



Session Descriptions 8:00am-9:00am

Room 1: Designing Sustainable Educational Sports Programs

Presenter: Jamar Hardy & Dr. Vincent Mumford, Central Michigan University

Description: This presentation calls for an innovative approach to educational sport, designed to address many complex fiscal and budget-related problems. With budgets not always being ideal, school athletic departments can remain successful through the use of interns/volunteers. Internships provide a structured interaction in which college students work with school administrators or coaches, with support from college instructors. The experience results in positive outcomes for students-learners, schools, and instructors.

Grade level: Middle/High School

Room 2: Dance Fitness Party!

Presenter: Suzanne Bellore, Fine Arts Academy

Description: Participants will learn age appropriate classroom management techniques and how to incorporate physical movements into a fun well-rounded lesson!

Grade level: Elementary

Room 3: Online PE: Maintaining the Standard

Presenter: Ben Rollenhagen, Central Michigan University

Description: This engaging, and participation-based presentation will provide participants with the pedagogical content standards for teaching PE in an online setting, which will more than impress your administration! Best practices, accountability for skills and fitness, and even demonstrations of current software and programs will also be presented.

Room 4: Teaching and Assessing Communication Skills within a Health Education Unit

Presenter: Dr. Lori Reichel, Western Michigan University

Description: SHAPE America supports the implementation of skill-based Health Education in the K-12 school setting. Yet, what does an actual skill-based unit look like? This presentation provides participants an overview of one unit titled « Communication Skills» used in an actual high school setting. Within this unit, student-centered lessons focusing on specific communication skills are the base of the unit with the infusion of functional health knowledge. Example assessments will also be shared.

Room 5: Understanding Our Identities

Presenter: Dr. Andrew Mac Intosh, Ross Initiative in Sports for Equality (RISE)

Description: Discussion about Identity and its importance as a starting point for discussing diversity in sport. It is important to reflect on who we are, our values and the multifaceted nature of our identities. A great way to bridge our differences and leverage our similarities is to know who we are and gain an understanding of the identities of others.

Grade level: High School/Higher Ed

Room 6: Challenges and Opportunities Facing FCS Educators

Presenter: Dr. Chuck Bruce, WMU

Description: This session will examine the shortage of Family and Consumer Sciences teachers as well as opportunities for those entering the field. Participants will explore the unique learning needs of Generation Z, and learn how FCS teachers can play an important role in serving these students. Lastly, this session will discuss what teachers should know about the *Strengthening Career and Technical Education for the 21st Century Act*, also known as “Perkins V,” and the shift towards vocational programs in culinary arts, early childhood education, and more.

Grade level: FCS

Room 7: Sex Education: Best Practices through Rapidly Changing Environments

Presenter: Christina Harvey, Brittany Batell, & Gina Hojnacki- SHAPE Michigan VP of Health

Description: Join us to strategize opportunities to keep best practice at the heart of your communication and teaching this year, as educational environments and platforms continue to shift. We'll talk about some successes and challenges of this year and ways to leverage support with your sex education advisory board and families virtually.

Grade level: Health

Session Descriptions 9:00am-10:00am

Room 1: Integrating Yoga & Mindfulness Practices Into Your Everyday PE Class

Presenter: Jason Battung, Yoga Ed

Description: Yoga and mindfulness has been proven to support mental and emotional wellbeing. Learn how to teach and implement simple yoga and mindfulness exercises into your K-12 PE classes. This presentation will empower participants to effectively utilize simple breathing exercises and relaxation techniques to increase focus, mental awareness, and emotional regulation during traditional PE sports and activities. Tailored to PE Teachers, all yoga tool activities taught in this session require no previous yoga experience.

Grade level: All

Room 2: You Can Do This...movement for the PE teacher with two left feet

Presenter: LeAnn Haggard, Indianapolis

Description: Of course you don't have two left feet, you are an accomplished physical education teacher with "skills." But, if you are not including rhythmic movements in your program then let's figure out why!!! LeAnn Haggard, National Dance TOY and Indiana Physical Education TOY wants to help. Join the fun, come to participate and plan on "getting over" thinking you have two left feet!

