

## — TUESDAY, NOVEMBER 3, 2009 —

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

- 8:00-10:00 (SEN-22) Scholastic Competitive Synchronized Swimming** **CROWNE PLAZA POOL**
- Session will focus on the knowledge and skills needed to implement a scholastic or collegiate synchro swimming program. Program design models and skills presented will include athletics/fitness, performance, and competitive models. Great for any school situation, whether or not you plan to initiate a competitive team.
- Presenters:** Patricia Flanagan, B.A., Program Director, Health Promotion Services, YWCA Central Mass.; Synchro USA Level 3 certified coach/Level 4 National Official  
Amy Hicks, M.Ed., MAHPERD Senior Fitness Chair; coach of the Sequined Seahorses Youth Synchronized Swimming team, Needham, MA; Master Athlete, National and World Synchronized Swimming Champion; Senior Olympian in Swimming and Track and Field
- 8:00-9:00 (PE-99) "Rugby . . . is that the sport with the stick?"** **Activity Area 1**
- All about the sport of rugby! How it can benefit all students and how to build it into a high school curriculum, and the possibilities of after school programs.
- Presenters:** Katie McGurn and Jean Johnson, Suffield High School
- 8:00-9:00 (CE-39) Count Me In: Large Group Activities That Work** **Activity Area 2**
- Project Adventure Inc. Convention Exhibitor**
- As a professional in the experiential education field, I often get the opportunity to work with groups larger than 30. It has always been helpful to have a big bag of tricks ready to use with large groups that require little to no equipment. This session is designed to offer participants refreshing new activity ideas that can be used immediately with large and small groups that will break the ice, build community, energize the group, and/or just have fun together! The format of this session will be active and experiential in nature, therefore, foundational pieces of Challenge by Choice and Full Value will be blended into the session content to ensure participants feel safe to decide their style of contribution to the workshop without personal injury.
- Presenter:** Renee Cavaluzzi, Physical Education, Health and Wellness Trainer, Project Adventure Inc.
- 8:00-9:00 (PE-71) Wellness Concepts Throughout The PE Curriculum** **North Ballroom**
- What do you want your kids to experience, know, feel and value? How can Wellness messages be woven into a traditional games based curriculum? Philosophy, Wellness concepts, and examples of how they are taught and assessed in the Lincoln-Sudbury Wellness curriculum with an emphasis on classes in which the primary experience is game play.
- Presenters:** Lincoln-Sudbury School Wellness Dept.
- 8:00-10:00 (H-50) NATIONAL PRESENTER** **Central Ballroom**
- Outrageous Teaching Techniques In Health Education**
- This highly interactive and hands-on session will help you energize your classroom as well as empower students with the knowledge and skills they need to make healthy decisions in the 21st century. Exemplary activities and lessons that are kid tested and approved will be presented addressing issues pertaining to classroom climate, wellness, stress management, suicide intervention, nutrition education and disordered eating. We will use beach balls, milk, dice, string, fish hooks and other fun modalities that engage the learner and teacher in every classroom. Come in and join the fun!
- Presenter:** Deborah Lynn Tackman, B.S., M.E.P.D. AAHE Blue Apple Award Recipient 2009 Health Education Instructor, Eau Claire, Wisconsin
- 8:00-9:00 (PE-76) You and Your Students Will Flip Over the Flip Video** **South Ballroom**
- This session will introduce the Flip Video and what it can do for you and your Physical Education/Adapted Physical Education Program. What is the Flip Video? How would I use it in my physical education classes? What will the students do with it? How can I take time to learn the technology? This will be a hands-on session using the Flip Video. We'll also talk about alternative assignments using the Flip Video and ways to promote your classes through technology and the World Wide Web — privately. If you already use Flip Video, share with us the ways you use it.
- Presenter:** Marianne Cameron, Hosmer Elementary School, Watertown, MA
- 8:00-9:00 (H-85) Sexuality in the City: Beyond the Birds and the Bees** **Room A**
- This interactive and informative session will explore the many facets of comprehensive sexuality education in today's world. Participants will learn skills for effective communication around sensitive subjects related to sexuality. Geared to both educators and parents, this thought-provoking session increases comfort levels in a safe engaging environment.
- Presenter:** Mindy Craver, B.A., Senior Parent Educator, Planned Parenthood League of MA
- 8:00-9:00 (PE-26) Planning Professional Development for South Shore K-6 Physical Educators** **Room B**
