

MAHPERD and the State Department of Education

present

2011 MAHPERD 82nd Annual Convention

Monday, November 7 and Tuesday, November 8, 2011

PRE-REGISTRATION ON-SITE DCU Center, Worcester, MA

(postmarked by October 26, 2011)

Professional	\$125	\$140
Student	\$30	\$45
Retired	\$30	\$45
Non-Members		\$230

PRE-REGISTRATION or ON-SITE REGISTRATION

includes all sessions both days,
access to Exhibits and Certificate
of Attendance for PDPs

PAID 2011 MEMBERSHIP IS REQUIRED for either Pre-Registration or Registration.

PDP/COA CERTIFICATION — Be sure to certify your Attendance for Professional Development Points before leaving the Convention each day. See directions for time/place in final on-site program.

Membership Reciprocity with other States honored (current membership card **must** be shown) **BUT** Convention Registration Fee **NOT** waived.

Hotel Room Reservations: Please be sure to identify yourself as MAHPERD on check-in and check-out of the Convention Hotel, the Hilton-Garden Inn, Worcester.

All times and programs subject to change. See final on-site program at Convention.

On-Site Registration and Pre-Registration Packet Pick-Up begin at 7:00 a.m.

— MONDAY, NOVEMBER 7, 2011 —

7:45-8:45 (EX-11) Super Balls, Super Games! Activity Area 1

EXHIBITOR DEMONSTRATION

Games and activities to develop skills and team spirit! Stimulant activities with 6 balls, 6 colors, 6 teams at the same time; New games with big footballs "Super Balls" ideal to enhance abilities to kick, pass and run; Activities with large basketballs which are excellent for learning the basic skills and strategies with more accessible balls.

Presenter: Pierre-Julian Hamel, Director of the International Kin-Ball Federation

7:45-8:45 (EX-30) Fire Up! Push Up! Stack Up! Activity Area 2

Sport Stacking Fitness Activities EXHIBITOR DEMONSTRATION

Take your students to new levels of fitness with Sport Stacking! This session combines basic Sport Stacking patterns with fitness activities. Learn how to incorporate Sport Stacking fitness activities into your daily physical education program.

Presenter: Derek Ellis, M.S., Physical Education teacher, Jordan Jackson Elementary School, Mansfield, MA

7:45-8:45 (APE-13) Increasing Disability Awareness North Ballroom

In Physical Education

This session will introduce participants to different to increase disability awareness through physical education programs. Presenters will discuss using traditional and disability sports to educate typically developing students while increasing the quality of education for children with disabilities. Topics will include using Peer Mentors, Teaching Disability Sport, and Using the Sport Education Model. Will include an activity portion where presenters will demonstrate how to teach disability sport using common physical education equipment.

Presenters: Lauren Anderson, B.S., Physical Education teacher, Plymouth Public Schools; Sports Specialist, Camp Abilities
Justin Haegle, M.S., CAPE, Adapted Physical Education Teacher, New York Dept. of Education; Camp Abilities

7:45-8:45 (D-63) How to Teach Zumba: Central Ballroom

Bollywood and Charleston/Swing

If you enjoyed Teresa's Zumba presentation last year, then this is not to be missed! Zumba is a fun cardiovascular workout with a Latin flair. You can use these routines as a fun warm up in any Physical Education class with easy to follow moves with great Latin rhythms such as Bollywood and Charleston/Swing. Teresa will teach a couple of routines, breakdown the movements so they are easy to teach plus give you some good music tips that your students will enjoy. "Let's Get the Zumba Party Started"

Presenter: Teresa Osborn, Fellow of the Imperial Society of Teachers of Dancing; freelance dance educator

7:45-8:45 (APE-21) The Children's Physical Developmental Room A

Clinic: A Proven Model for Service Learning

This three part session will present the service learning model of Bridgewater State University (BSU) Children's Physical Developmental Clinic (CPDC). The first part highlights the CPDC using a recent DVD designed to portray the many features of the CPDC program. The second part profiles student clinicians and children with disabilities served by the program, senior student group leader role in the program, as well as pre-service and in-service strategies to enhance student learning. The final part gives attendees the opportunity to ask questions about BSU's service learning model.

Presenter: Dr. Joseph H. Huber, Professor; Program Director of the Children's Physical Developmental Clinic, Bridgewater State University

7:45-8:45 (PE-38) Why Wellness Is Working? Room B

The Philosophy, Structure, Content and Approach of a Holistic and Integrated (Health and PE) High School Wellness Program

See the possibilities in teaching, curriculum and programming when Health and Physical Educators work together. Using a wellness model, Lincoln-Sudbury has created an integrated curriculum in which both Health and Physical Educators have worked toward a common goal. This session will take you on their wellness journey and share the many benefits including student interest, community support, and coordinated programming.

Presenters: Christopher Belmont, M.S.; 2010 Massachusetts Teacher of the Year; 2011 NASPE High School Physical Education Teacher of the Year; 2011 EDA and National Teacher of the Year
Leslie Belcher, Former Dept. Chair, Lincoln Sudbury Wellness Dept.; 2000 Massachusetts Physical Education teacher of the Year
Susan Shields, Current Dept. Chair, Lincoln Sudbury Wellness Dept.

7:45-8:45 (H-57) Effects of a Pedometer Intervention Room C

On Cardiorespiratory Fitness in a College-Age Walking/Jogging Class

The results of a study looking at the subconscious effect of pedometers on cardiorespiratory fitness levels of students enrolled in a college level activity course will be presented. The different cardiorespiratory fitness measures include: maximal oxygen consumption (VO_{2max}), blood pressure, body fat percentage, BMI, and resting heart rate. The implications of the study will be discussed and how they apply to different physical education and physical activity settings. Lastly, connections of strategies to increase fitness levels among different populations will be addressed.

Presenter: Boe Burrus, Doctoral Candidate, Springfield College

7:45-8:45 (PE-75) Think Outside the Box: Phenomenal October Field Day Kicks Off the Year Room D

Simply the best! You're invited to learn, inquire, and share information to implement the Individualized model of field day. You could be the second school in the state to join the club – right behind Mapleshade, to relocate your field day to the Fall season. Parents, administrators, and teachers LOVE the calendar change... for reasons you just might be overlooking. Attendees will have access to the entire nuts and bolts packet to make this day happen including activity descriptions, timelines, and volunteer communications!

Presenter: Diana Demetrius, Physical Educator, Mapleshade School
East Longmeadow, MA

8:50-10:00 GENERAL SESSION Activity Arena 1st Floor

Introduction: Cate Dill, "Coach Cate", Sudbury Middle School Physical Educator Public Schools; "Let's Get Moving America" founder; trekked 5,246 miles across America in February 2011 to promote healthy living

Speaker: Shellie Pfohl, M.S., Executive Director President's Council on Fitness, Sports and Nutrition

Topic: Promoting A Healthier Lifestyle for America's Youth: What Role Can Physical Education Play?

