a student makes. Positive, caring, safe, and nurturing statements help to strengthen teacher rapport with students, and this has been demonstrated empirically to impact student performance in classrooms and physical education spaces alike (Roorda et al., 2017; Cronin et al., 2018). Positive, caring, safe, and nurturing statements can also be utilized to structure learning environments, specifically in terms of communication between teachers and students. In such a manner routines can be established, expectations can be communicated, and modeling of behavior can occur (Roorda et al., 2017).

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Adult Development & Learning

Age Group: K - 12

IMPACTING YOUR SCHOOL WITH HEALTH. MOVES. MINDS.®

Presenter(s): *Sasha Taylor, health. moves. minds.® Fundraiser Team Champion*

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Orange

Session Description: health. moves. minds.® is a Fundraising Program provided by SHAPE America. We call educators that lead a health. moves. minds. Fundraiser at their school a Team Champion. They receive more new PE equipment and education materials back to their school than a typical fundraiser and (if they choose) can share funds from their Fundraiser with a 501(c)(3) charity of their choice - all in one event. A vital component of health. moves. minds. Fundraisers is that it helps fund no cost access to needed SEL educational resources and activities to all schools that need them and supports partnering state health and physical education associations because of the funds they raise.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group:

BRAINBALL™: COMBINING COGNITIVE AND PHYSICAL ACTIVITIES INTO ONE

Presenter(s): *Ray Heipp, School Health/Palos Sports*

Session Date/Time: 12/1/2022 2:30:00 PM - 12/1/2022 3:15:00 PM

Location: Kilimanjaro Suite 3

Session Description: BRAINBall has become a tool for adding the cognitive dimension to physical activities within our PE environments. This session will be looking at the activities and how they stimulate success in multiple classroom settings. We will be playing games that require us to think as well as move. We will look at how these can be so inclusive that anyone at any age can play. Finally, we will learn about the research that supports what we are doing and learn how to apply it to our specific communities to build students with a well-balanced understanding of the mind-body connection.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Adapted PE

Age Group: Any/All Ages

KEEPING STUDENT INSPIRED TO MOVE

Presenter(s): *Bev Brown, Interactive Health Technologies*

Session Date/Time: 12/1/2022 3:30:00 PM - 12/1/2022 4:15:00 PM

Location: Kilimanjaro Suite 5

Session Description: This session will teach the game of PadelZlam while using heart rate monitors to capture the amount of time moving at a health enhancing level. The main goal is to help students understand there are many different ways to improve your physical and mental health. Being able to provide student with feedback on their person effort is key to understanding how to live healthy. Moving toward the goal of physical education is about how many minutes did I work at a health enhancing level rather than how fast can I run the mile. Come ready to move and learn. This is ideal for 3rd grade through college.

Bev Brown taught for 31 years and Professional Development trainer for 7 years

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: Any/All Ages

IDEAS, ACTIVITIES, AND LESSONS YOUR STUDENTS WILL LOVE!

Presenter(s): *Kathy Casper, 2018 Elementary Teacher of the Year; Copley-Fairlawn Schools / Fort Island Primary Amy Belles, 2019 Adapted Teacher of the Year; Copley-Fairlawn Schools / Herberich Primary*

Session Date/Time: 12/1/2022 3:30:00 PM - 12/1/2022 4:15:00 PM

Location: Cypress

Session Description: Tag your it! Join us as we present to you standards based lessons and activities. Purposeful and sequential tag games teaching strategies and tactics. Instant activities to get your students engaged while incorporating fitness concepts and respect for others. Ideas to create a positive classroom environment.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: Pre K - 5

LISTEN TO YOUR HEART: INCREASING MVPA AND STUDENT ENGAGEMENT THROUGH HEART RATE TECHNOLOGY

Presenter(s): *Robbie Lazear, Cincinnati Public Schools/Spencer Center for Gifted and Exceptional Students Molly Critchell, Cincinnati Public Schools/Fairview-Clifton German Language School*

Session Date/Time: 12/1/2022 3:30:00 PM - 12/1/2022 4:15:00 PM

Location: Kilimanjaro Suite 4

Session Description: Come experience how to utilize heart rate technology by engaging in age-appropriate, physically challenging activities that highlight the benefits of increased MVPA. Attendees will get a chance to see

firsthand the positive impact heart rate monitors have on their own effort and how easy it is to incorporate them into their own classrooms. At the end of the session, attendees will be able to see how data can be utilized to inform instructional practices, create a dialogue about the benefits of physical activity with stakeholders, and individualize physical fitness goals to help each student have realistic measures to strive for.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: K - 12

IGNITE DEEP LEARNING IN SKILLS-BASED HEALTH ED

Presenter(s): *Maria Schneider, 2021 SHAPE Midwest Health Teacher of the Year; 2019 Ohio Health Teacher of the Year; Brecksville-Broadview Hts. Middle School*
Dayna Daltorio, Brecksville-Broadview Hts. Middle School

