



OAHPERD 2025 ANNUAL STATE CONVENTION

SESSION GUIDE

WEDNESDAY, DECEMBER 3

CONVENTION KICK-OFF WELCOME SOCIAL

Session Date/Time: 12/3/2025 7:30:00 PM - 12/5/2025 10:00:00 PM

Location: Waterfront Hall

Session Description: Join us at the Wednesday night social - get together with old friends, enjoy a scavenger hunt, and raffles for some fun prizes!. Come socialize with your friends and peers at Baobab in the Convention Center! Appetizers and cash bar provided.

THURSDAY, DECEMBER 4

EXHIBIT HALL OPEN

Session Date/Time: 12/4/2025 8:00:00 AM - 12/4/2025 4:30:00 PM

Location: Riverside Ballroom

Session Description: Join us in the exhibit hall to explore the latest resources and innovations in our field! Discover interactive displays, engage with industry leaders, and participate in hands-on demonstrations that will enhance your teaching practice. Don't miss this opportunity to connect with fellow educators and find inspiration to bring back to your classrooms.

WELCOME ADDRESS & ANNOUNCEMENTS

Session Date/Time: 12/4/2025 9:00:00 AM - 12/4/2025 9:20:00 AM

Location: Hamilton Ballroom

Session Description: OAHPERD President, Mary La Vine, will provide updates and a welcome message to attendees.

10 WAYS TO CREATE A STUDENT-CENTERED HEALTH CLASSROOM

Presenter(s): *Mary McCarley, Goodheart-Willcox*

Session Date/Time: 12/4/2025 9:30:00 AM - 12/4/2025 10:15:00 AM

Location: Lane

Session Description: Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, as she shares best practices and skills-based assessments that encourage a student-centered classroom. Mary will highlight a variety of strategies, best practices, and skills-based health assessments that help teachers become more of a facilitator and help student voices to be heard. Participants will leave with health resources to add to their teacher toolbox as well as complimentary access to Goodheart-Willcox's updated skills-based middle and high school health program.

Division/Interest Area 1: Health

Division/Interest Area 2: N/A

Age Group: 6 - 12

RESOURCES TO MAKE YOUR LIFE EASIER TEACHING SKILLS BASED HEALTH

Presenter(s): *Chad Hubbell, Strongsville City Schools*

Jeff Martinelli, Strongsville City Schools

Kevin Weir, Strongsville City Schools

Mark Demmerle, Strongsville City Schools

Session Date/Time: 12/4/2025 9:30:00 AM - 12/4/2025 10:15:00 AM

Location: Mueller

Session Description: This professional development session equips teachers with innovative tools and strategies to streamline Skills-Based Health instruction and enhance student engagement. Participants will explore three powerful educational resources designed to save preparation time, boost creativity, and improve classroom efficiency.

First, First Five offers practical, ready-to-use ideas and activities perfect for the opening minutes of class, helping set a positive tone, spark curiosity, and maximize instructional time. Next, MagicSchool AI introduces teachers to a user-friendly, AI-powered platform that generates customized lesson plans, activities, and assessments tailored to specific learning objectives in Health Education. Finally, Brisk—a free Chrome and Edge browser extension—will be demonstrated to show how AI can assist with grading, resource adaptation, and personalized feedback, allowing teachers to focus more on meaningful interactions with students.

By the end of the session, attendees will have hands-on experience using each tool and practical examples of how to integrate them seamlessly into their existing curriculum. Emphasis will be placed on aligning these resources with skills-based teaching principles, ensuring lessons not only deliver content knowledge but also empower students to practice and apply real-world health skills. This session is designed to help teachers work smarter, not harder—transforming daily routines, enhancing student outcomes, and making Skills-Based Health instruction both efficient and engaging.

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 6 - 8

UNLEASHING OUR SUPER POWERS: MASTERING CLASSROOM MANAGEMENT

Presenter(s): *Beth Callinan, Kettering City Schools / Beavertown*

Session Date/Time: 12/4/2025 9:30:00 AM - 12/4/2025 10:15:00 AM

Location: Monument

Session Description: Great teachers possess superpowers. This session invites educators to unlock and refine those powers. We will explore proven techniques for creating a positive environment, and addressing behavior. We will discover our strengths as educators. Leave this session ready to master your classroom.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: K - 12

TEAM UP AND TAKE OFF

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

Session Date/Time: 12/4/2025 9:30:00 AM - 12/4/2025 10:15:00 AM

Location: Waterfront Hall

Session Description: Looking for fun and creative team building activities that promote cooperation, communication, and community? This fun and active session will help attendees build the foundation for a positive, connected classroom environment that will launch their Phys Ed program to new heights!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Pre K - 5

CREATING AND SUSTAINING A PHYSICAL EDUCATION CULTURE

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

Session Date/Time: 12/4/2025 9:30:00 AM - 12/4/2025 10:15:00 AM

Location: Foundry Hall

Session Description: Physical Education is a place where Physical Educators find and feel connection, but how can we pass that connection and passion along to our students? In this session, you will learn strategies to work alongside your students to develop and sustain a PE culture to create connections and long-lasting impacts on their lives. Learn what creating and sustaining a physical education culture is all about, and begin to create a space students want to be in and stay in.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Any/All Ages

FAN FAVORITES

Presenter(s): *Jennifer Oakes, South-Western City Schools*

Jenna Micale, South-Western City Schools

Session Date/Time: 12/4/2025 9:30:00 AM - 12/4/2025 10:15:00 AM

Location: Butler Ballroom

Session Description: "Fan Favorites" is a dynamic elementary physical presentation showcasing student-loved games and activities designed to maximize engagement and inclusivity. Each activity was chosen for their ability to spark joy and promote physical, social, and emotional growth. These activities emphasize fun, teamwork, and skill-building, ensuring every child feels motivated to participate.

Developed in collaboration with our adapted PE teacher, "Fan Favorites" prioritizes accessibility for all students, including those with diverse physical, cognitive, or sensory needs. Modifications, such as incorporating modified equipment or simplified rules, ensure inclusivity without sacrificing excitement. These adaptations foster a sense of belonging and empower every child to succeed.

The program also integrates social-emotional learning, encouraging sportsmanship and cooperation through structured debriefs after games. By balancing high-energy play with reflective moments, students build resilience and empathy alongside fitness. Low-cost, versatile equipment like hula hoops, nooodles, beanbags, and ect. ensures activities are feasible in any setting.