Shellie will discuss the current obesity epidemic facing our nation's youth, and ways that physical educators can become leaders for change within their schools. Ms. Pfohl will provide information on current initiatives and resources available from the President's Council and the Federal government that can assist educators and schools in the fight against childhood obesity. Additionally, she will talk about the importance of collaboration at all levels – local, state and Federal – to improve the health of our nation's youth.

10:15-11:30 JOSEPH MCKENNEY and PAST PRESIDENTS BRUNCH
By Invitation Only
2nd Floor Conference Room

10:00-10:30 EXHIBITS OPEN
Refreshments sponsored by
New England Dairy Food & Council

10:30-11:30 (EX-12) KIN-BALL Sport and Cooperative Games Activity Area 1
EXHIBITOR DEMONSTRATION

This sport is played with 3 teams at the same time using a very light 4 foot ball, excellent to develop cooperation, aerobic capacity, feet-hands skills, sportsmanship and is totally non-conventional and accessible to all. Also different activities of cooperation and team work by using giant and light OMNIKIN balls from 3 to 6 feet; easy to learn, it will help your participant to reach physical education objectives.

Presenter: Pierre-Julian Hamel, Director of the International Kin-Ball Federation

10:30-11:30 (PE-79) Jump Rope Skills and How to Teach Them Activity Area 2
With the Miscoe Skippers

Presenter: Christine Horn, Memorial Elementary School, Mendon; American Heart Association Heart Coordinator

10:30-11:30 (ST-45) Fresh, Fun, and Fantastic: Instant Activities Collaborated by the Council of Future Professionals North Ballroom

Involve your physical education students the second that they walk in the door of the gymnasium by jump-starting your class with instant K-12 activities. Six different instant activities will align with the NASPE National Standards.

Presenter: The Council of Future Professionals: Dylan Birch (BSU), Kelsey Dunn (SC), Cody Costa (SC), Rebecca Minton (SC), Ryan Murphy (SSU), Lisa Policelli (WSC), Matt Bazinet (WSC), Mike Schmich (WSU), Dan Korpita (WSU), Dr. Ann Marie Gallo, Dr. Karen Richardson

10:30-11:30 (APE-58) Using Sensory Integration In Physical Education Central Ballroom

As a part of their curriculum, Phys. Ed. Teacher Education programs have historically included coursework on motor/human development however specific information on sensory integration theory is not always included. Research supports the application of sensory integration activities to improve kinesthetic awareness through vestibular, proprioceptive, tactile, auditory and visual stimuli. Session is designed to "re-introduce" participants to Sensory Integration theory and demonstrate how general and adapted physical educators can play a critical role in the sensory development of a child. The concept and importance of GMAT – Gross Motor Assessment Teaming – will be discussed. Experience a variety of fun activities designed to promote sensory integration, cross lateral integration, sensory stimulation and discrimination. Come prepared to be STIMULATED!

Presenter: Timothy D. Davis, Ph.D., CAPE; Associate Professor, SUNY Cortland Dept. of Phys. Ed.; national chair of the Adapted Physical Education National Standards (APENS) Program and oversees the national standards and certification process in Adapted Physical Education sponsored by the National Consortium on Physical Education and Recreation for Individuals with Disabilities (NCPERID)

10:30-11:30 (PE-51) Teaching Children How to Play Team Games Through the Grid System South Ballroom

Students can more effectively learn skills if they are taught in a progressive manner in small groups. Participants will learn how to do this by using grids and modifying rules. By maximizing participant and individualizing instruction as needed, students are more likely to feel success in playing team sports.

Presenter: John Hichwa, Physical Education Consultant for SPARK, SPORTIME; Author of *Right Fielders Are People Too*; Elementary and Middle School Physical Education for 35 years in Reading, CT (ret. 1995)

10:30-11:30 (PE-56) Just Do One! And Change Your Life Forever Room A

Join Coach Cate to learn about her new Healthy Living Program called 'Just Do One!' This innovative program is designed for both you and for your students. During this session, you will pick one personal Healthy Living Coaching Tip to master. You will come up with your personal Healthy Living Action Plan, so that you will be well on your way to incorporating another healthy habit into your life. Your life will be changed immediately and forever.

Presenter: Coach Cate is a Healthy Living Expert, teaches Physical Education at the Ephraim Curtis Middle School in Sudbury, MA. She just recently finished her Coast to Coast "Exercise Across America" Journey, where she traveled through 17 states, visited 80 schools, and spoke to over 12,000 students about the importance of Healthy Living. Coach Cate is the MAHPERD Representative for the Presidential's Council of Physical Fitness, Sports and Nutrition. She is also the host of a Local TV Show called 'Coach Cate's Healthy Adventures'. Her signature motto is "Making The World Fit, One Person At A Time."

10:30-11:30 (EX) Making Health Literacy Happen With The Great Body Shop PreK – Middle School CHILDREN'S HEALTH MARKET Room B

This session will introduce the Health Education Curriculum Analysis Tool (HECAT) and distinguish effective health education curriculum. The facilitator will explain how The Great Body Shop is aligned to National and State health education (and other curricular) standards. The session provides an overview of the HECAT using the lessons, Teacher's Guide and materials as a framework. Learn how the program assists district staff to implement a Coordinated School Health Program with opportunities for scheduling monthly school-based wellness activities. Following the Center for Disease Control (CDC) characteristics of effective curricula, each attendee will be one step closer to meeting their goals for education, service and accountability. The session is designed to meet the needs of the participants, to be interactive, motivational and relevant to today's educational challenges.

Presenter: Karin Schlereth, The Children's Health Market; 2010 CSAP Prevention Summer Fellowship, a joint program under Substance Abuse Mental Health Services Administration (SAMSHA) and The White House Office of Drug Control Policy (ONDCP); works internationally, assisting school districts with curriculum implementation and staff development so they may begin students and their families on the journey to good health throughout their lives.

10:30-11:30 (H-36) Fuel Up to Play 60 Room C

The Fuel Up to Play 60 program is presently in 70,000 schools across the United States. Come and see how this exciting program, which promotes healthy eating and exercise, fits into your school curriculum. Sponsored by the New England Dairy and Food Council.

Presenters: Sandra Collins, M.S., School Adjustment Counselor, Alice Beal Elementary School
Cindy Coughlin, M.S., Physical Education/Health Teacher, Alice Beal Elementary School
Sue Tourigny, Memorial Middle School, Fitchburg
Mick O'Reilly, Memorial Middle School, Fitchburg

10:30-11:30 (H-22) Exploring Decision Making Dimensions With K-12 Learners Room D

Experience an array of learner-centered active instructional activities presented by Dr. McDiarmid and emerging Health and Physical Educators. Session will focus on activities emphasizing handling peer pressure and the decision making process. Come join in on Decision Making Two Step, Crystal Ball, Cover Up, Decide Early, and Whose Fault Is It? Handouts will be provided.