Grade level: All

Room 3: Assessment in Adapted Physical Education

Presenter: Dr. Leah Ketcheson, Wayne State University

Description: This presentation will focus on 3 key areas for assessment in APE: Assessment eligibility, appropriate assessment measures and IEP development.

Grade level: Adapted

Room 4: Are you creating an environment free of bias and microaggressions?

Presenter: Jennifer Olson & Alisha Davis, Grand Valley State University

Description: This is an introduction about implicit bias that leads into microaggressions and its impact on our students. Let's start a conversation about your concerns and fears. This workshop will include resources to create an environment that represents all students.

Grade level: All

Room 5: Tech It Up - Leverage Technology in H/PE To Improve Student Learning

Presenter: Mark & Becky Foellmer, SHAPE Illinois

Description: Please join us to explore how technology can be leveraged to improve student learning. All participants will gain access to a myriad of free resources created by generous Health and PE professionals from around the globe.

Grade level: All

Room 6: Teaching Health in a Digital World (EVERFI)

Presenter: Jill Mailing & Ryan Trauger, EVERFI

Description: EVERFI offers digital no-cost standards aligned resources for PE and Health. Join us to be equipped with modules for asynchronous instruction on wellness, social-emotional learning, and mental health.

Grade level: Health

Room 7: Movement Grows the Brain

Presenter: Lucy French, Physical Therapist

Description: Explore Brain Gym Program (C) and the Mind-Body Connection. Overview of Developmental Movement Patterns and the Hierarchy of Learning. Learn about Super P.A.C.E -Positive, Active, Clear and Energetic. Using songs and rhymes we will learn movement breaks and routines to stabilize your learning group and focus their attention.

Grade level: Elementary

Keynote:

NAVIGATING THE FUTURE: IT TAKES MORAL COURAGE!

Join the 2018-19 SHAPE America President Judy LoBianco as she provides inspiration and insight to what we've learned, where we are and where we need to go as a profession as we navigate our profession in the midst of a global pandemic.

Presenter: Judy LoBianco

Session Descriptions 11:00am-12:00pm

Room 1: Engaging Students in a Virtual World

Presenter: John Dunlop, Portage Central Middle School

Description: This session will feature the integration of a number of apps and programs to help get students more engaged during virtual learning. Some of the platforms that will be highlighted include Padlet, Jamboard, Google Meet Breakout Rooms, GooseChase, BreakoutEDU, Edpuzzle and Flipgrid. This session will also illustrate the use of Swivl to record video or stream live video to your lessons, creating a better learning environment for PE teachers and students to perform and assess motor and physical skills.

Grade level: Middle/High School

Room 2: Teaching with Tech in the Elementary School

Presenter: Haley Barnes, West Bloomfield School District, SHAPE Michigan Secretary

Description: Learn how to provide engaging virtual physical education lessons using different technology tools. Participants will gain experience using PearDeck, Padlet, and Jamboard to assess student engagement and build relationships with students.

Grade level: Elementary

Room 3: Special Olympics Fitness

Presenter: Heather Burke & Danielle Arnold, Special Olympics

Description: Health and Wellness are an important part of our everyday lives and especially in these uncertain times. Please join us to hear how we are incorporating Health, Wellness, and Fitness into the lives of people with and without intellectual disabilities. Special Olympics Michigan has developed many fitness programs to encourage movement, teach nutrition, and live life long healthy lifestyles. From Unified Physical Education/fitness to SOMifit we have the resources for you. We have even taken it a step further into the virtual world!

Grade level: All

Room 4: Resources for Virtual Sex Education

Presenter: Tracie Gilbert, Amaze.org

Description: Amaze is a video-based sexual health resource for youth ages 10-14, designed to provide accurate information to young people where they are - online. Through short, animated videos, sexual health micro-topics are presented with humor, an occasional song and above all - honesty. Participants will learn about the rationale for creating Amaze, the range of videos that currently exist and ways parents and professionals can use them to discuss sexual health with very young adults.