"Fan Favorites" celebrates the power of play to unite and inspire every young learner.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Adapted PE

Age Group: K - 12

FLIP THE FRIDGE: RETHINKING NUTRITION THROUGH SKILLS-BASED, STUDENT-DRIVEN LEARNING

Presenter(s): *Maria Schneider, Brecksville/Broadview Heights Middle School*
Matt Hagedorn, Tallmadge City Schools

Session Date/Time: 12/4/2025 10:30:00 AM - 12/4/2025 11:15:00 AM

Location: Miami

Session Description: Escape the calorie-counting, "good vs. bad food" trap! Join Maria Schneider and Matt Hagedorn for an energizing session that reimagines nutrition education through a critical, inclusive, and skills-based lens. Instead of labeling foods or pushing rigid rules, we'll explore how to help students build real-world health skills-like analyzing influences, evaluating choices, and advocating for themselves and others. This session dives into engaging lessons that challenge diet culture, spark thoughtful conversations about marketing and media, and encourage students to explore their relationship with food in a safe, shame-free space. You'll walk away with plug-and-play strategies that align with the National Health Education Standards and support all learners.

We'll wrap with Flip the Fridge, a powerful summative project where students reflect on a personal eating habit and swap it for a sustainable change rooted in their own values-not a food pyramid. Come rethink nutrition with us-and leave with ideas that stick long after the final bell.

Division/Interest Area 1: Health

Division/Interest Area 2: Health

Age Group: Any/All Ages

"WELLNESS ON WHEELS" - A "WHEEL"Y FUN HEALTH UNIT FOR K-1 STUDENTS

Presenter(s): *Heather Barbour, Mount Vernon City School District*
Brock Evans, Mount Vernon City School District
Taylor Pozderac, Mount Vernon City School District
Emily Walker, Mount Vernon Nazarene University (Student Teacher)

Session Date/Time: 12/4/2025 10:30:00 AM - 12/4/2025 11:15:00 AM

Location: Waterfront Hall

Session Description: This engaging presentation explores a dynamic program designed to teach Razr scooter-riding skills to kindergarten and 1st grade students while integrating essential wellness topics. Participants will learn how to combine fun, age-appropriate scooter activities with lessons on safety gear, nutrition, sleep, and emotional well-being. This presentation is geared towards K-1st grade students, but could easily be adapted to K-5. It could also be used for biking, too.

Discover how movement and health education can go hand-in-hand to support the whole child!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Pre K - 5

HADES GONNA HATES - ACTIVITIES TO BRING THE WONDERS OF MYTHOLOGY TO YOUR CLASSROOM

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

Session Date/Time: 12/4/2025 10:30:00 AM - 12/4/2025 11:15:00 AM

Location: Butler Ballroom

Session Description: As the Percy Jackson series continues to gain popularity from new books and the Disney show, learn how to capitalize on that excitement to encourage your students to participate in new classroom activities that transport them back to ancient Greece. Tips and tricks to bring the Labyrinth, Stage Combat, Chariot and Canoe races and more to your classroom will be shared in this session.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Any/All Ages

TIME FOR CHANGE: ADDING AN OFFICIATING COURSE TO YOUR HIGH SCHOOL PE PROGRAM

Presenter(s): *Merrin Richardson, Twinsburg High School*
David Pillar, RefReps

Session Date/Time: 12/4/2025 10:30:00 AM - 12/4/2025 11:15:00 AM

Location: Monument

Session Description: My high school PE program has declined due to the district granting PE credit to 8th graders, drastically reducing enrollment. To revitalize it, I began offering an officiating course-despite initial hesitation due to nearing retirement and physical limitations. After researching and consulting with other educators and community sports leaders, I adopted RefReps, a user-friendly online platform. Now in my 30th year of teaching, I'm leading my first officiating class. This session will share my experience, highlight the benefits of officiating education, and show how it can meet community needs, provide student job opportunities, and help save struggling PE programs.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Recreation/ Therapeutic Recreation

Age Group: 9 - 12

FROM TREATMENT TO TEAMMATE: SUPPORTING THE REINTEGRATION OF CHILDREN WITH CHRONIC CONDITIONS IN PHYSICAL EDUCATION AND RECREATION

Presenter(s): *Carolyn Breinich, SMART CEUS Hub*

Session Date/Time: 12/4/2025 10:30:00 AM - 12/4/2025 11:15:00 AM

Location: Lane

Session Description: From treatment to teammate: How do we bridge the gap for kids with chronic conditions? This presentation provides actionable resources to ensure a child's return to physical activity is a core part of their recovery and long-term well-being. Chronic conditions could include cancer, cystic fibrosis, heart disease, asthma, and sickle cell disease, etc. These children often face a unique set of physical, social, and emotional challenges that can make their return to physical education classes, sports teams, and recreational activities difficult. This presentation will provide physical education teachers and recreation professionals with the knowledge and tools needed to create a supportive and inclusive environment for children who have been treated for chronic conditions.

This session will explore the common side effects of treatment that can impact a child's physical abilities, including fatigue, muscle weakness, and motor skill deficits. We will also discuss the social and emotional hurdles these children may encounter, such as anxiety, self-consciousness about physical changes, and difficulties reconnecting with peers. The presentation will cover a range of topics for professionals including accommodations, communication and collaboration to ensure a coordinated approach to supporting the child.

By the end of this presentation, attendees will have a deeper understanding of the challenges faced by children with chronic conditions and will be equipped with the practical skills and resources to help these children thrive in their physical education and recreation programs.

Division/Interest Area 1: Recreation/ Therapeutic Recreation

Division/Interest Area 2: Physical Education

Age Group: Any/All Ages

AWARDS CEREMONY & LUNCH

Session Date/Time: 12/4/2025 11:30:00 AM - 12/4/2025 1:15:00 PM

Location: Hamilton Ballroom

Session Description: Join us for the Awards Luncheon as we come together to celebrate the accomplishments of our peers and professionals! Enjoy a delicious lunch buffet while connecting with fellow educators and recognizing the outstanding contributions of our community. Don't miss this opportunity to celebrate excellence! (No lunches will be provided to onsite registrants).

EVERYONE INCLUDED! EVERYBODY PLAYS, EVERYBODY GROWS: SEL AND INCLUSION IN K-4 PE

Presenter(s): *Amy Belles, Copley-Fairlawn City Schools*

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Belt Line Hall

Session Description: This hands-on session introduces elementary PE teachers to innovative ways of blending inclusive practices with social-emotional learning (SEL) in the gym. Attendees will actively participate in games and activities designed to accommodate diverse learners - including students with disabilities, sensory needs, and behavioral challenges - while simultaneously fostering emotional regulation, teamwork, empathy, and self-awareness. The approach is activity-rich and interactive, modeling how to create a PE environment where every child is engaged and supported. Participants will walk away with practical games, teaching techniques, and an understanding of the research-backed benefits of inclusive, SEL-focused PE.