Presenter: Dr. Patricia McDiarmid, Associate Professor Health Education, Springfield College

10:30-11:30 (APE-47) Autism Spectrum Disorder in Physical Education Room E

ASD in PE . . . what does that mean to me? A curriculum differentiation approach to adapting physical education through adjustments in WHAT you teach, HOW you teach it, WHERE and WITH WHAT you teach, and PRODUCT . . . how do you know they are learning?

Presenter: Ann J. Griffin, MA, Consultant, Adapted Physical Education, Grant Wood Area Education Agency, Cedar Rapids, Iowa

10:30-11:30 (PE-39) Creating Variety in the High School Junior Ballroom Games Curriculum by Using NASPE Standards and Wellness Concepts to Design Learning Experiences

If you have a basic closet of games equipment, the possibilities for student learning are endless. By using NASPE National Standards for Physical Education and Wellness Concepts to guide curriculum design a wider variety of learning experiences can be created with no impact on your budget. We will share how we have created three distinct "survey of games" courses in the Lincoln-Sudbury Wellness Curriculum to provide more choices for student learning.

Presenters: Christopher Belmont, M.S., Physical Education; 11 years teaching, Lincoln-Sudbury Regional High School; 2011 NASPE High School Physical Education Teacher of the Year
Christopher Gammons, Lincoln Sudbury Wellness Dept.

11:30-12:15 LUNCH

- MAHPERD Store** Foyer
- College Superstar Field Day Challenge** Foyer
- Council for Future Professionals Raffle** Foyer
- Social Justice Exhibit** Foyer
- New England Dairy Association Interactive Booth** 3rd Floor

12:15-1:15 (REC-7) Adventure Innovations With New Activities, Products and Processing Tools Activity Area 1

An interactive session will teach new adventure activities that are easy to lead and incorporate the latest new PA products and processing tools. From new product activities, name games and problem solving initiatives, content will be geared toward the new practitioner to the seasoned veteran. Come have some fun, share some ideas and learn some new activities that you can use with a wide variety of groups. All activities will be presented in the context of Challenge by Choice—so come prepared to learn it whatever way works for you.

Presenter: Angel Krimm, B.S., Trainer and Consultant, Project Adventure Inc.

12:15-1:15 (PE-78) The Amazing Maze Activity Area 2

Participants will engage in a unique real world experience. You will participate in an active learning lesson that touches upon a hot topic. The issue is one we all deal with on a daily basis in the educational setting.

Presenter: Todd Waltsak, Daniel B. Brunton Elementary School, Springfield, MA

12:15-1:15 (H-81) Teaching Yoga in Schools for High School Teachers and Teaching Yoga in Schools for Elementary School Teachers North Ballroom

This session will provide an introduction to how to teach yoga practices to students in schools.

Presenter: Deborah Ruth Cohen, Masters in Education, Masters in Applied Positive Psychology, Yoga teacher, Yoga teacher trainer, Boston Public Schools

12:15-1:15 (APE-46) "Hey Miss Ann, What's In the Bag? Autism and Physical Education Central Ballroom

Come and enjoy some fun equipment and activities that engage students with autism in play and physical activity. The focus of this session will be on unique equipment and innovations that encourage play and interaction.

Presenter: Ann J. Griffin, M.A., Consultant, Adapted Physical Education, Grant Wood Area Education Agency, Cedar Rapids, Iowa

12:15-1:15 (PE-9) Teaching Games for Understanding Games Adaptation in Volleyball South Ballroom

Do your students sometimes find skill practice meaningless? Students learn and practice skills best when they see a set of related skills as a strategy to accomplish goals they want to accomplish. Learn how you can make games that are modified, but adapt in real time to the abilities of the students, through the principle of adaptation. Leave this session with ready to use games to enhance your volleyball instruction for middle and high school students.

Presenters: Dr. Karen Richardson, Associate Professor, Dept. Movement Arts, Health Promotion and Leisure Studies, Bridgewater State University
Dr. Deb Sheehy, Associate Professor, Dept. Movement Arts, Health Promotion and Leisure Studies, Bridgewater State University

12:15-1:15 (H-69) Female Athletes and Amenorrhea: A Review Room A

The session will address amenorrhea and female athletes. Specific attention will be given to the physiology behind amenorrhea, why athletes develop amenorrhea, why amenorrhea should not be overlooked, and some possible interventions. Strategies to increase awareness and increase education at all levels will be discussed.

Presenter: Jessica Brown, Doctoral Student, Springfield College

12:15-1:15 (FIT-50) Documentary on the National Senior Games — "Age of Champions" Room B

"Age of Champions" a film that captures the triumphant spirit of these seniors who tackle old age with grace, humor, and optimism. Win or lose, they challenge us all to follow our passion and find purpose at any stage of life.

Presenter: Amy Louise Hicks, M.S., Coach, Synchronized Swimming, National Senior Games Champion; MAHPERD Senior Fitness & Activities Chair

12:15-1:15 (H-68) Making Physical Education/Sports Safe and Supportive for Lesbian, Gay, Bisexual And Transgender Students Room C

The Mass. Youth Risk Behavior Survey data show that there are lower rates of physical activity and team sports participation among sexual minority students. In this workshop, we will discuss best practices for addressing this disparity.

Presenters: Pam Garramone, Executive Director, Greater Boston Parents, Families, and Friends of Lesbians and Gays (PFLAG)
Jeff Perrotti, Founding Director, Mass. Safe Schools Program for LGBT Students
Carol Goodenow, Ph.D., Director, Coordinated School Health, Mass. Department of Elementary and Secondary Education.

12:15-1:15 (H-66) Promoting Life Skills to Achieve Health Room D

A discussion of life skills related to health literacy. Participants will engage in guided cooperative activities to practice and brainstorm how to teach life skills to promote healthy behaviors.

Presenter: Heidi R. Bohler, Ed.D., Assistant Professor, Physical Education Teacher Education Department of Movement Science, Sport and Leisure Studies, Westfield State University

12:15-1:15 (PE-3) 5K Training — A Comprehensive Wellness Unit for Middle School Room E

5K (3.1 miles) training is a comprehensive Middle School Wellness curriculum unit. It is a systematic approach to teaching health-related fitness concepts, establishing short and long term personal fitness SMART goals, engages the community and meets 21st Century learning objectives. With the rise in childhood obesity, it is important for students to understand the benefits of participating in a regular fitness program. The ability to encourage students to be active outside of school is just as important as the lessons we provide within our walls. This unit will appeal to your students and teachers alike. Attendees will be provided an outline and resources used in the curriculum.

Presenter: Debra A. Pinto, M.S., Teacher, Team Leader, Wellness Dept., Hopkinton Public Schools; USAT Level 1 Certified Coach

12:15-1:15 (D-19) Dance Party Latin Style - Cha, Cha, Cha Junior Ballroom

Join Teresa for a dance party Latin style. Cha Cha Cha is one of the most vibrant and playful Latin dances and has been made even more popular with shows like "Dancing With The Stars". Teresa will help you "Get the Party Started". The session will include the basic steps as a line dance and develop into partner dancing suitable for elementary, middle school, high school, college and university. Let's get the party started!