Session Date/Time: 12/1/2022 3:30:00 PM - 12/1/2022 4:15:00 PM

Location: Kalahari Salon D

Session Description: Learning in Skills-Based Health Ed has a close friend. Come meet Disciplinary Literacy. Join the 2021 SHAPE Midwest District Health Teacher of the Year, Maria Schneider, and colleague Dayna Daltorio by participating in various ideas to use in your classroom to ignite deeper learning.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 6 - 12

DEPRESSION EDUCATION IS SUICIDE PREVENTION

Presenter(s): *Ilana Sherman, Erika's Lighthouse*

Session Date/Time: 12/1/2022 3:30:00 PM - 12/1/2022 4:15:00 PM

Location: Kalahari Salon H

Session Description: By incorporating depression education into health and physical education, schools are able to center around the whole child and create a more inclusive school culture. This session will introduce educators to teacher-led programs for students in grades 4-12 that provide an introduction to mental health, depression-literacy, help-seeking skills and strategies for maintaining good mental health, while meeting National Health Education Standards. These no-cost, turn-key, evidence-informed, video-based programs use real teens and their diverse stories to raise awareness about depression, and let students know they are not alone. Participants will learn how to immediately access and implement these free programs along with other resources available for staff and families.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: K - 12

ADVOCACY AND SOCIAL JUSTICE EFFORTS IN OHIO: BE INVOLVED, BE THE CHANGE!

Presenter(s): *Kevin Lorson, Wright State University*
Jennifer Walton-Fisette, Kent State University
Sue Sutherland, Ohio State University

Session Date/Time: 12/1/2022 3:30:00 PM - 12/1/2022 4:15:00 PM

Location: Kalahari Salon G

Session Description: Advocacy at the Ohio Statehouse has been central to the OAHPERD's mission of a healthy and physically active Ohio. OAHPERD's advocacy efforts has focused on legislation, policy, and funding to support quality health and physical education. Over recent years, greatly influenced by the pandemic, political unrest, and

racial injustice, an array of legislation has been proposed that directly and indirectly affect our disciplines in OAHPERD and the ability to achieve our mission for all Ohioans. In this presentation we will discuss the proposed legislation from an educational and justice standpoint; examine the impact on our profession, students, schools, and communities; and steps we need to take to advocate for equitable educational experiences for all.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All Ages

OMNIKIN: HAVE A BALL WITH ACTION-PACKED FUN FOR ALL!

Presenter(s): *Scott Williams, Omnikin*

Session Date/Time: 12/1/2022 3:30:00 PM - 12/1/2022 4:15:00 PM

Location: Kilimanjaro Suite 3

Session Description: Need cooperative and community-building activities that include fitness and skill development? Omnikin has you covered! This exhilarating session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that'll generate excitement in your PE classroom like you've never seen before! Your students will have a BALL!

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

THE EFFECTS OF CARBOHYDRATE SOURCE ON HALF-MARATHON RUNNING PERFORMANCE, PHYSIOLOGICAL PARAMETERS AND GASTROINTESTINAL DISTRESS

Presenter(s): *Ibrahim Almahaireh, The Ohio State University*

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 4:50:00 PM

Location: Kalahari Salon D

Session Description: It is well established that carbohydrate consumption during endurance exercise can enhance performance, principally due to the maintenance of high plasma glucose concentrations and the preservation of endogenous (i.e., liver and muscle) glycogen stores. To date, relatively little attention has been directed towards the use of natural carbohydrate sources and their impact on performance, physiological, and GI parameters. Thus, we investigated the effects of a natural carbohydrate beverage, apple puree/maltodextrin (APE), compared with an apple-flavored carbohydrate (ACHO) beverage on performance, physiological parameters, and GI distress during a half-marathon in a field-based environment. Eleven (n = 11; nine males, two females) experienced runners completed two experimental trials in a randomized, double-blind, counterbalanced design. Trials consisted of two half-marathons (i.e., 13.1 miles) separated by a minimum of 14 days. Following a standardized breakfast, participants consumed 12 g of carbohydrate at 0, 3, 6, and 9 miles of either APE or ACHO. Time to completion did not significantly differ between conditions (APE: 5393 ± 601 s, ACHO: 5372 ± 614 s; P = 0.684) and there were no interaction effects for heart rate, rating of perceived exertion (RPE), gastrointestinal (GI) variables, fluid intake, urine volume, or urine specific gravity (USG), (all P > 0.05). These findings indicate that the performance, physiological and GI responses to APE and ACHO were similar between conditions. Future studies should explore the responses to these formulations when compared to a water-only placebo (i.e., a negative control) and investigate the influence of each formulation on measures of carbohydrate oxidation for greater mechanistic insights.