Division/Interest Area 1: Adapted PE

Division/Interest Area 2: Physical Education

Age Group: Pre K - 5

10 MORE INSTRUCTIONAL STRATEGIES TO ENGAGE STUDENTS IN HEALTH CLASS

Presenter(s): *Mary McCarley, Goodheart-Willcox*

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Lane

Session Description: Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, as she shares 10 MORE instructional strategies to engage students in practicing health skills. From warm up activities to in-class assessments and exit tickets, participants will leave with instructional best practices and health assessments to add to their teacher toolbox as well as complimentary access to our updated skills-based middle and high school health program.

Division/Interest Area 1: Health

Division/Interest Area 2: N/A

Age Group: 6 - 12

BOWLERS ED: TEACHING A LIFETIME SPORT

Presenter(s): *Luis Benavides, Bowlers Ed*

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Butler Ballroom

Session Description: Luis Benavides will show attendees the Bowlers Ed Program, a curriculum and equipment-based physical education program designed to introduce students to the lifetime sport of bowling. In this session, hear about the easy to follow, fun and fitness oriented lesson plan. A FREE curriculum will be available for each educator and we will demonstrate how to use the Bowlers Ed equipment. We will review how to secure bowling

lanes for your school whether through purchase or the annual grant program as well as match educators with local bowling centers in their area for additional support.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Any/All Ages

GET ACTIVE WITH JUMP ROPE

Presenter(s): *Anita Gabel, American Jump Rope Federation Ohio - State Agent, Norton City Schools - PE Teacher*
Jenny Mentzer, American Jump Rope Federation Ohio, Oberlin City Schools - PE Teacher
Traci Grissom, American Jump Rope Federation Ohio, Dublin City Schools - PE Teacher

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Foundry Hall

Session Description: Get Active with Jump Rope

Jump rope is a versatile activity that can be easily incorporated into various settings, from individual workouts to team activities. This session will explore the engaging and effective use of jump rope in physical education, after school programs and community events. We will highlight the numerous benefits of jump rope and demonstrate how jump rope can be a fun and motivating tool for promoting physical activity among students of all ages and fitness levels. The session will offer practical tips and ideas for integrating jump rope into PE lessons, making it an accessible and enjoyable way to achieve fitness and skill goals. Participants will leave with a renewed appreciation for the power of jump rope and practical strategies to implement it effectively in their own PE programs and school events.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Sport & Exercise Science

Age Group: Any/All Ages

"TCHOUK IT OUT! A NEW SPIN ON SPORT EDUCATION"

Presenter(s): *Stephanie McMillen, Centerville High School*
Ashley Bergman, Centerville High School

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Court 13

Session Description: Ready to shake up your sport units with something fresh, fast-paced, and full of strategy? In this highly interactive session, you'll learn how to use sport education strategies to introduce Tchoukball in your curriculum, develop roles for all students, and keep every learner engaged-regardless of skill level. We'll dive into game rules, tactical progressions, and creative ways to build team identity and responsibility in your classroom. To cap it all off, you'll get the chance to step on the court and play! Come ready to move, collaborate, and leave with ideas you can use immediately in your program. Bring your sneakers, your energy, and your best game face- because it's time to "Tchouk it out"!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: 6 - 12

RUGBY IN PE FOR EVERYBODY

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

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Waterfront Hall

Session Description: Rugby is a fun and exciting game that can be adapted for physical education classes and applied to all students. In this presentation, I will introduce you to a way of teaching rugby that includes elements

from the core aspects of the different styles of rugby making the game accessible to your physical education spaces. Through teaching games for understanding EVERYbody can learn the basics of rugby and play developmentally appropriate games. Be ready to learn some skills through games and level up your physical education curriculum with Rugby in PE for EVERYbody.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Pre K - 5

IGNITE A LOVE FOR THE BEAUTIFUL GAME PART I

Presenter(s): *Sean Brock, U.S. Soccer Foundation*

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Court 11

Session Description: These sessions introduce the U.S. Soccer Foundation Soccer for Success in School curriculum, aligned with the 2024 National PE Standards and designed to build teacher confidence in delivering soccer instruction. The electronic curriculum includes grade band units for K-2, 3-5, 6-8, and high school, featuring turn-key lesson plans, skill-based units, assessments, and inclusive activities. Students develop fundamental soccer skills-dribbling, passing, receiving, defense, and finishing-while building leadership, communication, and connection skills. World Cup-themed content adds global relevance and excitement. Participants who complete both sessions will receive soccer balls for their school and walk away with resources that inspire lifelong physical activity and a love for the beautiful game.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Sport & Exercise Science

Age Group: K - 12

MULTI-GOAL GAMES TO ADDRESS OHIO'S (2025) PE GRADEBAND (6-8) PERFORMANCE INDICATORS

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

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Court 14

Session Description: Multi-goal games will be used in this session to encourage creativity as participants seek contextual solutions to strategic problems that arise in invasion sports. Players will comprehend how a well-designed multi-goal game allows the teacher to act as a learning facilitator who uses questioning to foster cognitive and social development while simultaneously allowing the modified scrimmage to function as a platform for student psychomotor learning. Tactical principles of play (advancement, mobility, width, depth), outlined by Wilson (2002), will provide a conceptual framework to facilitate player understanding during select modified games. Attacking and defending multiple goals creates engaging challenges that push participants to think creatively to grapple with unexpected game situations. The goal of these modified games is to help students become more adaptive in their decision-making and subsequent responses, qualities that are beneficial for performance in the chaotic environment of an invasion sport. Players who possess effective game sense, for instance, have mastered the art of moving opponents to create space on offense. (A key learning indicator that is highlighted in both Ohio Standards 1 & 2 for grade band 6-8). Finally, these multi-goal games afford students a chance to experiment, share their ideas in a collaborative problem-solving scenario, using effective communication skills in the development of team tactics (per Ohio Standard 3-Social skills through movement), and take calculated risks, which will help them to perform better in a variety of future games settings.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Higher Education

Age Group: 6 - 8

INTRODUCING SMART CEUS HUB - OAHPERD'S NEW PARTNER IN PROVIDING YOU ACCESS TO AFFORDABLE, CONVENIENT, ONLINE CEUS APPROVED FOR PE, HEALTH, DANCE, RECREATION, AND COACH PROFESSIONALS