Presenter: Teresa Osborn, Fellow of the Imperial Society of Teachers of Dancing

1:30-2:30 (EX-14) A Minute to Win It — Physical Education Activity Challenges EXHIBITOR DEMONSTRATION Activity Area 1

The Minute to Win It physical activities were developed to challenge the participants with individual and team skill tasks while trying to complete each of the tasks in the minute time frame. Exciting, fun and challenging!

Presenter: John L. Smith, M.S., Ed. Consultant, Flaghouse Educational Services

1:30-2:30 (PE-35) Math and Movement: Incorporating Math Practice Into PE Class North Ballroom

Harness your students' love of movement and creative imagination and turn it into intentional and rigorous math practice. Learn how to develop math-movements for volleyball, basketball or any skill included in your curriculum. Physical Education class can transform the math ability of your students.

Presenter: Suzy Koontz, M.S., Math and Movement

1:30-2:30 (APE-59) Adapted Physical Education Desk References: See Today/Use Tomorrow Resources for Teaching Children with Disabilities Central Ballroom

Physical Education majors take 3 credits or less in the area of Adapted Physical Education. Fewer than 13 states currently require additional APE course work or an endorsement to teach APE. Therefore, the vast majority of children with disabilities are receiving physical education services from a teacher who is not considered "highly qualified". For these teachers, finding quality resources that they can access quickly and effectively is critical to their day to day success. This session will provide teachers with see today/use tomorrow resources that highly qualified APE teachers feel are essential to creating and maintaining quality APE service delivery. Participants will receive a copy of the APE Desk Reference available at www.PECENTRAL.com. 1. Understand the APE desk reference format and the appendices resources; 2. Understand how and when to utilize these resources to address teacher needs regarding APE service delivery (e.g. assessment reports, letters to parents etc.); 3. Understand how using these resources can improve the quality of APE service delivery for a school district.

Presenter: Timothy D. Davis, Ph.D., CAPE Associate Professor, SUNY Cortland Dept. of Physical Education; national chair of the Adapted Physical Education National Standards (APENS) Program; oversees the national standards and certification process in Adapted Physical Education sponsored by the National Consortium on Physical Education and Recreation for Individuals with Disabilities (NCPERID)

1:30-2:30 (PE-52) The Longer I Teach, the Lighter My Touch South Ballroom

This session will concentrate on providing strategies, concepts, and practical teaching techniques that will make every lesson a meaningful and valuable experience for each student in your class. Come prepared to participate—you will walk away with a better vision of the skills and attitudes you want your students to learn and what you need to do to accomplish your vision. The following topics will be covered: 1. Curriculum mapping using the NASPE Standards as a framework to build an exemplary program; 2. Creating strategies for conflict resolution using consensus building skills; 3. Assessing student learning through small group instruction activities; 4. Discussing class management techniques; and 5. Establishing a vision and a plan of action.

Presenter: John Hichwa, Physical Education Consultant for SPARK, SPORTIME; Author of *Right Fielders Are People Too*; Elementary and Middle School Physical Education for 35 years in Reading, CT (ret. 1995)

1:30-3:30 (PE-71) Wanna WOW your high school students? Outdoor Education Unit Ideas Room A

This session will focus on creating and managing canoeing, fishing, and mountain biking units at the high school level. Leave this session with a familiarity of how to secure funding for equipment, specific unit objectives and lesson ideas aligned with the NASPE standards. Field tested "best practices" for successfully incorporating outdoor education, and sample assessments will also be provided.

Presenters: Greg Pratt, M.Ed., Physical Education Teacher at Auburn High School, Auburn, MA
Deborah A. Sheehy, Ed.D., Chairperson & Associate Professor, Bridgewater State University
Samantha Lewenberg Martyn, B.S., Student Teacher, Bridgewater State University

1:30-2:30 (PE-65) Instantly Active Room B

Learn how to get your students excited and motivated as soon as they enter the gymnasium. Instantly Active is a collection of highly energized activities adaptable for elementary school aged children, that focus on fitness, locomotor skills, teamwork, cooperation and fun. Large colorful visual displays will capture students attention and accentuate student understanding. Hear and see first hand how you can improve your lesson plan by increasing activity time!

Presenter: Jennifer Mscisz, Danver Public Schools

1:30-2:30 (PE-70) Building Support for School Physical Education and Activity Programs in Difficult Times Room C

This session will present recent data about physical education and physical activity (PE-PA) in Mass. schools and will discuss current challenges and opportunities for strengthening school PE-PA programs, including stories of some successful initiatives. A discussion of strategies for building state and local support for strong school physical education and physical activity programs.

Presenters: Carol Goodenow, MA Dept. of Elementary and Secondary Educ.
Angie Cradock, Harvard Prevention Research Center
Amy O'Neil, MA Dept of Elementary and Secondary Education
Laura York, MA Dept of Public Health

1:30-3:00 (PE-72) Changing the Game: Promoting Respect and Inclusion in Secondary Physical Education and Athletics Room D

Information, resources and practical best practice strategies to make secondary physical education and athletics safe, inclusive and respectful for students of all sexual orientations and gender identities. Physical education and athletics are integral components of secondary school curriculum. Opportunities for the challenge, health benefits and fun of active participation in physical education and athletics are important for all students yet some students do not feel safe or welcomed on teams or in PE classes. Providing a sound educational climate in which all students can participate and succeed should be a primary goal for coaches and physical educators. Topics include: Assessing the physical education and athletic team class climate, setting positive expectations for student interactions; addressing name-calling and bullying in classes and on teams; including transgender students in physical education and athletics. Resources developed by Changing the Game: The GLSEN Sports Project (sports.glsen.org) will be highlighted during the presentation.

Presenter: Pat Griffin, Project Director for Changing the Game: The GLSEN Sports Project and Professor Emerita, Univ. of Mass. Amherst

1:30-2:30 (PE-64) Creating a Guaranteed and Viable Wellness Curriculum K-12 Room E

The Hopkinton Public Schools have spent several years developing a guaranteed and viable Wellness curriculum from k-12. Teachers in Hopkinton utilize Atlas Rubicon, an online curriculum database, as a tool to organize, analyze, communicate and disseminate information, as well as to manage curriculum and share instructional best practices across grades, subjects, schools and cultures. In this presentation, we will share the process and the outcomes that will affect change in your classroom. Participants will learn the components of a guaranteed and viable 21st century curriculum through Atlas Rubicon, including how the Hopkinton Public Schools have put it into practice.

Presenter: Debra Pinto, M.S., Hopkinton Middle School Wellness Teacher

1:30-2:30 (REC-20) Introduction to Circus Skills K-12 Junior Ballroom

This session is an educational overview of circus skills, including multiple forms of juggling, plate-spinning, devil stick and diabolo manipulation, object balancing, stilt-walking and more. A brief lecture-demonstration introduces the basic components of these new skills, including technique, progressions, teaching tips and their appropriate age/grade level applications. The participants then have personal skills development time with a variety of engaging and self-motivating circus activities that can be easily and immediately incorporated into their existing physical education curriculum.