- Quality professional development experiences for physical educators are not the highest priority for many school districts. Participants who attend this session will discuss planning quality ongoing professional development in a roundtable format.
- Presenter:** Terry Langton, M.Ed., Physical Educator, Hanover Public Schools
- 8:00-9:30 (AP/H-19) Autism 101: Overview of Autism, Diagnosis and Treatment Interventions** **Room C**
- An overview of Autism/Pervasive Developmental Disorder will include a review of diagnostic symptoms of the neurological disorder including deficits in social communication skills, difficulty with social reciprocity, selective interests and restricted or repetitive behavior. Resulting challenging behaviors will be addressed through discussion of teaching and intervention strategies with case examples.
- Presenter:** Barbara S. Natoli, MA, LMHC, BCBA; Executive Director/Founder, Applied Behavioral Associates, LLC; Board Certified Behavior Analyst; Licensed Mental Health Counselor
- 8:00-9:00 (H-3) Teaching Skills-Based Health Education** **Room D**
- In this session, elementary, middle school and high school teachers will learn how to use prompts to assess content and skills.
- Presenter:** Mary Connolly, CAGS, Adjunct Professor at Curry and Cambridge Colleges; Health Education Consultant
- 8:00-9:00 (CE-62) NATIONAL PRESENTER** **Room E**
- Modernizing Cardio Testing For Our Current Populations**  
**Polar Convention Exhibitor**
- Presenter:** Beth Kirkpatrick, Director of Education, Polar, Inc.
- 8:00-9:00 (D-30) The Brain Dance and Brain-Compatible Dance Education: A Review of Anne Gilbert's Work** **Junior Ballroom**
- This session will introduce participants to the Brain Dance — a sequence of developmental movement patterns that wire the central nervous system — as developed by renowned dance educator, Anne Gilbert. After experiencing the Brain Dance sequence, a sample, "brain compatible" dance lesson will be presented. Gilbert's lesson sequence includes warm up, exploring the concept, developing skills, creating and cooling down. This will be an active session and will spur thinking about appropriate and successful ways to present dance experiences to all ages.
- Presenter:** Sam Baumgarten, M.S., Chair and Professor of Movement Arts, Health Promotion, and Leisure Studies, Bridgewater State College
- 9:15-10:15 (CE-35) KIN-BALL Sport and Cooperative Games** **Activity Area 1**
- KIN-BALL Convention Exhibitor**
- This sport, played with three teams at the same time using a 4 ft. ball very light, is excellent to develop Cooperation, Aerobic Capacity, Feet-Hand Skills, Sportsmanship and it helps to reduce obesity. By knowing all these elements, this is a very accessible game for all.
- Presenter:** Omnikin Consultant
- 9:15-10:15 (PE-101) Put the 'bad' back in badminton: Using the tactical games model to teach badminton in grades 4-6** **Activity Area 2**
- Are you tired of watching students stand around during your badminton unit? "Get your game on" and experience a teaching model that supports student problem solving and decision-making during game play. This student-centered, teacher-facilitated model provides insight to the constructivist approach by providing students with application of skills and knowledge to become better games players. Teachers who attend this session will learn to apply pedagogical strategies such as questioning skills, small-sided game set up, and rule modifications to promote increased game performance.
- Presenters:** Diana Demetrius, M.Ed., Physical Education Teacher, Mapleshade Elementary School  
Deborah A. Sheehy, Ed.D., Associate Professor, Bridgewater State College
- 9:15-10:15 (PE-46) NATIONAL PRESENTER** **North Ballroom**
- Geo Caching Fitness in Physical Education**
- Learn the basics about Geo Caching during physical education classes. Learn how to set up a Geo Cache course around your school campus while getting students involved in this new and exciting outdoor adventure sport. Learn practical strategies on how to introduce students into this high tech sport involving math, science, and fitness. Expose your students to this exciting "techno" fitness activity that will promote a lifetime of wellness, fun, and outdoor entertainment with friends and family.
- Presenter:** Deb Walter, Adventure Physical Education Specialist, Crossroads Alternative School; former NASPE Teacher of the Year and adventure physical education consultant for school districts throughout the country  
Teacher, Rogers Public School District, Rogers, AR
- 9:15-10:15 (H-6) Grief Strategies — Incorporating Learning Experiences into the Classroom** **Room A**
- Grief is something that will touch all of us. The purpose of this session is to present theories on grief, cultural perceptions of death, how to cope with loss and how to implement teaching strategies regarding the issue of death, dying and coping skills.
- Presenter:** Suanne Maurer Starks, Ed.D., Assistant Professor, Northeastern University