Presenter(s): *Nathan Lemaster, SMART CEU HUB*

Session Date/Time: 12/4/2025 1:30:00 PM - 12/4/2025 2:15:00 PM

Location: Miami

Session Description: Join this informational session to find out what Smart CEU Hub is all about and how you can earn CEUs for your certification/licensure from the comfort of your own home or workplace. Also learn how you can become a SMART Instructor and not only highly impact your field, but earn some extra residual side income in the process! Who doesn't want some passive income? Meet Nathan Lamaster, Founder of SMART CEUs Hub and Valerie Lazzara-Mould, SMART CEUs Hub Marketing Coordinator to learn about how to get your CEUs online, as well as the process to start earning a side income as a SMART Instructor. Learn more about how OAHPERD is leveraging this partnership to improve access to quality continuing education in Ohio and beyond to help improve the CE process in the industry and how you be the best professional you can be.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND 9-12

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/4/2025 2:30:00 PM - 12/4/2025 3:15:00 PM

Location: Lane

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: 9-12

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND K-2

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/4/2025 2:30:00 PM - 12/4/2025 3:15:00 PM

Location: Mueller

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: K-2

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

Presenter(s): *Alex O'Brien, Omnikin*

Session Date/Time: 12/4/2025 2:30:00 PM - 12/4/2025 3:15:00 PM

Location: Court 13

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: N/A

Age Group: K - 12

IGNITE A LOVE FOR THE BEAUTIFUL GAME PART II

Presenter(s): *Sean Brock, U.S. Soccer Foundation*

Session Date/Time: 12/4/2025 2:30:00 PM - 12/4/2025 3:15:00 PM

Location: Court 11

Session Description: These sessions introduce the U.S. Soccer Foundation Soccer for Success in School curriculum, aligned with the 2024 National PE Standards and designed to build teacher confidence in delivering soccer instruction. The electronic curriculum includes grade band units for K-2, 3-5, 6-8, and high school, featuring turn-key lesson plans, skill-based units, assessments, and inclusive activities. Students develop fundamental soccer skills-dribbling, passing, receiving, defense, and finishing-while building leadership, communication, and connection skills. World Cup-themed content adds global relevance and excitement. Participants who complete both sessions will receive soccer balls for their school and walk away with resources that inspire lifelong physical activity and a love for the beautiful game.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Sport & Exercise Science

Age Group: K – 12

WORLD'S NEWEST SPORTS AND LEISURE GAME: YOU.FO RINGCROSS

Presenter(s): *Ronald Teunissen van Manen, Old Trail School*

Session Date/Time: 12/4/2025 2:30:00 PM - 12/4/2025 3:15:00 PM

Location: Court 14

Session Description: World's newest sports and leisure game: YOU.FO RingCross

Are you looking for an exhilarating and unique game to engage players of all ages and abilities? Join us for an exciting session introducing "YOU.FO" - the innovative new game that combines elements of flying discs and team sports to create an adrenaline-pumping experience like no other. Participants will be presented with a progression of YOU.FO lead up games and activities.

This award-winning new sports and leisure game is based on throwing an aerodynamic ring with specially designed sticks. It is co-created with PE teachers, based on research and the session will blow your mind!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: 6 - 12

PRACTICAL MINDFULNESS: 5 MINUTE MINDFULNESS EXERCISES TO INCREASE EMOTION REGULATION IN STUDENTS

Presenter(s): *Holly Eichner, University of Toledo - Toledo, OH*

Session Date/Time: 12/4/2025 2:30:00 PM - 12/4/2025 3:15:00 PM

Location: Miami

Session Description: Emotion regulation tools allow individuals to manage life inside and outside the classroom. Yet teaching emotion regulation can be a challenge within the context of the classroom. In this presentation we will be exploring ways to teach mindfulness in a practical way. The facilitator will present several 5-minute mindfulness activities that can increase emotion regulation, focus, and promote self-awareness. These tools are also excellent self-care tools to avoid teacher/professional burnout.

Division/Interest Area 1: Recreation/ Therapeutic Recreation

Division/Interest Area 2: Physical Education

Age Group: Any/All Ages

CURRENT TOPICS IN SPORT

Presenter(s): *Carter Bulington, The Ohio State University*

Tianxiang Chen, The Ohio State University

Jarid Morton, The Ohio State University

Niko Papakirk, The Ohio State University

Session Date/Time: 12/4/2025 2:30:00 PM - 12/4/2025 3:15:00 PM

Location: Monument

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) Exploring Optimal Distinctiveness Among College Sport Fans, (b) International Student-Athlete Adjustment and Satisfaction, (c) Using the Theory of Planned Behavior to Examine Deshaun Watson's Impact on Fan Behavioral Intentions, and (d) A Calf Under Scrutiny: The Lombardian Ethic Within Media Coverage of Joe Burrow's Injury.

Division/Interest Area 1: Sport & Exercise Science

Division/Interest Area 2: Sport & Exercise Science

Age Group: Adult

ICE CREAM SOCIAL WITH EXHIBITORS

Session Date/Time: 12/4/2025 3:15:00 PM - 12/4/2025 3:45:00 PM

Location: Riverside Ballroom

Session Description: Take a break in the day and enjoy ice cream treats while networking with our exhibitors and your education peers!

CREATING CONNECTIONS: THE AKRON CONNECTION CELEBRATORY DAY

Presenter(s): *Melissa Dreisbach, School of Exercise and Nutrition Sciences*

Daniel Heideman, Akron Public School

Session Date/Time: 12/4/2025 3:45:00 PM - 12/4/2025 4:30:00 PM

Location: Monument

Session Description: Creating Connections: The Akron Connection Celebratory Day

This project was a collaborative effort between University of Akron (UA) students and special needs students from Akron Public Schools (APS). The goal for UA students was to design and host a "Celebratory Day" on UA's campus, featuring fun, safe, and inclusive physical activities tailored to the needs of the APS students. Instruction in program planning, accommodations, and adaptive techniques was provided to guide UA students through each step of the process.

In this session, we will outline how the course and event were organized; and share recommendations and ideas for planning future Celebratory Days.

Division/Interest Area 1: Adapted PE

Division/Interest Area 2: Higher Education

Age Group: Any/All Ages

MINDFULNESS THROUGH ANY CLASS

Presenter(s): *Jessica Crooks, Independence High School*

Session Date/Time: 12/4/2025 3:45:00 PM - 12/4/2025 4:30:00 PM

Location: Waterfront Hall

Session Description: Having a hard time bringing your class together after a breakout activity? Mindfulness is an easy way to reset our neurological pathways and help our students focus. Learn various, time effective strategies (breathing techniques, chair yoga, etc) to reset your class, at any age.