Presenter: Greg Milstein, Executive Director, National Circus Project

2:45-3:45 (EX-15) Small Equipment = Big Results Activity Area 1 EXHIBITOR DEMONSTRATION

An active participation session presenting ideas on individualizing small pieces of equipment to enhance your physical education and recreation programs. Innovative equipment, personal workout materials, small group activities and unique small equipment that create individual learning experiences will be presented.

Presenter: John L. Smith, M.S., Educational Consultant, Flaghouse Educational Services

2:45-3:45 (PE-43) The Top 10 Elementary PE Ideas, Central Ballroom Activities and Games I've Ever Seen

Over the past 30+ years, Artie Kamiya has had the opportunity and pleasure to have seen and/or published a variety of terrific K-5 games, activities and teaching strategies either from his company's publications or first-hand as a workshop participant. This session will include his favorite Top 10 Activities and/or ideas for cutting-edge elementary physical education programs.

Presenter: Artie Kamiya, M.S., President, Great Activities Publishing Co., Durham, NC

2:45-3:45 (PE-34) Yoga Fusion: Blending Health and Physical Education Into a High School Yoga Elective South Ballroom

Using Andover High School's Yoga Program as a model, this session offers ideas, tools, and strategies for designing and implementing a standards based yoga curriculum in your school.

Presenter: Jacqueline Salvesen, M.S., Health teacher, Town of Andover

2:45-3:45 (EX-29) COLLEGEAMERICA Planning for College EXHIBITOR DEMONSTRATION Room B

The features and benefits of utilizing a 529 College plan to save for your child's education. The features and benefits of using UPROMISE in conjunction with a 529 Plan in order to receive money back on every day purchases to help fund college education.

Presenter: Richard Patrick MacDonald, First Vice President, Stifel Nicolaus

2:45-3:45 (D-5) Zumba/Zumbatomic Demonstration Junior Ballroom

An official Zumba Jammer will share choreography and secrets to success. Expose your students to a multitude of cultures with music from around the world. A guaranteed hit!

Presenter: Jodi Craft, Zumba Instructor; former middle school counselor and Spanish tutor

**Remember to have Monday
Certificate of Attendance STAMPED
at the MAHPERD Booth before leaving today.**

*A heartfelt thanks to the
Joseph McKenney Awardees & Past Presidents!*

*We owe so much gratitude for your tremendous leadership over the years, the traditions that have bound us together and the insight and vitality that have made this association what it is today.
Thanks for honoring the past and supporting our present and future!*

7:45-8:45 (PE-33) Capture the Flag Activity Area 1

Take that old favorite and spice it up with some new versions of the game. Focus will be on maximum participation and inclusion for all. Games include: "Continuous Capture", "4-Way Fort Knox", "Capture the Cones", and "Couples Capture".

Presenter: Kevin Tiller, M.S., Physical Education teacher

7:45-8:45 (PE-60) Using Sensory Integration in Physical Education North Ballroom

Physical Education Teacher Education programs have historically included coursework on motor/human development however specific information on sensory integration theory is not always included. Research clearly supports the application of sensory integration activities to improve kinesthetic awareness through vestibular, proprioceptive, tactile, auditory and visual stimuli. This session is designed to "re-introduce" participants to Sensory Integration theory and demonstrate how general and adapted physical educators can play a critical role in the sensory development of a child. The concept and importance of GMAT – Gross Motor Assessment Teaming will be discussed. Experience a variety of fun activities designed to promote sensory integration, cross lateral integration, sensory stimulation and discrimination. Come prepared to be STIMULATED! 1. Understand the function of the sensory input systems in the development of coordinated movement.; 2. Understand the role of the gross motor assessment team (GMAT) when working with children who have sensory integration delays; 3. Understand how using activities which target Sensory Integration can help students improve their kinesthetic and sensory awareness.

Presenter: Timothy D. Davis, Ph.D., CAPE Associate Professor, SUNY Cortland Department of Physical Education; national chair of the Adapted Physical Education National Standards (APENS) Program and oversees the national standards and certification process in Adapted Physical Education sponsored by the National Consortium on Physical Education and Recreation for Individuals with Disabilities (NCPERID)

7:45-8:45 (PE-40) Assessing Wellness Outcomes And NASPE Standards in High School Physical Education Central Ballroom

How can assessment be used to enhance student learning and performance? We will share some of our guiding philosophies on assessment in high school Wellness and Physical Education and some meaningful assessment tools used to provide students' feedback and accountability for their learning. The session will end with an opportunity for participants to share their thoughts and examples of effective assessment tools.

Presenters: Christopher Belmont, M.S.; 2011 NASPE High School Physical Education Teacher of the Year; Lincoln Sudbury Regional High School
Leslie Belcher, former Dept. Chair, Lincoln-Sudbury Wellness Dept.; 2000 Massachusetts Physical Education Teacher of the Year
Marcia Stoday, Lincoln-Sudbury Wellness Dept.; 1997 Massachusetts Physical Education Teacher of the Year; 1998 EDA Physical Education Teacher of the Year

7:45-8:45 (PE-44) The Top 10 Secondary PE Ideas, Activities and Games I've Ever Seen South Ballroom

Over the past 30+ years, Artie Kamiya has had the opportunity and pleasure to have seen and/or published a variety of terrific middle and high school games, activities and teaching strategies either from his company's publications or first-hand as a workshop participant. This session will include his favorite Top 10 Activities and/or ideas for cutting-edge secondary physical education programs.

Presenter: Artie Kamiya, M.S., President, Great Activities Publishing Co., Durham, NC

7:45-8:45 (PE-37) Delivering a FUN Filled Field Day for "All Kids" Room A

Tired of the same old field day with the same activities? Then this session is for you. It will outline a variety of key tips and strategies on how to organize and implement a field day that your students will remember for the rest of their lives! Learn a variety of different field day formats that can be adapted to fit their school's needs.

Presenter: Jacob Bersin, M.Ed., Physical Education teacher, Framingham Public Schools

7:45-8:45 (AT-37) F.A.S.T. A Personal Story About Stroke and Recovery Room B

A DVD presentation (F.A.S.T.) with an overview of the F.A.S.T. Awareness Program and ending with a question and answer session.

Presenter: Frank A. Mastrangelo, LAT, ATC, EMT; Associate Director of Athletics, Head Athletic Trainer, The Dexter and Southfield Schools, Brookline

7:45-8:45 (H-42) Laughter Yoga for Wellness Room D

Laughter Yoga combines fun, easy to learn laughter exercises and games with deep, centering breaths and simple, calming movements. It can: boost immune systems, release endorphins, increase oxygen intake, decrease stress hormones, and create a joyful connection with others.