Division/Interest Area 1: Sport & Exercise Science

Division/Interest Area 2:

Age Group: Adult

ELEMENTARY SCHOOL STUDENTS' SOCIAL BEHAVIOR, PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR ON THE SCHOOL PLAYGROUND

Presenter(s): *Yung-Ju Chen, Minot State University*
Dimetrius Brandon, Ohio State University

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 4:50:00 PM

Location: Kalahari Salon C

Session Description: The purpose of this study was to portray elementary students' school-day physical activity. Sixty-one elementary students (3rd and 4th grades) from two urban schools in central Ohio were monitored for five school days. In this presentation, we will report the time students engaged in different levels of physical activity and sedentary behavior during the school day and recess time. Small subgroups of students were also observed on the playground during recess. The findings discovered that students' sex, the size of groups students were involved in, and the types of social behavior they engaged in predicted the time they spent in moderate-to-vigorous physical activity (MVPA) and sedentary behavior on the playground. Recommendations for schools on increasing students' MVPA will be provided.

Division/Interest Area 1: Student

Division/Interest Area 2: Physical Education

Age Group: Pre K - 5

STRATEGIES TO PREVENT ASTHMA IN DISTANCE RUNNERS

Presenter(s): *Kitty Consolo, Ohio University Zanesville*

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 5:15:00 PM

Location: Indigo Bay

Session Description: Assuming the runner has already been diagnosed with asthma and has medications and a medical plan, this session offers strategies in addition to medications, that can help further prevent asthma in distance runners. The presenter has been running and winning races with asthma from the mile to the marathon since 1975, and went undefeated in the 60-64 age group last year in nine 5kms. She will share several strategies that have contributed to her success that can help runners recognize high risk situations for asthmatic runners and to mitigate those risks. She has witnessed runners experience asthma despite medication by not utilizing these strategies. Included in the session is: assessment of weather temperature, humidity, pollen, pollution conditions, use of masks, use of self-hydration equipment as well as proper warm up, strides, acid-reflux prevention and breathing exercises.

Division/Interest Area 1: Sport & Exercise Science

Division/Interest Area 2:

Age Group: College

PHYSICALLY ACTIVE BRAIN BREAKS IN THE CLASSROOM SETTING

Presenter(s): *Brigid Radigan, Olmsted Falls City Schools*

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 4:50:00 PM

Location: Kalahari Salon G

Session Description: Studies show that the attention span of teenagers range from 20-30 minutes. In this session, you will learn about various physically active "brain breaks" enjoyable for teenagers, ranging from 3 to 5 minutes long, with inexpensive equipment that can be stored in your classroom cabinets. Your students will have fun, break a sweat, and will become refocused and ready to learn your content!

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: K - 12

CHILDREN FIT FOR LIFE - THE DAILY MILE

Presenter(s): *Bill Russell, The Daily Mile*

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 4:50:00 PM

Location: Kalahari Salon A

Session Description: The Daily Mile is a free physical activity intervention proven to impact learning, behavior and holistic health and wellness. It is a teacher care tool that has staff having fun while connecting with and inspiring children at high levels.

Division/Interest Area 1: Health

Division/Interest Area 2: Adult Development & Learning

Age Group: K - 12

USING VISUAL SCHEDULES TO SUPPLEMENT INSTRUCTION

Presenter(s): *Joy Van Horn, Kenton Elementary School, Kenton, Ohio*

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 4:50:00 PM

Location: Kalahari Salon B

Session Description: Are you frustrated with students who struggle to follow routines? What have you done to address those students' needs? Visual schedules can be used in physical education and adapted physical education classes to meet students where they are at. Come join in as I show you how to get started with using visual schedules to improve your instruction and your students' learning environment.

Division/Interest Area 1: Adapted PE

Division/Interest Area 2: Physical Education

Age Group: Pre K - 5

ALL KIDS BIKE

Presenter(s): *Lauren Wilson, Twinsburg City Schools/Wilcox Primary School*

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 4:50:00 PM

Location: Cypress

Session Description: All Kids Bike is a program partnered with The Strider Education Foundation. This program is focused on using a Strider 14x bike and pedal conversion kit. Teaching all Kindergarten students how to ride a 2-wheel bike without ever using training wheels. Wilcox Primary School in Twinsburg, Ohio used this program for the first time in spring 2022. It has been the most fun and rewarding teaching experience for all involved. Come learn about this initiative and be a part of the movement to teach every kid how to ride a bike. Bike riding is a practical leisure activity that can be consistent throughout life. Bike riding offers many other benefits related to well-being, positive self image, independence, problem solving, and physical fitness...all real world skills. Come learn how we also partnered with the community, local police, and ran a bike night that aligned with the program. If you teach Kindergarten students, you must come check this out.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Pre K - 5

IMPORTANCE OF SELF-DEFENSE EDUCATION IN SCHOOLS!