Division/Interest Area 1: Health

Division/Interest Area 2: Health

Age Group: K - 12

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND 6-8

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/4/2025 3:45:00 PM - 12/4/2025 4:30:00 PM

Location: Lane

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: 6-8

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND 3-5

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/4/2025 3:45:00 PM - 12/4/2025 4:30:00 PM

Location: Mueller

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: 3-5

THE INVISIBLE BACKPACK: SUPPORTING CHILDREN IMPACTED BY A FAMILY MEMBER'S LIFE-THREATENING ILLNESS

Presenter(s): *Carolyn Breinich, SMART CEUS Hub*

Session Date/Time: 12/4/2025 3:45:00 PM - 12/4/2025 4:30:00 PM

Location: Miami

Session Description: While physical education professionals are skilled at addressing the needs of their students, there are often invisible challenges many children face is the emotional and psychological weight of having a family member living with a life-threatening disease such as cancer. How do we support these children to cope and thrive while an invisible backpack exists. This "invisible backpack" of stress, anxiety, and distraction can profoundly impact a child's ability to engage, learn, and socialize in the very environments designed for their well-being. This presentation will equip educators with awareness, strategies, and resources to effectively support these students, reinforcing the vital role teachers provide in nurturing the whole child.

This session will explore the common emotional and behavioral changes seen in students coping with a loved one's illness, such as withdrawal, difficulty concentrating, changes in peer interactions, and fluctuating energy levels. We will move beyond awareness to provide practical, strategies that can be implemented without singling out students. Attendees will learn how to create a supportive micro-community and leverage physical activity for emotional regulation.

By the end of this presentation, attendees will not only have a deeper understanding of the unique challenges faced by these students but will also possess a toolkit of evidenced based strategies to ensure their programs are a source of stability, support, and positive growth during a difficult time in a child's life.

Division/Interest Area 1: Recreation/ Therapeutic Recreation

Division/Interest Area 2: Physical Education

Age Group: Any/All Ages

OAHPERD REUNION, PAST PRESIDENT & LIFETIME MEMBER SOCIAL

Session Date/Time: 12/4/2025 4:30:00 PM - 12/4/2025 6:00:00 PM

Location: Riverside Ballroom

Session Description: Past OAHPERD Presidents and Lifetime OAHPERD Members are invited to a reception of socializing and refreshments.

20-MINUTE SPEED SESSION: VISUAL SCHEDULES - FROM WORKING 1 ON 1 TO LARGE INCLUSIVE CLASSES

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

Session Date/Time: 12/4/2025 4:45:00 PM - 12/4/2025 5:05:00 PM

Location: Lane

Session Description: There are a variety of visual schedules used in adapted physical education and inclusive physical education settings. Where do you start? What types of schedules are available? How do you design them? How do you use them? Let me share my experiences with you and get you started on developing your own visual schedules for your students.

Division/Interest Area 1: Adapted PE

Division/Interest Area 2: Physical Education

Age Group: Pre K - 5

DANCE 101: MAKING LEARNING UNAVOIDABLE

Presenter(s): *Alex O'Brien, DanSIRS*

Session Date/Time: 12/4/2025 4:45:00 PM - 12/4/2025 5:30:00 PM

Location: Foundry Hall

Session Description: You'll leave this session with the essential tools for teaching dance in your PE classes, a variety of resources to help showcase dance effectively, and-most importantly-a smile on your face! Whether you're incorporating dance for the very first time or looking to add more moves to your teaching toolkit, this session is designed just for you. Let's get moving and make dance an exciting part of every classroom!

Division/Interest Area 1: Dance

Division/Interest Area 2: N/A

Age Group: Any/All Ages

PE DIY

Presenter(s): *Nick Howard, Strongsville City Schools*

Session Date/Time: 12/4/2025 4:45:00 PM - 12/4/2025 5:30:00 PM

Location: Butler Ballroom

Session Description: Elevate your Physical Education (PE) program with our dynamic workshop on DIY PE equipment! This innovative program empowers educators to design and create their own engaging and cost-effective PE tools, transforming the way students experience physical activity and play. In this hands-on workshop, participants will learn to craft a variety of essential equipment using everyday materials, such as creating agility ladders from pool noodles or constructing colorful hoops from recycled materials. By equipping your PE program with customized tools, you not only enhance student engagement but also promote inclusivity, ensuring that every child can participate and thrive in physical activities.

The DIY approach fosters creativity and resourcefulness among educators and students alike, while also addressing budget constraints often faced by schools. By utilizing materials readily available in your community, you can create a sustainable and adaptable PE environment that meets the diverse needs of your students.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Adult Development & Learning

Age Group: Any/All Ages

EXPANDING CRICKET SPORT IN SCHOOL

Presenter(s): *Nilesh Sisodia, Streetsboro Strikers*

Maulik Rajpara, Streetsboro Strikers

Kaushal Patel, Streetsboro Strikers

Merrin Richardson, Twinsburg High School

Session Date/Time: 12/4/2025 4:45:00 PM - 12/4/2025 5:30:00 PM

Location: Waterfront Hall

Session Description: Expanding Cricket as one of major sport in school for all ages of student. Cricket is a globally popular bat-and-ball sport, enjoyed by millions across Asia, the UK, Australia, and many other parts of the world.

- * It fosters teamwork, strategic thinking, discipline, and physical fitness. As a growing sport in the United States, it engages diverse communities, promotes cultural exchange, and offers new avenues for youth sports development.

- * Fun and inclusive - for both boys and girls

- * Enhances school pride.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Any/All Ages

ADDING ORIENTEERING TO YOUR SCHOOL PE CURRICULUM

Presenter(s): *Mike Minium, Orienteering USA*

Session Date/Time: 12/4/2025 4:45:00 PM - 12/4/2025 5:30:00 PM

Location: Monument

Session Description: Orienteering is a physically active experience that develops map navigation skills. Developed in collaboration with PE teachers, our orienteering-based curriculum empowers students to think critically, solve problems, and build confidence as they learn essential navigation skills. In this workshop, you will learn a progression of games that develop orienteering and spatial reasoning skills that tie in to Ohio's Learning Standards for Physical Education. We'll provide lesson plans for elementary, middle and high school PE, discuss what materials you need, and show you how to get an orienteering map made of your school or a nearby park.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Recreation/ Therapeutic Recreation

Age Group: Any/All Ages

SMART CEUS HUB ROUNDTABLE

Presenter(s): *Nathan Lemaster, SMART CEU HUB*

Session Date/Time: 12/4/2025 4:45:00 PM - 12/4/2025 5:30:00 PM

Location: Miami

Session Description: Join Nathan, Valerie, and some OAHPERD members who are currently SMART Instructors in a Round Table Discussion format to answer ANY specific questions you have to help you get started!! If you attend

the entire session, Nathan will draw a session participant's name and give the lucky winner a FREE one-year subscription to SMART CEUs Hub's Unlimited CEUs Membership! See you there!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All

ALL CONVENTION SOCIAL: TRIFECTA OF FUN - TRIVIA, BINGO, AND KARAOKE!