**9:15-10:15 (PE-25) Standards Based Grading in Physical Education Room B**

Session will present grading dilemmas such as: using a single grade to summarize achievement; benchmark and term-referenced grading; "dressing out", effort, and attendance; averaging scores; assigning zeroes; the unbalanced curriculum; cooperative learning; and grading the student on an IEP. Recommendations will be offered for solving these problems and for reporting learning in physical education.

**Presenter:** Terry Langton, M.Ed., Physical Educator, Hanover Public Schools

**9:15-10:15 (H/PE-57) Core Training Facts and Myths Room D**

Hands-on session that will take you through a Core Training routine. The presenter will dispel dysfunctional training modalities that are so prevalent in today's world of core mania. After this session, you will have a new outlook on functional core development and how it can benefit you and your students.

**Presenter:** Jonathan Bischof, Director and Head Trainer, The Core Awareness Training Center, Stratton Mountain, Vermont; Better Body for Life Boot Camps

**9:15-10:15 (PE-23) Achieving Fitness in Action: The Implementation of an Adventure-Based Health and Wellness Program Room E**

Panel discussion by teachers from the Newton Public School Wellness Program and Project Adventure's Jane Panicucci, lead author of *Adventure Curriculum for Physical Education and Achieving Fitness*. They will discuss the qualitative and quantitative results of implementing an Achieving Fitness model at Newton Public Schools.

**Presenter:** Gwendolyn Smith, K-8 Wellness Curriculum Coordinator, Newton Schools  
Jane Panicucci, Vice President, Project Adventure

**9:15-10:15 (D/PE-2) Interdisciplinary Connection: The Dance of the Blue Footed Boobie Bird Junior Ballroom**

Students in the Physical Education concentration at Westfield State College will be presenting the newly created dance of the blue footed boobie bird. Students have researched the Galapagos Island, located in Ecuador, where the blue footed boobie bird originates. From this came the creation of a catchy, fun dance, using the animal's most outrageous traits, as well as movements from additional animals. Students will share their experiences creating the interdisciplinary dance, and discuss the benefits of integrating the dance into your physical education setting. They plan to finish the dance using other animals of the Galapagos, with the help of the audience. Come with your creative brain and a lot of energy to the presentation of the blue footed boobie bird.

**Presenters:** Westfield State College Teacher Preparation Concentration Students:  
Jayson Ramalho, Kathryn Garcia, Alyssa Wesoly, Stephanie Bartkus, Robert Blouin, Christopher Roche, Caitlin Tracy, Elena Greck, and Rachel Stein

**10:30-11:30 GENERAL SESSION North Ballroom**

**Speaker:** Liz Jones-Twomey

**International Teaching Through Movement Award Winner;  
Recipient of the National Speedo Fitness Instructor Award;  
Teacher of the Year, Waterloo Regional School District**

**Topic:** Internationally Acclaimed, "Catch A Brain Wave"

**11:30-12:30 LUNCH — MAHPERD CAFE****FOYER EVENTS:**

- Council for Future Professionals Raffle
- The Caitlin Raymond Registry International Registry-Bone Marrow Donor Opportunity
- The Clothesline Project — Awareness on Domestic Violence
- The MAHPERD Food Drive
- Red Cross Blood Mobile — parked curbside for donors

**STUDENT SUPERSTAR Activity Areas  
FIELD DAY CHALLENGE III****12:30-1:30 (PE-8) Teach Strong! Activity Area 1**

Great activities for Successful Starts (Ice-Breakers), Lasting Lessons (Objective Achievers) and Culminating Closings (De-Briefing)

**Presenters:** Diana Demetrius, Karin Taylor, Robert Rausch; MAHPERD Past Presidents

**12:30-1:30 (CE-88) Teaching Outside the Box Flaghouse Convention Exhibitor Activity Area 2**

Elementary level games and activities which would involve integrating math and/or ELA.