Presenter(s): *Jana Schultz, West Side Montessori*

Session Date/Time: 12/1/2022 4:30:00 PM - 12/1/2022 4:50:00 PM

Location: Kilimanjaro Suite 5

Session Description: Every 40 seconds, a child goes missing in the United States. What can you do as a Physical Education or Health teacher to help keep students safe? Learn from a Certified Sierah Strong instructor ways to empower students with functional knowledge and skills to keep themselves safe. Practice a few self-defense

moves and learn awareness tips that EVERY TEACHER can teach! Give students the tools to stay safe and react appropriately in compromising situations.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Any/All Ages

STRS OHIO - BEYOND THE CLASSROOM

Presenter(s): *Tamla Cole, State Teachers Retirement System of Ohio (STRS Ohio)*

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kalahari Salon C

Session Description: As you get further into your career, chances are you're starting to think "beyond the classroom" and specifically about your retirement options and how to finance your retirement. During this for mid to late career educators, we provide information about:

- Your STRS Ohio pension (eligibility requirements, calculation and payout options).
- Reconciling your anticipated retirement expenses and your pension income.
- Retirement health care cost considerations.

Division/Interest Area 1: Adult Development & Learning

Division/Interest Area 2:

Age Group: Adult

WHEN IN DOUBT, DANCE IT OUT!

Presenter(s): *Kent Hamilton, Plain Local Schools*

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kilimanjaro Suite 3

Session Description: Not comfortable teaching dance and rhythm in PE? Come and build your confi-dance! Attendees will learn unique and creative ways to teach dance and rhythm in Physical Education! We will participate in a variety of Dance activities, Cardio Drumming, Rhythmic Basketball Dribbling, and more!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Dance

Age Group: Pre K - 5

TEACHING RESPONSIBLE BEHAVIOR IN ELEMENTARY & MIDDLE SCHOOL PHYSICAL EDUCATION

Presenter(s): *Bill Jones, University School*

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kilimanjaro Suite 4

Session Description: Physical education offers a unique opportunity to foster personal and social responsibility in all students. The Society of Health and Physical Educators or SHAPE America supports the use of physical education to teach personal and social responsibility. Standard four states that a "physically literate individual exhibits responsible personal and social behavior that respects self and others." Standard five states that "a physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction."

One system for addressing these standards and fostering responsible student behavior is Don Hellison's Teaching Personal and Social Responsibility. Based on the work of Hellison, this system can be easily implemented and integrated into any existing physical education or athletic program. There are five levels in this system: irresponsible, self-control, participation, self-responsibility, and caring. Before implementing this system, students must be taught appropriate behavior through effective classroom management and the creation of an efficient learning environment. This can be accomplished by utilizing principles of effective management such as developing

rules and consequences, establish efficient routines, shaping acceptable behavior, setting clear, high expectations, being attentive and active, creating effective lessons, reflecting on lessons, and addressing unacceptable behavior.

After this presentation, participants will be able to:

- Demonstrate effective management strategies for shaping appropriate behavior in physical education
- Discuss the rationale for implementing Hellison's Levels of Responsibility in physical education or other activity settings
- Plan and implement Hellison's Levels of Responsibility

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Higher Education

Age Group: Any/All Ages

OPPORTUNITIES TO BUILD HEALTHY BEHAVIORS IN GRADES K-5: CONNECTIONS ACROSS HEALTH, PHYSICAL EDUCATION, AND SOCIAL-EMOTIONAL LEARNING

Presenter(s): *Kevin Lorson, Wright State University*

Judy Jagger-Mescher, Wright State University

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kalahari Salon A

Session Description: Few Ohio schools provide health education beyond the required high school course with elementary students having limited opportunities to learn the knowledge and skills to build a lifetime of healthy behaviors. This session will highlight the learning opportunities across the Grade K-5 curriculum. The session will highlight examples of outcomes, learning activities, and cross-curricular experiences to build skills that lead to healthy behaviors. We will also highlight opportunities that align the efforts of health education, physical education and social-emotional learning within a whole school, whole community approach.

Division/Interest Area 1: Health

Division/Interest Area 2: Physical Education

Age Group: K - 12

FITNESS FUN

Presenter(s): *Annie Olcott, Ohio University*

Brady Brannon, Ohio University

Bradley Clapper, Ohio University

Jayson Delisio, Ohio University

Cierra Ellis, Ohio University

Izzy Hauler, Ohio University

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Indigo Bay

Session Description: Let's make FITNESS FUN for our students! This session will provide physical educators with creative and innovative ideas of fitness activities that tie together Health-Related Fitness and Skill Related Fitness development. Special attention will be devoted to secondary level fitness activity sample lessons and attendees will receive additional resources needed for implementation. Attendees will be able to identify connections of Health-Related Fitness and Skill Related Fitness and apply this learned knowledge to the development of fitness games to increase students' performance and lifelong participation in movement.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: 6 - 12