Session Date/Time: 12/4/2025 8:00:00 PM - 12/4/2025 11:00:00 PM

Location: Butler Ballroom

Session Description: Join us for a TRIFECTA of FUN during the All-Convention Social on Thursday evening! Light refreshments and cash bar provided. Activities include:

TRIVIA (8pm-9pm): Get ready for some fun at the Trivia Bowl! Gather your team and put your knowledge to the test in a lively competition filled with challenging questions and friendly rivalry. Teams are encouraged to sign up in advance at the registration area, so don't miss your chance to showcase your expertise and win some fun(ny) prizes.

BINGO (9pm-10pm): Bring your lucky charm and try your hand at BINGO for some great prizes!

KARAOKE (10pm-11pm): Sing your heart out during Karaoke!

FRIDAY, DECEMBER 5

CONTINENTAL BREAKFAST

Session Date/Time: 12/5/2025 7:30:00 AM - 12/5/2025 9:00:00 AM

Location: Hamilton Ballroom

EXHIBIT HALL OPEN

Session Date/Time: 12/5/2025 7:30:00 AM - 12/5/2025 1:00:00 PM

Location: Riverside Ballroom

Session Description: Join us in the exhibit hall to explore the latest resources and innovations in our field! Discover interactive displays, engage with industry leaders, and participate in hands-on demonstrations that will enhance your teaching practice. Don't miss this opportunity to connect with fellow educators and find inspiration to bring back to your classrooms.

PLANNING AND TEACHING STANDARDS-BASED HEALTH EDUCATION

Presenter(s): *Valerie Ubbes, Miami University*

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Miami

Session Description: Seven of the national health education standards are health-related skills, which requires practice time in demonstrating the effective implementation of these skills in the classroom, at home, and in the community. When educators and adults learn the language and cues for helping children and youth to demonstrate "healthy behavior" outcomes, a strong foundation can be established through consistent messaging to kids. The National Health Education Standards (3rd edition) can be a guiding tool for supporting educators in using skill cues to engage student learning of health-related skills. The proposed program will outline the five-step process for teaching and learning the seven skills while emphasizing the variety of skill cues needed for prompting the modeling of the skill. Grade-level examples will be provided for elementary, middle, and high school. The Planning Template to Design a Health Education Lesson will show how cost-free materials form the structure for implementing a health lesson in preK-12 curriculum and instruction. A special emphasis will be placed on the performance expectations that students will come to know (i.e., functional knowledge) and be able to do (i.e., health-related skills) when they have consistent practice from grade-level to grade-level using the national framework provided by the National Consensus for School Health Education (NCSHE). By the end of the session,

participants will: 1) review ways to use standards to promote planned and sequential learning for children and youth, and 2) understand how a planning template can guide the five-step process.

Division/Interest Area 1: health

Division/Interest Area 2:

Age Group: Any/All

45 NOODLE ACTIVITIES IN 45 MINUTES

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

Brad Kerns, Dorr Elementary, Springfield Local Schools

Lauren Wilson, Wilcox Primary School, Twinsburg City Schools

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Foundry Hall

Session Description: Looking to add some creativity and spice up your PE program? Come and participate in this fast-paced session using noodles, one of the most versatile pieces of equipment in physical education! Attendees will take away 45 creative ways to use a noodle in the gym with their physical education classes, and have a chance to win prizes to take with them.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Student

Age Group: Any/All Ages

TEACHING ANY AGE/COMBINED GRADES

Presenter(s): *Adam Danes, Put-in-Bay Schools*

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Belt Line Hall

Session Description: Explore activities and approaches to teaching students of all ages from a teacher who goes from teaching high schoolers about progressive overload to teaching kindergarteners how to throw underhand. I will share what works. How to keep students engaged, even with a large gap in age range/abilities.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All Ages

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND K-2

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Monument

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: K-2

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND 9-12

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Mueller

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: 9-12

FOR REAL LIFE, BLUEY GAMES FOR ELEMENTARY

Presenter(s): *Nick Howard, Strongsville City Schools*

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Waterfront Hall

Session Description: Step into the vibrant world of "Bluey" and embark on a whimsical journey that transforms elementary Physical Education (PE) into a playground of imagination and joy! This proposed program invites educators to harness the delightful spirit of the beloved animated series to create engaging, movement-based games that spark creativity and foster social-emotional growth among young learners. Imagine students leaping into action as they explore games inspired by Bluey and her family's playful escapades. Activities like "Keepy Uppy" and "The Grannies" will be reimagined to encourage teamwork, laughter, and imaginative problem-solving, allowing every child to shine-no matter their physical abilities. In this magical setting, children will not only build motor skills but also develop friendships and a sense of belonging. Through storytelling and character-driven scenarios, our program will bring the enchanting lessons of Bluey to life, making physical activity a delightful adventure. Educators will discover how to weave Bluey-themed activities into their PE curriculum, transforming ordinary lessons into extraordinary experiences filled with fun and laughter.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Pre K - 5

ELEVATING MIDDLE SCHOOL PE: PRACTICAL STRATEGIES FOR ENGAGEMENT AND GROWTH

Presenter(s): *Samantha Jameyson, Copley- Fairlawn City Schools*

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Lane

Session Description: This session provides middle school PE teachers with practical tips for fostering an engaging, inclusive, and growth-oriented learning environment. It focuses on actionable strategies to enhance student participation, skill acquisition, and well-being.

Participants will learn to integrate Social-Emotional Learning (SEL) competencies into PE lessons, promoting self-awareness and positive relationships. We'll share concrete examples to cultivate a "growth mindset," empowering students to embrace challenges and persevere. Topics include creative warm-ups, differentiated instruction, and managing large classes. Attendees will gain ready-to-implement ideas and resources to inspire lifelong physical activity and holistic growth.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Adapted PE

Age Group: 6 - 8

THE OUTDOORS IS CALLING, WE'RE ANSWERING!

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

Session Date/Time: 12/5/2025 8:45:00 AM - 12/5/2025 9:30:00 AM

Location: Butler Ballroom

Session Description: Collaborate with other physical educators to discover lessons to impact a general sense of well-being through outdoor adventure activities. Outdoor activities encourage social skill development including patience, collaboration, responsibility, persistence, and personal self-awareness! Learn to work on attention skills through an outdoor adventure hunt, teach self-control, patience and perseverance through a fishing unit, or responsible decision making, respect and collaboration through camping and hiking. Explore best practices for Outdoor Adventure curriculum delivery K - 12!