**Presenter:** Sheryl Hall, 2008 MAHPERD Teacher of the Year, Springfield Public Schools, MA

**12:30-1:30 (PE-73) No Rhythm? No Problem! North Ballroom**

How to implement a dance course with no formal training. Bring both left feet and join us.

**Presenters:** Lincoln-Sudbury Wellness Department

**12:30-1:30 (CE-36) Creating Healthy School Environments: The PE-Nut Model PE-Nut Convention Exhibitor Central Ballroom**

PE-Nut is Physical Education and Nutrition Education working together to create healthy student change. Learn about this new coordinated school health approach to make improvements in student/parent health behaviors. Physical educators, classroom teachers, and principals work together to deliver simple, consistent, and ubiquitous nutrition and physical activity methods.

**Presenter:** Glenna DeJong, Ph.D., Vice President of Educational Programs, EPEC

**12:30-1:30 (PE-66) NATIONAL PRESENTER South Ballroom**

**Smart Fitness, Smart Foods —  
A Practical Application of Brain Gym  
and Fitness Workouts**

Learn energetic, fun fitness routines that stimulate the brain-body connection, using Brain Gym and Developmental Movement Patterns. Keynote presenter Liz Jones-Twomey, will guide you through the most popular fitness routines and games from her multi-award winning CD, "Catch A Brain Wave" Fitness Fun and its sequel, Smart Fitness, Smart Foods. This session will be highly interactive and is intended for Elementary Physical Education Teachers and Recreation Directors.

**Presenter:** Liz Jones-Twomey, International Teaching Through Movement Award Winner; Recipient of the National Speedo Fitness Instructor Award; Teacher of the Year, Waterloo Regional School District

**12:30-1:30 (CE-63) NATIONAL PRESENTER Room A**

**Evolution to Revolution  
Polar Convention Exhibitor**

Assessment for Physical Education that is high tech taking the guessing out of assessing.

**Presenter:** Beth Kirkpatrick, Director of Education, Polar Inc.

**12:30-1:30 (CE-65) Fitness For Life Human Kinetics Convention Exhibitor Room B**

Learn how the high school text, Fitness for Life, articulates with its new middle school counterpart. They provide a seamless progression that helps students develop a love for physical activity, arms them with important information about health-related fitness, and helps them adopt habits leading to lifelong physical fitness and health.

**Presenter:** Human Kinetics Representative

**12:30-1:30 (PE-33) P3 Grant: One School's Experience With Daily Physical Education (Grade 4, Chandler Community School) Room C**

The P3 Grant was a national grant from Action for Healthy Kids and sponsored by Glaceau Smartwater, in which Chandler Community School, Worcester, MA, instituted daily physical education (45 minute classes) for its fourth grade classes during the 2008-2009 school year. Discover the impact on student wellness, teacher preparation, physical activity patterns, acquisition of NASPE Standards, Gold Medal Rating Scale, Standardized Fitness Testing (FitnessGram) and relationship to academic learning. Grant principles will reveal some interesting findings that may have far reaching impact on daily physical education in schools in the Commonwealth of Massachusetts.

**Presenters:** Bob FitzPatrick, M.S., P3 Grant Evaluator; Adj. Professor, Emporia State University, KS  
Bill Long, M.S., Physical Education Instructor, Chandler Community Elementary School, Worcester, MA

**12:30-1:30 (CE-40) Commit 2B Fit Convention Exhibitor Room D**

Commit 2B Fit, a national award winner, is a successful evidence-based program that is reversing the trend of physical inactivity and poor nutrition through its integration of school, home and community. The foundation of the program is a daily planner for students, a journal for adults and incentives. Community partners (grocery stores, parks, media, hospital, etc.) support the program to maximize visibility. We can show you how!