FOOD ALLERGY EDUCATION AND TRAINING

Presenter(s): *Michael Suhy, Allison Rose Foundation/Cuyahoga Heights Fire Department*

Rebecca Suhy, Allison Rose Foundation

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kalahari Salon G

Session Description: The Allison Rose Foundation has developed a physician driven, evidence based food allergy curriculum that educates everyone-with or without food allergies, and in collaboration with our medical advisory board. This curriculum is designed for health classes and presented by our team of instructors that are all trained firefighters/paramedics. We offer an engaging, impactful and life-saving lesson to students, faculty and staff. Each instructor is formally trained by board-certified allergist, immunologist, internist and pediatrician, Dr. Alice Hoyt. Our food allergy curriculum is designed for your health class and we come in and teach your class(es) for the day.

Division/Interest Area 1: Health

Division/Interest Area 2: Student

Age Group: Any/All Ages

LEARNING TO TEACH PE: TEACHER CANDIDATES WORKING COLLABORATIVELY IN A SCHOOL SETTING

Presenter(s): *Adrian Turner, Bowling Green State University*

Keaton Altimus, Bowling Green State University

Bryce Krimmel, Bowling Green State University

Matthew Moscrop, Bowling Green State University

Dylan Nason, Bowling Green State University

Kelly Naylor, Bowling Green State University

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kalahari Salon B

Session Description: This session will provide a window into the pedagogical experiences of preservice physical educators during their junior year, enrolled in a site-based teaching methods course at a local school. The presenters will share their experiences by offering specific insights from their work with middle school students across the semester. The teacher candidates collaboratively designed and implemented instructional units to facilitate student learning that addressed the Ohio PE Content Standards, while they simultaneously submitted to the rigors of edTPA preparation, as part of their own instructional development and assessment processes. EdTPA is comprised of 3 tasks: Planning, Instruction and Assessing Student Learning. Teacher Education faculty and classroom mentors are restricted in the specific advice they are allowed to provide candidates regarding the "final" (externally scored) edTPA, usually undertaken during student teaching. However, faculty are permitted to extensively prepare teacher candidates for these 3 tasks during the PETE program prior to their culminating (senior year) internships. A school-based instructional methods class, taught by a teacher educator, may serve as a viable setting for this process during the later stages of a PETE program. In this presentation, teacher candidates will provide insights into their planning and preparation activities, as well as their attempts to establish an effective environment for student learning. They will discuss their impressions of specific instructional models used to facilitate content development as well as the design of accompanying assessment processes. By conducting a university class in a public-school setting, teacher candidates experience a "real-world" environment where not everything goes according to plan. It is part of a scaffolded curricular learning experience, where they meet instructional challenges together "head-on" in order to learn about the art and science of teaching.

Division/Interest Area 1: Higher Education

Division/Interest Area 2: Student

Age Group: Any/All Ages

ENGAGING THE MASSES IN PE CLASS

Presenter(s): *Ashley Jay, QuaverEd*

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kalahari Salon D

Session Description: 60+ students, and 45 minutes? No problem, when you've learned to manage the masses in PE class with our tips, tricks, and strategies! Come experience, apply, and leave with strategies to enhance classroom management practices, assess more efficiently, and engage and accommodate all learning styles while maximizing instruction through the incorporation of technology!

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

THREADING THE NEEDLE OF SEL IN ALL PE SETTINGS

Presenter(s): *Ray Heipp, School Health/Palos Sports*

Session Date/Time: 12/2/2022 9:15:00 AM - 12/2/2022 10:00:00 AM

Location: Kalahari Salon E&F

Session Description: We have heard Dr. Aaliyah A. Samuel, president and CEO of CASEL, talk about “threading the needle” when it comes to bringing SEL into our schools. How do we as Health and Physical Education teachers take it the next step. In this session, we will move from “threading the needle” to creating our own tapestries within our classes through our activities and our messaging. We do not have to lessen our addressing of Health and Physical Education standards to incorporate SEL. Instead, we can strengthen our students’ understanding of the need for physical activity as a lifetime skill, allowing them to achieve success in an inclusive manner, and have them attain levels of confidence in both their abilities and themselves through re-visioning the activities we have always presented in a holistic manner.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Adapted PE

Age Group: Any/All Ages

PERFORMANCE PE: WINNING THE WARM UP

Presenter(s): *James DiBiasio, T3 Performance*

Collin Taylor, T3 Performance

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kalahari Salon D

Session Description: In a world of constant distractions, it is a daily battle to capture attention and get quality engagement from students across all physical ability levels. James and CT will discuss and demonstrate how to use pattern interrupt and gamification to increase engagement, enjoyment and get students excited about exercising all in the first 10-15 minutes of class!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Sport & Exercise Science

Age Group: Any/All Ages

ACTION! TEAM GAMES TO BOOST ENGAGEMENT

Presenter(s): *Andy Tupy, Gopher*

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kilimanjaro Suite 3

Session Description: Join us for an action-packed workshop featuring team games that are class-oriented, teacher-friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged. We won't just be playing games though, you'll also learn classroom management and skill development strategies that you can take home and implement in your program. Get ready to sweat, learn and have fun!