Division/Interest Area 1: Recreation/ Therapeutic Recreation

Division/Interest Area 2: Physical Education

Age Group: K - 12

OAHPERD DIVISION MEETINGS

Session Date/Time: 12/5/2025 9:45:00 AM - 12/5/2025 10:15:00 AM

Location: Hamilton Ballroom

Session Description: We invite all convention attendees to participate in their Division Meetings! This is your opportunity to connect with fellow members and peers within your division, engage in meaningful discussions, and stay up-to-date with the latest happenings in your field.

SUPERPOWER UNLEASHED: THE LINE DANCING EXPERIENCE

Presenter(s): *LaTrice Shields, Warner Girls Leadership Academy Cleveland Metropolitan School District*

Session Date/Time: 12/5/2025 10:15:00 AM - 12/5/2025 11:00:00 AM

Location: Foundry Hall

Session Description: Dancing can be your Superpower! Dance can be a challenging topic to engage all students. This high-energy lesson turns every student into a line-dancing superhero, tapping into their rhythm and coordination. During this session, you will learn fun ways to engage all students in dance, even if you are not the most talented dancer! By the end, we will combine moves into a dynamic 'Superpower Shuffle' and celebrate each other's unique superpowers!

Division/Interest Area 1: Dance

Division/Interest Area 2: N/A

Age Group: K - 12

TECH UP, SKILL UP: USING AI & EDTECH TO SUPERCHARGE SKILLS-BASED HEALTH

Presenter(s): *Matt Hagedorn, Tallmadge City Schools*
Maria Schneider, Brecksville/Broadview Heights Middle School

Session Date/Time: 12/5/2025 10:15:00 AM - 12/5/2025 11:00:00 AM

Location: Mueller

Session Description: Tech Up, Skill Up: Ethical AI & EdTech Tools for Powerful Health Ed
Feeling overwhelmed by the tech buzz? You're not alone-and you're not behind. Join Maria Schneider and Matt Hagedorn for a fast-paced, high-impact session that explores how AI and EdTech can support and empower you in the health classroom-not replace you. We'll share practical tools that streamline lesson planning, build critical health skills, and engage students in meaningful, real-world learning.
This session goes beyond just cool tools-we'll explore ethical AI use, student data considerations, and how to model responsible tech habits that align with National Health Education Standards. You'll leave with plug-and-play resources, classroom-ready strategies, and the confidence to use technology as a thoughtful, intentional partner in your teaching.

*Check out more from this presenter on SMART CEUs HUB!

Division/Interest Area 1: Health

Division/Interest Area 2: N/A

Age Group: Any/All Ages

DATA, DATA, DATA

Presenter(s): *Dawnjene DeLong, Ridgeway Elementary School- Hamilton City School District*
Michael Dully, Bridgeport Elementary School- Hamilton City School District
Andre Gendreau, Hamilton City School District

Session Date/Time: 12/5/2025 10:15:00 AM - 12/5/2025 11:00:00 AM

Location: Miami

Session Description: Have you ever asked yourself, "Why do I have to do all of these assessments?" Or thought, "Sending data to the state feels pointless. Is it just for a checkmark on the report card?" We believe that data has a much greater purpose for our students and educators, extending well beyond a simple green checkmark. In this informative session, we will share the effective methods we use to COLLECT DATA, the strategies we employ to ANALYZE DATA, and the ways we actively USE DATA to guide future instruction. Our goal is to motivate our students towards a lifetime of healthy physical activity by making data meaningful and actionable.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: Pre K - 5

BUILDING BRIDGES: TEAMWORK IN ACTION

Presenter(s): *Andy Tupy, Gopher Sport*

Session Date/Time: 12/5/2025 10:15:00 AM - 12/5/2025 11:00:00 AM

Location: Waterfront Hall

Session Description: This session is all about strengthening collaboration and communication through engaging, hands-on activities that challenge teams to work together toward a common goal. This session focuses on building trust, enhancing problem-solving skills, and fostering a sense of unity within your group.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A

Age Group: K - 12

STAYING SAFE IN AND AROUND WATER - NO POOL? NO PROBLEM!

Presenter(s): *Lisa Longino, East Cleveland City School District*

Session Date/Time: 12/5/2025 10:15:00 AM - 12/5/2025 11:00:00 AM

Location: Butler Ballroom

Session Description: Staying Safe in and Around Water - No Pool? No Problem!

This presentation introduces an innovative, standards-based approach to teaching water safety skills to K-6 students without access to a pool. Aligned with SHAPE America's National Physical Education Standards, this lesson utilizes low-cost manipulatives, role-playing, and movement-based learning to deliver life-saving knowledge in an engaging and developmentally appropriate format.

Through interactive activities such as "Rescue Relay," "Suit Up Life Jacket Relay," and a simulated "Water Currents Walk," students explore critical concepts like the buddy system, proper use of life jackets, identifying water hazards, and responding safely during emergencies. The lesson reinforces the "Reach, Throw, Don't Go" principle and incorporates health-enhancing physical activity with meaningful connections to safety, responsibility, and self-regulation.

Creative learning tools such as foam noodles, ropes, streamers, posters, and safety charades enable teachers to simulate aquatic scenarios indoors or on the playground. The session ends with a student-created safety poster project and a mindfulness reflection encouraging calmness and body awareness in water-related situations.

This adaptable presentation empowers educators, especially those in resource-limited environments, to integrate water safety into physical education while promoting student wellness, awareness, and advocacy. Participants will

leave with a downloadable lesson guide, PowerPoint presentation, and assessment tools to immediately implement a dynamic water safety unit in their schools.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: Any/All Ages

RECESS MATTERS FOR KIDS TO LEARN AND THRIVE-HOW RECESS HAPPENS DEPENDS ON YOU

Presenter(s): *Cathy Ramstetter, Successful Healthy Children*

Session Date/Time: 12/5/2025 10:15:00 AM - 12/5/2025 11:00:00 AM

Location: Belt Line Hall

Session Description: Research confirms recess is a crucial part of schooling, nurturing holistic well-being and supporting schools' mission to provide a well-rounded education. This unstructured break fosters imagination, collaboration, ingenuity, resilience and critical thinking-skills at the core of emotional regulation. How recess happens requires focused effort by school leaders to include recess with other school improvement strategies. Health, PE, recreation and sports professionals are key influencers in schools, uniquely positioned to protect recess and ensure students experience daily quality recess as an integral part of the school day. Learn what makes a quality recess--it's not just about protecting minutes. You will be inspired to take action, to provide the best opportunity for kids of all ages to learn and thrive: To move school systems to function in ways that ensure students are rigorously challenged and also given times to just be kids-to elevate the joy of schooling and learning, preparing them for the challenges of life beyond school.