Presenter: Robert Rivest, B.A., Certified Laughter Yoga Leader, Springfield

7:45-8:45 (H-25) A Preliminary Analysis Regarding Gender Disparities in the Utilization and Access of Health Care Services in the College Population Room E

Why do females tend to go to the doctor more so than males? How do gender norms factor into males and females accessing preventative and palliative health care services? According to the National Center for Health Statistics (NCHS), males had a higher death rate than women for heart disease, cancer, unintentional injuries, cerebrovascular disease, chronic lower respiratory disease, diabetes, pneumonia/flu, HIV infection, suicide and homicide. According to the CDC, women are 100% more likely to visit the doctor for annual examinations and preventative services than men. This session will present primary evidence-based data exploring why males are hesitant to access health care based on an analysis of knowledge, attitudes and behaviors.

Presenter: Dr. James E. Leone, Asst. Prof. of Health, Bridgewater State University

7:45-8:45 (D-17) How to Teach Zumba: Bollywood and Charleston/Swing Junior Ballroom

If you enjoyed Teresa's Zumba presentation last year, then this is not to be missed! Zumba is a fun cardiovascular workout with a Latin flair. You can use these routines as a fun warm up in any Physical Education class with easy to follow moves with great Latin rhythms such as Bollywood and Charleston/Swing. Teresa will teach a couple of routines, breakdown the movements so they are easy to teach plus give you some good music tips that your students will enjoy. "Let's Get the Zumba Party Started"

Presenter: Teresa Osborn, Fellow of the Imperial Society of Teachers of Dancing

9:00-10:00 GENERAL SESSION Activity Arena 1st Floor

Keynote Speaker: Pat Griffin

Keynote Address: Coaches and Physical Educators as Game Changers: Promoting Respect and Inclusion in Sport

Pat Griffin is Professor Emeritus in the Social Justice Education Program at the Univ. of Mass., Amherst. Her research and writing interests focus on heterosexism/homophobia in athletics. She is project director for Changing the Game: The Gay Lesbian Straight Education Network (GLSEN) Sports Project (sports.glsen.org) whose mission is to assist K-12 schools in making athletics and physical education respectful, safe and inclusive for students of all sexual orientations and gender identities. She wrote a book entitled, *Strong Women, Deep Closets: Lesbians and Homophobia in Sports*, published by Human Kinetics, 1998. She is also co-editor of *Teaching For Diversity and Social Justice: A Sourcebook for Teachers and Trainers*, Routledge, 2007. She is the author of Pat Griffin's LGBT Sports Blog (www.ittakesateam.blogspot.com). She was named among the 100 Champions of LGBT Sports by the Chicago Game Games in 2006. In 2007 she was named one of the top 100 sport educators in the U. S. by the Institute for International Sport. She was the 2011 recipient of the R. Tait McKenzie Award from the AAHPERD. Dr. Griffin played basketball, field hockey and swam at the University of Maryland. She coached high school basketball, field hockey and softball in Montgomery County, MD and coached swimming and diving at the UMass- Amherst.

This address will focus on the important role that coaches and physical educators play in creating respectful and inclusive climates on teams, in classes and in schools so that students of all sexual orientations and gender identities experience success and enjoyment in the gym and on the playing field. What we say and what we do makes a difference. Disrespectful or bullying student behavior that we ignore or condone can have a lifetime impact on the sports and physical activity participation of our students. The address will provide an opportunity for coaches and physical educators to reflect on how they can be game changers and mentors for respect and inclusion for athletes on their teams and students in their classes.

10:00-10:30 DEDICATED EXHIBIT TIME
Get Your Move and Groove Card stamped!

10:30-11:30 (PE-6) The Latest and the Greatest Activity Area 1
From the Brightest and the Best (Vol. X)

Highly creative games and activities for the Physical Education classroom. Future professionals and their instructor present movement experiences that are guaranteed to excite, engage, and encourage wellness.

Presenters: Robert J. Rausch, Ph.D., Professor, Dept. of Movement Science, Sport, and Leisure Studies, Westfield State University
 Students for Methods Class, Westfield State University

10:30-11:30 (PE-10) Teaching Games for Understanding: Activity Area 2
Game Adaptation in Badminton

Do your students sometimes find skill practice meaningless? Students learn and practice skills best when they see a set of related skills as a strategy to accomplish goals they want to accomplish. Learn how you can make games that are modified, but adapt in real time to the abilities of the students, through the principle of adaptation. Leave the session with ready to use games to enhance your badminton instruction for middle and high school students.

Presenter: Dr. Deb Sheehy and Dr. Karen Richardson
 Associate Professors, Dept. of Movement Arts, Health Promotion and Leisure Studies, Bridgewater State University
 Students from Bridgewater State University: Sarah Lagasse, Samantha Martyn, Kevin Raudonaitis, Dana Powers

10:30-11:30 (APE-61) Adapted Physical Education Desk North Ballroom
References: See Today/Use Tomorrow
Resources for Teaching Children with Disabilities

Physical Education majors take 3 credits or less in the area of Adapted Physical Education. Fewer than 13 states currently require additional APE course work or an endorsement to teach APE. Therefore, the vast majority of children with disabilities are receiving physical education services from a teacher who is not considered "highly qualified". For many of these teachers, finding quality resources that they can access quickly and effectively is critical to their day to day success. This session will provide teachers with see today/use tomorrow resources that highly qualified APE teachers feel are essential to creating and maintaining quality APE service delivery. Participants will receive a copy of the APE Desk Reference available at www.PECENTRAL.com.

Presenter: Timothy D. Davis, Ph.D., CAPE Associate Professor, SUNY Cortland Department of Physical Education; national chair of the Adapted Physical Education National Standards (APENS) Program and oversees the national standards and certification process in Adapted Physical Education sponsored by the National Consortium on Physical Education and Recreation for Individuals with Disabilities (NCPERID)

10:30-11:30 (APE-48) "Bad Boys, Bad Boys . . . Central Ballroom
What You Gonna Do?" Adapting
P.E. Programming to Successfully
Include Students With Behavior Disabilities

Motivation is at least half of the participation battle. Activity and equipment selection can lead to successful outcomes.

Presenter: Ann J. Griffin, M.A., Consultant, Adapted Physical Education, Grant Wood Area Education Agency, Cedar Rapids, Iowa

10:30-11:30 (PE-53) There Is No Such Thing As South Ballroom
Just Being A "Gym" Teacher

Physical Education and other fine and practical arts subjects sometime play 'second fiddle' to the regular core subjects. Yet, we as physical education teachers know that we do make a difference in the lives of students. This session will focus on EXCELLENCE IN TEACHING. We all know that it does not come automatically and it does take perseverance, patience, and a passion for improving the lives of young people.

Presenter: John Hichwa, Physical Education Consultant for SPARK, SPORTIME; Author of *Right Fielders Are People Too*; Elementary and Middle School Physical Education for 35 years in Reading, CT (ret. 1995)

10:30-11:30 (PE-1) Be Your Own PE Worksheet and Room A
Poster Publisher

Learn how you can produce a variety of innovative documents including: PE skill posters, skill sheets, and skill checklist sheets for your physical education classes from kindergarten to high school. Invaluable computer skills such as inserting graphics, inserting tables and inserting shapes and manipulating them will be explained. The handout will have instructions. Samples of each category will be displayed.