Division/Interest Area 1: Recreation/ Therapeutic Recreation

Division/Interest Area 2:

Age Group: Any/All Ages

CONTRIBUTIONS OF SPORT OF SUBJECTIVE WELL-BEING: THE GOOD AND THE BAD

Presenter(s): *Bonnie G. Berger, Bowling Green State University*

Mary J. MacCracken, University of Akron

Adrian P. Turner, Bowling Green State University

Robert E. Stadulis, Kent State University

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kalahari Salon B

Session Description: Sport participation can result in a multitude of documented psychological and physical benefits. However, it is important to note that the benefits do not occur automatically and need careful attention by coaches and teachers. Participants will examine the roles sport plays in subjective well-being - the good and the bad. B. G. Berger will highlight the psychological factors of athletic identity and career maturity that contribute to athletes' successful transitioning out of competitive sport at the end of a high school or college careers. M. J. MacCracken will share successful and unsuccessful approaches to creating activity programs for enhancing self-esteem and self-efficacy in inner city participants, young and old. A. P. Turner will provide several illustrations of resilience from sport and offer some strategies to create psychological resilience in athletic participation as well as everyday life beyond the playing field. R. E. Stadulis will explore the role of parents in supporting athletic participation and building resilience regardless of a team's win-loss record. This session concludes with an opportunity for members of the audience to share personal examples of maximizing the psychological benefits of sport while avoiding common pit-falls.

Division/Interest Area 1: Sport & Exercise Science

Division/Interest Area 2: Higher Education

Age Group: Any/All Ages

SOCIAL MEDIA SAVES THE DAY

Presenter(s): *Nate Cline, Lakota Local Schools*

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kalahari Salon C

Session Description: Whether you're a rookie teacher or seasoned veteran, let me show you how to get the most out of #HealthEd and #PhysEd on Twitter. Learn how to get started, who to follow, where to look, and how to survive and thrive at the same time. You will never feel like you are on an island again. I'll help you start a Professional Learning Network that will take your teaching to the next level.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All Ages

ADVOCATING FOR A HEALTHY & PHYSICALLY ACTIVE OHIO!

Presenter(s): *Kevin Lorson, Wright State University*

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kalahari Salon A

Session Description: Join the OAHEPRD Advocacy Committee as we highlight state and local advocacy efforts to promote health and physical literacy. Priorities addressed in the presentation include sharing General Assembly updates on proposed legislation impacting health education, physical education, and the whole child; summarizing changes to ORC 3313.60 impacting health education; highlighting events from SHAPE America Speak Out! Day; and outlining future advocacy efforts. The session will also discuss opportunities for members to engage in local

advocacy efforts to support quality health education and physical education as well as developing coordinated policies, programs, and practices aligned with the Ohio Whole Child Framework.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All Ages

SOCIAL AND EMOTIONAL LEARNING IN PHYSICAL EDUCATION

Presenter(s): *Melanie Lynch, OPEN*

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kilimanjaro Suite 2

Session Description: Physical education is the only academic subject area to have standards and outcomes specifically targeting social and emotional learning (SEL) concepts. Physical educators have specific expertise on SEL and an opportunity to deliver innovative ways to develop SEL core competencies in their students. This workshop is designed to provide an overview of SEL concepts aligned to the CASEL core competencies with a focus on trauma-informed teaching. From there, teachers will discover and experience OPEN resources that have been backward designed from those competencies. This professional learning experience will also feature the Believe in You video series featuring Kevin Atlas. This workshop is designed for a grades K-12 audience.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All Ages

MUGGLE QUIDDITCH

Presenter(s): *Valerie Nagy, Mentor Public Schools*

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kilimanjaro Suite 4

Session Description: Bring the world of Harry Potter to life in your PE classes! During this presentation, teachers will learn how to teach Quidditch over the course of 3 or more weeks to students in 3rd grade and through high school. Teachers will have an opportunity to participate in a game of Quidditch to increase their understanding of the sport. Equipment hacks will be shared for teachers on a limited budget or teaching inside vs outside. If you have no Harry Potter love or knowledge, Quidditch is still a fantastic activity that focuses on hand-eye coordination, offensive and defensive strategies and teamwork.

Division/Interest Area 1: Physical Education

Division/Interest Area 2:

Age Group: Any/All Ages

MOVING TO THINK AND COLLABORATE

Presenter(s): *Jessica Matheson, SHAPE America National Health Education Teacher of the Year*

Session Date/Time: 12/2/2022 10:15:00 AM - 12/2/2022 11:00:00 AM

Location: Kalahari Salon E&F

Session Description: After social distancing, not sharing equipment/materials, and looking at computer screens, it's exciting to be able to physically engage and interact with classes again. Participants will engage in hands-on activities that will get their students up and moving, promoting high level thinking and collaboration in (and around) the health classroom. Participants will walk away with activities, reflections, and assessments that can be implemented immediately in their health classes

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 12-Jun

OUTDOOR ADVENTURE IS FOR ALL STUDENTS!