Division/Interest Area 1: Student

Division/Interest Area 2: Health

Age Group: K - 12

STRS OHIO: GETTING DOWN TO BENEFITS

Presenter(s): *Tamla Cole, STRS Ohio*

Session Date/Time: 12/5/2025 11:15:00 AM - 12/5/2025 12:00:00 PM

Location: Lane

Session Description: Planning for retirement begins at the onset of employment! Join this session to learn about retirement eligibility, benefit payment options, and health care considerations. Participants will have an opportunity to ask questions and access key resources.

Division/Interest Area 1: Adult Development & Learning

Division/Interest Area 2: N/A

Age Group: Adult

PARACHUTE POSSIBILITIES

Presenter(s): *Erica Ho, QuaverEd*

Session Date/Time: 12/5/2025 11:15:00 AM - 12/5/2025 12:00:00 PM

Location: Foundry Hall

Session Description: Discover creative ways to engage students using parachutes! Explore fun, movement-packed activities that build teamwork, coordination, and excitement in PE.

Division/Interest Area 1: Dance

Division/Interest Area 2: Physical Education

Age Group: Pre K – 5

GROOVE AND IMPROVE: DANCE & FITNESS TOOLS FOR TEACHERS

Presenter(s): *Stephane McMillen, Centerville High School*

Session Date/Time: 12/5/2025 11:15:00 AM - 12/5/2025 12:00:00 PM

Location: Belt Line Hall

Session Description: Get ready to move, groove, and improve your classroom energy! This interactive dance session is designed especially for teachers looking to bring fresh, fun, and effective dance techniques-like Zumba, cardio, and resistance training-into their lessons. Whether you're a seasoned mover or a curious beginner, you'll learn new ways to engage your students, boost their confidence, and get them (and you!) smiling through movement. We'll break down easy-to-teach choreography, explore creative ways to adapt routines for different ages and abilities, and most importantly-have a blast doing it. Bring your water bottle, wear your comfy shoes, and get ready to dance/exercise like no one's watching... but everyone's learning!

Division/Interest Area 1: Dance

Division/Interest Area 2: Physical Education

Age Group: 6 – 12

TALK IT OUT: IGNITING CRITICAL THINKING ONE CONVERSATION AT A TIME

Presenter(s): *Matt Hagedorn, Tallmadge City Schools*

Ian LaCasse, Madison West High School - Madison, WI

Session Date/Time: 12/5/2025 11:15:00 AM - 12/5/2025 12:00:00 PM

Location: Mueller

Session Description: In a world where students are bombarded with health messages, how do we help them move beyond memorization to meaningful understanding? This session explores how to ignite critical thinking in your skills-based health classroom-one conversation at a time. You'll engage in powerful Project Zero-inspired routines like Compass Points and Options Explosion, and leave with practical strategies to foster student voice, inquiry, and deeper decision-making. Walk away with ready-to-use ideas, a resource playlist, and the confidence to create a classroom culture where curiosity drives learning and students learn not just what to think about health, but why. *Check out more from this presenter on SMART CEUs HUB!

Division/Interest Area 1: Health

Division/Interest Area 2:

Age Group: 9 - 12

DISCUSSION AND STRATEGIES FOR TEACHING ONLINE H/PE

Presenter(s): *Ginger Frye, Olentangy Orange High School*

Session Date/Time: 12/5/2025 11:15:00 AM - 12/5/2025 12:00:00 PM

Location: Lane

Session Description: First we will talk about why it's important to create your own online H/PE courses. Teaching online Health and PE is different from other subjects taught in an online format. Next we will discuss tips and strategies on organization, grading, communication, and how to implement fitness testing, CPR, and exams. I will share student work, assignments, assessments, and activity logs from live classes. There will be dedicated time for questions to address your current needs to be successful teaching H/PE online.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health

Age Group: 9 – 12

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND 3-5

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/5/2025 11:15:00 AM - 12/5/2025 12:00:00 PM

Location: Monument

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: 3-5

STATE PHYSICAL EDUCATION STANDARDS REVISIONS BAND 6-8

Presenter(s): *OAHPERD Standards Revisions Team*

Session Date/Time: 12/5/2025 12:15:00 PM - 12/5/2025 1:00:00 PM

Location: Monument

Session Description: Each revision group will share the updated standards, benchmarks, and indicators. Session will provide time for questions and answers about the new standards.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: 6-8

START STRONG AND POWER ON: TIPS FOR A SUCCESSFUL YEAR IN PHYSICAL EDUCATION

Presenter(s): *Kara Hicks, Kettering City Schools/J.E. Prass Elementary*

Session Date/Time: 12/5/2025 12:15:00 PM - 12/5/2025 1:00:00 PM

Location: Miami

Session Description: Does the start of a school year intimidate you? Here you will gain some strategies and resources to help you START STRONG AND POWER ON. Join me as we discuss some ways to start the year and keep that momentum going.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Physical Education

Age Group: Pre K - 5

LACROSSE IN PE FOR EVERYBODY

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

Session Date/Time: 12/5/2025 12:15:00 PM - 12/5/2025 1:00:00 PM

Location: Waterfront Hall

Session Description: Lacrosse is a fun and exciting game that can be adapted for physical education classes and applied to all students. In this presentation, I will introduce you to a way of teaching lacrosse that includes elements from the Women's, Men's, and Creator's games to pay tribute to the roots of the game as well as making it accessible to your physical education spaces. Be ready to learn some skills and games to level up your physical education curriculum with Lacrosse in PE for EVERYbody.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Higher Education

Age Group: Any/All Ages

REIMAGINING PE: NON-TRADITIONAL UNITS TO EXPAND YOUR CURRICULUM

Presenter(s): *Jeff Mushkin, SPARK*

Session Date/Time: 12/5/2025 12:15:00 PM - 12/5/2025 1:00:00 PM

Location: Belt Line Hall

Session Description: This session will share activities from unique units that are not found in traditional PE programs. We will share the goals and objectives of these units and demonstrate activities within each one. All activities use everyday PE equipment so these units can be used in every PE program! Don't miss this opportunity to inspire your students with fresh ideas that bring excitement and variety to your PE classes!

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Student

Age Group: Any/All Ages

GET FAST AND FURIOUS WITH OMNIKIN!

Presenter(s): *Alex O'Brien, Omnikin*

Session Date/Time: 12/5/2025 12:15:00 PM - 12/5/2025 1:00:00 PM

Location: Butler Ballroom

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: N/A

Age Group: K - 12