**Presenters:** Elly Zanin, M.S., Co-Creator of the Commit 2B Fit Program  
Mary Medina, B.S., Director of Programs, Commit 2B Fit  
Michelle Schecht-Smith, B.S., Co-Creator of the Commit 2B Fit Program

**12:30-1:30 (PE-43) Mighty Milers Running Program Room E**

Mighty Milers is a school and community based program that teaches children the healthy habits of running and/or walking for physical fitness and well being. It's an easy program to integrate into your school with free incentives provided by NYRR Foundation. Mighty Milers gives kids in grades 1-6 the opportunity and encouragement to get moving, release energy, improve their fitness and health, set and strive for individual goals, and bond with their schoolmates.

**Presenters:** Cindy Coughlin, B.S., Physical Education/Health, Springfield Schools  
Sandra Collins, Adjustment Counselor, Springfield Public Schools

**12:30-1:30 (PE-12) Adapting Physical Education Activities for Children with Physical Disabilities Junior Ballroom**

Session will focus mainly on adapting equipment, environment, and rules to achieve maximum participation of youth with motor impairment.

**Presenter:** Matthew Frye, CTRS/L, B.S., U. of NH; Program Coordinator, Northeast Passage, University of New Hampshire

**1:45-2:45 (CE-34) Super Balls, Super Games OMNIKIN Convention Exhibitor Activity Area 1**

This session will present games and activities to develop skills and team spirit:

- Stimulant activities with 6 balls, 6 colors, 6 teams at the same time; manipulation, collective games, strategy, coordination are involved
- New games in team with big football, Super Ball, ideal to enhance abilities to kick, pass and run
- Activities with large basketball; excellent to learn basic skills and strategies with more accessible balls

**Presenter:** OMNIKIN, Inc.

**1:45-2:45 (CE-69) Fitness Stacking: Sport Stacking With A Twist . . . a Run and a Jump Speed Stacks Convention Exhibitor Activity Area 2**

Take your students to new levels of fitness with Speed Stacks! This session combines basic Sport Stacking patterns with fitness activities. Learn how to incorporate Sport Stacking fitness activities into your daily physical education program. All first time participants will receive a FREE set of Speed Stacks and our Instructor DVD.

**Presenter:** Derek Brett Ellis, M.Ed., Physical Education teacher; Head Girls' Track Coach, Jordan/Jackson Elementary School, Mansfield, MA  
Adam Lambert, Physical Education teacher, Robinson Elementary School Mansfield, MA

**1:45-2:45 (CE-52) Move to Learn — Integrated Learning Through Meaningful Movement GeoMotion Group, Inc. Convention Exhibitor North Ballroom**

Learn how to get children up and jumping, hopping, marching, and balancing on colorful mats that include numbers, shapes, colors, letters and directions.

**Presenter:** Barbara English, Regional Manager, GeoMotion Group, Inc.

**1:45-2:45 (CE-37) Changing the Shape of Our Youth Through Standards-Based Physical Education EPEC Convention Exhibitor Central Ballroom**

To combat childhood obesity, organizations such as AHA, ACS, and ADA, place a priority on the quality of physical education offerings to enhance the physical, mental, and social/emotional development of every child. Learn about and participate in EPEC — a program with everything you need to meet Physical Education standards and improve your students' well-being.

**Presenter:** Glenna DeJong, Ph.D., Vice President of Educational Programs, EPEC

**1:45-2:45 (PE-17) Assessment in Action: Authentic Assessment Practices in Physical Education, Grades K-8 South Ballroom**

Session will be an activity based presentation in which attendees will experience many ideas for instituting authentic practices on a daily basis and connect them to NASPE and State Standards. Included will be hints for assessing large groups, how to start assessing "right out of the gate", affordable technology ideas, and streamlining the assessment process. Have your students "live the standards", see how student choice plays into the assessment process and have fun doing it. Classroom ready assessments will be provided to attendees for many of the NASPE Standards.