Presenter(s): *Scot McClure, Outdoors Tomorrow Foundation*

Session Date/Time: 12/2/2022 11:15:00 AM - 12/2/2022 12:00:00 PM

Location: Kilimanjaro Suite 3

Session Description: Outdoor Adventures is a fun and exciting physical education curriculum for ALL students. The focus is on outdoor activities including Fishing, Archery, Boater Education, Orienteering, Survival Skills, First Aid/CPR, Trip Planning, Tackle Crafts, Hiking, Backpacking, Camping, Outdoor Cooking, Mountain Bike Camping, Hunter Education, Fauna/Flora/Wilderness Medicine, Paddle Sports and Wildlife Conservation. The Outdoor Adventures curriculum is not your traditional PE course. Instead of teaching PE with basketballs and tennis rackets, we use rods and reels, and bows and arrows. The Outdoor Adventures course is designed to change young people's lives forever by exposing them to the many great opportunities of the outdoors. Learn how your students can enjoy Outdoor Adventures. All new schools will get \$1000.00 in Matching Equipment Funds!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: K - 12

BREATHING LIFE INTO STANDARD 8

Presenter(s): *Maria Schneider, 2021 SHAPE Midwest Health Teacher of the Year; 2019 Ohio Health Teacher of the Year; Brecksville-Broadview HTs. Middle School*
Jessica Matheson, National Health Teacher of the Year

Session Date/Time: 12/2/2022 11:15:00 AM - 12/2/2022 12:00:00 PM

Location: Kalahari Salon C

Session Description: Are you looking for new and exciting ways to teach students to demonstrate the ability to advocate for personal, family, and community health? Join the 2021 SHAPE Midwest District Health Teacher of the Year, Maria Schneider, and Dayna Daltorio as they elevate standard 8.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 6 - 8

LINE DANCING MACHINE

Presenter(s): *LaTrice Shields, 2021 Physical Education Teacher of the Year; Cleveland Metropolitan School District*

Session Date/Time: 12/2/2022 11:15:00 AM - 12/2/2022 12:00:00 PM

Location: Kilimanjaro Suite 4

Session Description: Dance is an art that refers to the movement of the body while keeping in rhythm with the music. Movement is a key element that enables the student to be successful. This session will introduce various activities that motivate, differentiate, and allow all students to work at their own pace. This workshop will also focus on new innovative ways to elevate dance appreciation through unique, fun, and exciting rhythmic dance skills. Hopefully, it brings excitement to you and your students and inspires you to get moving to the music and allows you to see the benefits of dancing.

Division/Interest Area 1: Dance

Division/Interest Area 2:

Age Group: Any/All Ages

WELLNESS MATTERS: K-12 HEALTH & WELLNESS COURSES

Presenter(s): *Carly Taylor, EVERFI, a Blackbaud Company*

Session Date/Time: 12/2/2022 11:15:00 AM - 12/2/2022 12:00:00 PM

Location: Kalahari Salon G

Session Description: Looking to center your classroom culture in student wellness this year? EVERFI's digital resources are here to help you teach these crucial skills in any type of learning environment. The choices we make and the habits we form while we are young become the foundation for the lives we lead as adults. EVERFI's free health and wellness resources teach students to make healthy choices in a safe environment. Join this session to get a full tutorial on EVERFI's digital platform, meet one of your local Ohio Implementation Specialists, Carly Taylor, and learn about creative and meaningful EVERFI implementation strategies!

Division/Interest Area 1: Health

Division/Interest Area 2: Physical Education

Age Group: K - 12

INTRA-ACTIVE POLICY WORK IN OHIO: CURRICULUM, PEDAGOGY, AND ASSESSMENT

Presenter(s): *Jennifer Walton-Fisette, Kent State University*
Sue Sutherland, Ohio State University

Session Date/Time: 12/2/2022 11:15:00 AM - 12/2/2022 12:00:00 PM

Location: Kalahari Salon B

Session Description: As we build on our previous work that focused on the impact of physical education policy on curriculum within the U.S., we realized the importance of addressing policy at the local level in Ohio. In this presentation we will share a critical reflection of the influence of policy work and specifically focus on the impact of physical education policy (e.g., standards) within Ohio on curriculum, pedagogy, and state-mandated assessment. SB 210, signed into law in 2010, established the measurement of student success in attaining the benchmarks outlined in the Ohio Physical Education Academic Content Standards. We consider the impact of this legislation and resulting policy documents on the intra-active nature of curriculum, pedagogy, and assessment in the current socio-political environment in Ohio. We highlight the tension between developing socially just physical education curriculum and practices at a time when the state legislature is passing more conservative legislation within education and beyond.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Higher Education