Presenter: Karen Cavaioli, K-8 Physical Education teacher, Florence Sawyer School, Nashoba Regional School District

10:30-11:30 (PE-62) Just Do One! And Change Your Life Room B
Forever

Join Coach Cate to learn about her new Healthy Living Program called 'Just Do One!' This innovative program is designed for both you and your students. During this session, you will pick one personal Healthy Living Coaching Tip to master and will come up with your personal Healthy Living Action Plan, so that you will be well on your way to incorporating another healthy habit into your life. Your life will change immediately and forever.

Presenter: Coach Cate is a Healthy Living Expert, teaches Physical Education at the Ephraim Curtis Middle School in Sudbury. She just recently finished her Coast to Coast "Exercise Across America" Journey, where she traveled through 17 states, visited 80 schools, and spoke to over 12,000 students about the importance of Healthy Living. Coach Cate is the MAHPERD Rep. for the Presidential's Council of Physical Fitness, Sports and Nutrition. She is the host of a Local TV Show called 'Coach Cate's Healthy Adventures'. Her signature motto is "Making The World Fit, One Person At A Time."

10:30-11:30 (H-24) Peacocks and Pigeons: Health Risk Room C
In Males Based on A Conceptual Model

Males often do not seek health care until it is too late and disease has impacted quality of life. Many preventable conditions, such as diabetes, often go unchecked, in large part because of the male "stigma" which guides attitudes and behaviors toward accessing health care. This session presents compelling facts as to the health burden males face, how risk factors into health outcomes, what can be done to advance better health-related outcomes, and the development of a conceptual model to answer the question of why males are hesitant to seek routine health care.

Presenters: Dr. James E. Leone, Assistant Professor of Health, Bridgewater State University
 Dr. Mark Mattesi, Bridgewater State University

10:30-11:30 (H-28) Empower Students by Teaching Room D
Health Content and Skills

Learn to empower your students to cope with bullying, and other challenges by teaching health content and skills. Pre-K -12 teachers analyze data, use the performance indicators of the National Health Education Standards and formative and summative assessments to plan assessment and instruction that engages students in learning, increases their skills, knowledge, healthy behaviors and reduces risk factors.

Presenter: Mary Connolly, CAGS, Professor, Curry College and Cambridge College; consultant, author

10:30-11:30 (PE-41) How to Teach Dance When You Junior Ballroom
Are A 250 lb. Gorilla

How can you incorporate dance into your curriculum when you don't have any dance training? By empowering students to share their skill sets and experiences with each other. We will share with you our approach to creating a student centered dance course at the high school level. You will experience some introductory dance activities to get a dance course started and we will share an outline for an 18 lesson dance unit.

Presenters: Christopher Belmont, M.S. Physical Education; 2011 NASPE High School Physical Education Teacher of the Year; Lincoln Sudbury Regional High School; Member of the Lincoln-Sudbury Regional High School Wellness Dept.
 Sarah Greeley, Lincoln-Sudbury Wellness Dept.

11:30-12:15 LUNCH

MAHPERD Store Foyer
Council for Future Professionals Raffle Foyer
Social Justice Exhibits Foyer
New England Dairy Association Interactive Booth 3rd Floor

12:15-1:15 (REC-8) Getting Results from an Adventure- Based Fitness and Wellness Program Activity Area 1

Join us to learn about an exciting way to teach fitness concepts while engaging students in fun fitness activities. Using results from a pilot study, we will look at the "nuts and bolts" of implementing an adventure-based fitness and wellness program and explore the outcomes for students and teachers. This interactive session will have participants moving while learning about the components of this program and effective teaching strategies.

Presenter: Angel Krimm, Trainer and Consultant, Project Adventure Inc.

12:15-1:15 (EX-16) Parachute Central: The Best of Parachute Play EXHIBITOR DEMONSTRATION Activity Area 2

Parachute Central is a full activity participation session for early childhood through upper elementary physical education teachers, classroom teachers, recreational specialists and movement educators. This session includes: basic parachute movement and manipulative skills, class parachute activities, class organization, parachute safety, games with parachutes, rhythmical activities with parachutes, creative and innovative parachutes, parachute activities that include fitness, balance, coordination and manipulatives.

Presenter: John Smith, Educational Consultant, Flaghouse

12:15-1:15 (APE-49) You've Got to Move IT, Move IT! Exercise Is Good for Your Brain and Body North Ballroom (Sponsored by Skillastics)

This session will provide an overview of recent research related to exercise and it's connection to student achievement. Activity suggestions for infusing movement in the school day will be provided.

Presenter: Ann J. Griffin, M.S., Consultant, Adapted Physical Education, Grant Wood Area Agency, Cedar Rapids, Iowa

12:15-1:15 (D-18) Zumbatomic Central Ballroom

Zumbatomic provides easy choreography, great music suggestions and game ideas making Zumbatomic the next hit at your gym, after school program or summer camp. Kids love to move, keep fit and have fun with their friends. This course teaches you how to use the Zumba program's exciting formula. Teresa, who is a Zin qualified instructor, will have you having so much fun you won't want to leave.

Presenter: Teresa Osborn, Fellow of the Imperial Society of Teachers of Dancing; freelance dance educator

— Special Half Day Workshop —

12:15-3:45 (PE-55) Let's Move In School — I'm In, Now What? A comprehensive school physical activity program to combat childhood obesity South Ballroom Sponsored by Skillastics!

Session will provide teachers and school personnel with all of the ingredients to help implement the Comprehensive School Physical Activity Program (CSPAP) that compliments the Let's Move In School Initiative. Learn practical strategies on how to establish a model approach in schools to combat child obesity and develop physical activity behaviors through the home, school and community. We will review specific techniques on how to engage and motivate parents to become an ally for children's health. Within the school, examples of Quality Physical Education, physical activity programs before school, during the school day, and after school will be explained. Sample lessons will be illustrated on how to integrate the curriculum with fitness education materials and content. Community involvement will complete the model approach with an illustration of a series of on-going programs and strategies from throughout the United States. Participants will "get moving" by learning a number of exercises, games, dances, integration activities, yoga, as well as the Let's Move In School Skilltesting. Handouts will be provided of all current materials and activities. Dr. Virgilio will be available via email to help teachers and answer questions throughout the school year.

Presenter: Dr. Stephen J. Virgilio, Ph.D., Adelphi University

12:15-1:15 (PE-2) PE Website 101 Room A

Come and learn the simple steps of creating a Physical Education website from scratch. Your web pages can be linked to your school website for students, parents and other teachers to easily access. This session will demonstrate basic set up instructions as well as tips for the content of your website. A website can be a valuable resource with information about your curriculum, special events and serves as a source for permission slips or handouts. Learn how to make it attractive and informative as well as how to keep it simple and up to date. Teacher Web, a subscription site, will be demonstrated but other options will be included.