Grade level:

Room 5: Virtual Tips and Tricks from the High School Trenches

Presenter: Shannon Maly, Wisconsin High School TOY, Midwest HS TOY

Description: **This session will focus on the delivery of high school physical education in a virtual setting. Course structure, virtual tools and resources will be presented from a practicing professional.**

Grade level: High School

Room 6: New Skills-based Resources for the Health Ed Classroom

Presenter: Allen McCaskill, Goodheart-Wilcox

Description: Join your G-W Educational Consultant for Michigan in a deep dive into all resources available for the Health Education classroom. Brand new 2021 textbooks and eText suites(text, workbook, student companion site) available for samples.

Grade level: Health

Room 7: Coaching Gen Z Athletes

Presenter: Dr. Jennifer Roth, Dr. Dan Gould, Mike Mignano, Michigan State University

Description: : Great coaches individualize their coaching behaviors and practices based on characteristics and needs of their athletes (Becker, 2012; Erickson & Côté, 2016). Today it is more important than ever for coaches to adjust to the new generation of athletes. Today's youth are considered in Generation Z (Gen Z). Gen Z youth are those born after 1995 and make up about 27% of the world population (Hampton & Keys, 2016). In this presentation, the characteristics, challenges, and strategies for coaching Gen Z youth will be shared.

Session Descriptions 12:00pm-1:00pm

Room 1: Virtual Learning – Practical Applications for Elementary PE!

Presenter: Darcy Knoll, Ann Arbor Public Schools

Description: Observe and learn about Elementary Physical Education lessons designed for ‘the at home’ learning experience. The presentation will focus on best practices, activities and lessons to accommodate students with various needs and learning styles. Elements of an effective ‘at home’ PE lesson will be discussed as well as the importance of providing accountability for PE. Participants will leave with practical resources that can be used in facilitating their own online courses

Grade level: Elementary

Room 2: Socially Distanced In-Person Physical Education

Presenter: Jon Hoydic, Rogers City Area Schools

Description: Led by a practicing elementary physical educator, the content of this session includes practical strategies necessary to lead an effective in-person program during the COVID challenge.

Grade level: Elementary

Room 3: Grassroots Advocacy 101

Presenter: Patty Kestell , SHAPE MW District President

Description: Professional promotion for your program is critical. This session will address what you can do in your school and state to advocate for your students, program and profession.

Grade level:

Room 4: Investments, Retirement, Financial Security

Presenter: Gary Harris, Tri Found Financial- SHAPE Michigan grant sponsor

Description: What does it mean to have a holistic retirement plan, especially in today's world? As educators, you've spent your careers planning and sharing your knowledge. Allow us to return the favor with an informational session on retirement planning led by Gary Harris, President and Founder of TriFound. We will discuss the exciting opportunities that come with utilizing financial, legal and accounting services together and what you as educators can do today to set yourselves up for success.

Grade level: Professional

Room 5: USTA Virtual Classroom and Net Generation

Presenter: Karen Savage, Susan Courtright, Sydney Whitfield USTA

Description: USTA Google Classroom to add to PE teacher toolboxes in teaching remotely. Net Generation provides tennis SHAPE collaborated curriculum and a phone app with video examples of activities. Both of these are free.

Room 6: Nutrition and Foods Fundamentals: Round Table

Presenters: Elaine Blake, Martha Ware, and Kurt Mastrantonio

Description: Discussion on Nutrition essentials, some exposure to the vegan lifestyle, and basic food lab procedures.

Grade level: FCS

Room 7: APE Can Virtually Do Anything

Presenter: Jessica Wilson, Maryland

Description: From warmups to lessons with learning experiences to reinforce lesson concepts, here is how the John Archer School, MD approaches virtual Adapted Physical Education for students aged 3 to 21 years with multiple disabilities.

Grade level: Adapted