Age Group: Any/All Ages

UTILIZING TECHNOLOGY IN PHYSICAL EDUCATION

Presenter(s): *Alexander Myers, Marietta City Schools*

Session Date/Time: 12/2/2022 11:15:00 AM - 12/2/2022 12:00:00 PM

Location: Kalahari Salon D

Session Description: Explore simple ways to incorporate technology as a teaching tool in a range of learning environments. Learn to utilize simple tools to increase time spent learning in your classroom. These techniques have been found useful in a wide assortment of settings; Physical Education, Health, Weightlifting, Dance, Coaching, Special Education, and Regular Education. Nothing fancy needed to implement these strategies in your classroom, simply a screen and iPads.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Sport & Exercise Science

Age Group: Any/All Ages

INCLUSION DOES NOT MEAN ADAPTING ACTIVITIES

Presenter(s): *Ray Heipp, School Health/Palos Sports*

Session Date/Time: 12/2/2022 11:15:00 AM - 12/2/2022 12:00:00 PM

Location: Kalahari Salon E&F

Session Description: In the past, the idea of working with our students on IEPs or 504s promoting a notion of making an adjustment to activities rather than looking at making the activity more inclusive. As Master Teachers, we recognize that each of our students is a wonderful individual with unique abilities. The idea of making our classes inclusive expands our thoughts of having physical education create growth in all of our students. We are not simply adapting what we are doing for the sake of a couple of students. Instead, we are rethinking our activities so that EVERY student has the ability to excel in their own way and achieve personal goals which help to lay the foundation for a healthy lifestyle. We will look at common activities under Physical Education standards and explore how to truly make them inclusive and enhance them within the principles of SEL.

Division/Interest Area 1: Adapted PE

Division/Interest Area 2: Physical Education

Age Group: Any/All Ages

PE ASSESSMENTS FROM ELEMENTARY TO HIGH SCHOOL

Presenter(s): *Caroline Humberston, PlayTime Movement*

Session Date/Time: 12/2/2022 12:15:00 PM - 12/2/2022 1:30:00 PM

Location: Kilimanjaro Suite 3

Session Description: Want to have relevant, appropriate, skills-based assessments for all grades in PE? Want to contribute to your students' injury prevention and physical activity levels in their adult life? Learn why we need this now more than ever. Understand your students' physical activity levels and be able to communicate that with their parents and your administration.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Higher Education

Age Group: Any/All Ages

CREATING AFFIRMING SPACES FOR LGBTQ+ STUDENTS IN HEALTH EDUCATION

Presenter(s): *Casey Langendorfer, Fayetteville-Manlius School District (New York)*

Session Date/Time: 12/2/2022 12:15:00 PM - 12/2/2022 1:00:00 PM

Location: Kalahari Salon A

Session Description: Data from the Trevor Project's 2020 National Survey on LGBTQ Youth Mental Health found that individuals who had at least one LGBTQ-affirming space were 35% less likely to report a suicide attempt in the last year. As health educators, we have a unique opportunity to provide these types of spaces. In this session, we will discuss how to create lessons/spaces that affirm identities and empower students to make informed decisions about their health.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 6 - 12

CHILDREN FIT FOR LIFE - THE DAILY MILE

Presenter(s): *Bill Russell, The Daily Mile*

Session Date/Time: 12/2/2022 12:15:00 PM - 12/2/2022 1:00:00 PM

Location: Kalahari Salon D

Session Description: This whole child initiative improves learning, behavior and holistic health and wellness. Teachers and students get moving toward positive physical, mental and social health habits.

Division/Interest Area 1: Health

Division/Interest Area 2: Physical Education

Age Group: Any/All Ages

HEALTH.MOVES.MINDS. OHIO TRAINING: AMPLIFY KINDNESS AT YOUR SCHOOL IN 2023

Presenter(s): *Sasha Taylor, OAHPERD*
Stephanie Jumps, SHAPE America

Session Date/Time: 12/2/2022 12:15:00 PM - 12/2/2022 3:30:00 PM

Location: Indigo Bay

Session Description: health.moves.minds. is a SHAPE America program for K-12 (plus HPE undergrads) Physical Education & Health Educators based on kindness, mindfulness, empowerment, and advocacy. It includes K-12 SEL within HPE Curriculum and the option of easy fundraising for your PE program and/ or to any 501c3 charity of your choice. This is a whole-child, whole- school program that starts in PE and Health classrooms. This extended training session will take participants from a health.moves.minds. 101 perspective, through a website exploration and actual activity lesson examples, and into a ready-to-Implement at your school mindset for success. (Due to the length of the session, pre-registration is required to secure a spot and a lunch.)

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All Ages