Presenter: Karen Cavaioli, K-8 Physical Education teacher, Florence Sawyer School, Nashoba Regional School District

12:15-1:15 (H-23) Ticking Time Bombs or Opportunities For Improvement? An Update on Male Health Room B

Does it seem like men die sooner and have greater rates of disease and disability? Did you ever notice there always seem to be more female widows than males? Are males just biologically programmed to self-destruct sooner than females? This session will provide the most recent and up to date information pertaining to male health. The leading causes of morbidity and mortality in males in the United States as well as health promotive strategies to attenuate these effects will be presented and discussed. Evidence-based resources will be provided.

Presenter: Dr. James E. Leone, Assistant Professor of Health, Bridgewater State University

12:15-1:15 (H-67) Promoting Life Skills to Achieve Health Room D

In this one hour session, the speaker will briefly discuss life skills related to health literacy. Also, participants will engage in guided cooperative activities to practice and brainstorm how to teach life skills that promote healthy behaviors.

Presenter: Heidi R. Bohler, Ed.D., Assistant Professor, Physical Education Teacher Education Department of Movement Science, Sport and Leisure Studies, Westfield State University

12:15-1:45 (PE-73) "That's So Gay!" Addressing Name-Calling and Bullying in K-6 Physical Education Room E

This session will provide participants with information, resources and practical best practice strategies to make K-6 physical education classes safe, inclusive and respectful for students of all sexual orientations and gender identities. Physical education is an integral component of elementary school curriculum and physical education teachers are accountable for maintaining and furthering educational values of respect and inclusion. Opportunities for the challenge, health benefits and fun of active participation in physical education are important for all students yet some students do not feel safe or welcomed in physical education. Providing a sound educational climate in which all students can participate and succeed should be a primary goal for K-6 physical education programs. Because the physical education learning setting is different from the classroom, specific attention and resources developed for that setting are required. Topics to be addressed include: Assessing the physical education class climate and curriculum, setting positive expectations for student interactions; addressing name-calling and bullying in class and on the playground; including transgender students in physical education. Resources developed by Changing the Game: The GLSEN Sports Project (sports.glsen.org) will be highlighted during the presentation.

Presenter: Pat Griffin, Project Director for Changing the Game: The GLSEN Sports Project and Professor Emerita, University of Massachusetts Amherst

12:15-1:15 (D-31) Morris Dance from England Junior Ballroom

From the village of Headington, England, dance the old Morris dances Country Gardens and Constant Billy to live music on fiddle and accordian. Because of the use of hearty sticks, boys especially enjoy these dances which traditionally were only done by men but now include women. The figures and steps are easy and fun. Morris dancing is a primitive, ritual fertility dance from small farming villages in England, usually danced only in spring, holding long sticks or large handkerchiefs with six people to a side (or set) and having a dozen bells fastened to leather on each leg.

Presenters: Dudley Laufman, National Heritage Fellow
Jacqueline Laufman, M.Ed.
"Two Fiddles Band"

1:30-2:30 (EX-27) Tchoukball: A Game for All Activity Area 1
EXHIBITOR DEMONSTRATION

Play this fast-paced, energetic game that promotes teamwork, vigorous physical activity, and social skills, with maximum student participation. There is no contact or intimidation involved and all skills levels are highly engaged. A great game to combine with Ultimate, Omnikin, Speedball, and/or Team Handball. Appropriate for middle and high school students.

Presenter: Terry Gooding, M.S., Tchoukball, Inc.

1:30-2:30 (PE-4) Moving and Learning with North Ballroom
Early Childhood and Elementary Students

A myriad of activities to engage early childhood and elementary students.

Presenters: Mary Robertson, M.S., Elementary Physical Education teacher, Lynnfield Public Schools
 Cathy Hill, 2003 EDA Elementary Teacher of the Year; 2002 MAHPERD Elementary Teacher of the Year; Newburyport Schools

1:30-2:30 (PE-54) Camouflaging Fitness Central Ballroom

If we provide fitness activities that are innately interesting to students, they will participate enthusiastically and improve their physical fitness without realizing it. When students enjoy their physical education activities, they are more likely to develop an active lifestyle. Participants in this session will learn innovative activities that will help improve the upper arm and abdominal strength, and cardiovascular endurance of their students.

Presenter: John Hichwa, Physical Education Consultant for SPARK, SPORTIME; Author of *Right Fielders Are People Too*; Elementary and Middle School Physical Education for 35 years in Reading, CT (ret. 1995)

1:30-2:30 (H-26) Demystifying Celiac Disease: What is it? Room A
How do you know if you have it?
And how does it pertain to health?

Have you ever had a stomach ache? Gas and bloating? Diarrhea? Joint Pain? Depression? What if you experienced some or all of these symptoms everyday simply by eating food? For many people in the U.S., these symptoms are real, often misunderstood and under-diagnosed, and carry with them life-long psychological and physical implications. With a better understanding of the trends and patterns of this once-thought "rare" disease, real practical solutions and treatments are available to improve quality of life. This session will focus on exploring the history, theory and causes, recognition, treatment, and lifestyle adjustments of this disease.

Presenter: Dr. James E. Leone, Assistant Professor of Health, Bridgewater State University

1:30-2:30 (H-74) Stress Management Training Room B

This study was the first of its kind to provide an intervention package of stress-management training specifically for controlling the reactive aggression of ice hockey players.

Presenter: Dr. Mark Mattesi, Assistant Professor, Bridgewater State University

1:30-2:30 (PE-76) Think Outside the Box: Phenomenal Room D
October Field Day Kicks Off the Year

Simply the best! You're invited to learn, inquire, and share information to implement the Individualized model of field day. You could be the second school in the state to join the club – right behind Mapleshade, to relocate your field day to the Fall season. Parents, administrators, and teachers LOVE the calendar change... for reasons you just might be overlooking. Attendees will have access to the entire nuts and bolts packet to make this day happen including activity descriptions, timelines, and volunteer communications!

Presenter: Diana Demetrius, Physical Educator, Mapleshade School
 East Longmeadow, MA

1:30-2:30 (D-32) Traditional Barn Dances With Junior Ballroom
Calls and Fiddling

Dance to live fiddling and calling, learn dances to teach at schools, all levels. Circles, squares, and longways dances include Sir Roger de Coverly, Le Papillon, Low Backed Car, Portland Fancy, Virginia Reel, and others. Methods with variations for all ages included, as is history, practice calling the dances. Collaboration with music teachers and how to host a barn dance in your school or community is explained. Educational text having CDs with the dance calls to authentic fiddle tunes is available through Human Kinetics.

Presenters: Dudley Laufman, National Heritage Fellow
 Jacqueline Laufman, M.Ed.
 "Two Fiddles Band"

2:45-3:45 ROUND TABLE DISCUSSIONS
for ALL EDUCATORS

Physical Education all levels North Ballroom
 Health all levels South Ballroom
 Adapted, Recreation, Dance Junior Ballroom

Don't Miss the Grand Finale:
Central Ballroom 3:45-4:30 pm



*must be present
to win*

**Remember to have Tuesday
 Certificate of Attendance STAMPED
 at the MAHPERD Booth before leaving today.**