**Presenter:** Bob FitzPatrick, M.S., Physical Education; Instructor for Emporia State University Graduate Program in Physical Education

**1:45-2:45 (H-5) What Are Body Image Drugs and Are Your Students Using Them? Room A**

Did you ever wonder about the differences between banned drugs and supplements and ones that can legally be obtained in drug and health food stores? Have you ever heard of the term "body image drugs"? Do you wonder about, or are you concerned with the supplements your students are asking about or even taking? This session will provide guidance and insight into this growing public health topic.

**Presenter:** James E. Leone, Ph.D., ATC, CSCS, \*D, CHES  
Assistant Professor of Health, Bridgewater State College

**1:45-2:45 (H-7) What Did You Say? Using Sign Language To Increase Awareness of Social Justice Room B**

Session will identify strategies regarding social justice one can use in the classroom by integrating the use of sign language into learning experiences. These strategies may aid in the student's desire to learn a new language and also demonstrate an appreciation of the difficulty of language acquisition. These experiences may create an appreciated awareness for those who may be different than us and can aid to foster an environment that embraces our similarities and celebrates our uniqueness.

**Presenter:** Suanne Maurer-Starks, Ed.D., Assistant Professor, Bridgewater State College

**1:45-2:45 (AT/PE-53) Educating the Educator: Teaching With Style Room C**

Teaching with style represents specific types of teaching styles and informs educators how we vary on these common qualities. Our personal teaching styles represent qualities and behaviors that orchestrate how we conduct our classrooms. These unique strategies sometimes define us; guide and direct our instructional process which ultimately has an effect on the student's ability to learn.

**Presenter:** Kimberly A. Wise, Ed.D. (c), M.S., ATC, Assistant Clinical Professor, Northeastern University

**1:45-2:45 (H-29) MedlinePlus.gov Your Connection to Quality On-line Health Information Room D**

Come learn about the National Library of Medicine's top notch on-line health information resource for the public. MedlinePlus.gov includes information on over 700 health topics, drug and herbal supplement information, a medical encyclopedia, a medical dictionary, directories, local health information, and interactive health tutorials. MedlinePlus.gov features Spanish information and health information in over 40 languages. This is a helpful tool for health teachers who want to learn more about specific conditions, help families find local resources and provide patient education handouts.

**Presenter:** Michelle L. Eberle, M.S., Library and Information Science, Consumer Health Information Coordinator, National Network of Libraries of Medicine/New England Region

**1:45-2:45 CE-64 NATIONAL PRESENTER Room E**  
**The Ultra Shuffle**  
**Polar Convention Exhibitor**

A Revolutionary System for all activities that provides full participation through a non-competitive environment.

**Presenter:** Beth Kirkpatrick, Director of Education, Polar, Inc.

**1:45-2:45 (PE-11) A Practical Application of Project Adventure Curriculum in a Middle School Setting Junior Ballroom**

We will explain how we use the Full Value Contract (Bear Beliefs) throughout the whole year. We will also share our 8th grade Project Adventure Unit Survivor Games. We have compiled a long list of "tested" adventure lessons that we have found to be best suited for middle school students. Each lesson is described using a one page easy to read lesson template. The template is designed to provide a list of important aspects of each lesson. The teacher will be able to scan the lesson and be provided with objectives, needed equipment, framing, rules, variations, and debriefing questions/tools. We will use a PowerPoint and some activities to explain our Project Adventure curriculum.

**Presenters:** Christopher Anderson, M.S., Physical Education; physical education teacher, Newton Public Schools  
Jeff Primeau, M.S., Physical Education; physical education teacher, Newton Public Schools  
Katrina Antonellis, M.S., Administration ; physical education teacher, Newton Public Schools  
Christina Helbert, M.S., Education; physical education teacher, Newton Public Schools

**3:00-4:00 (NET) NEW NETWORKING GENERAL SESSION**  
**2 PDPs Awarded to each participant!**

Elementary Health, Physical Educators, Wellness Professionals North Ballroom  
Adapted Physical Educators North Ballroom  
Middle School Health, Physical Educators, Wellness Professionals Central Ballroom  
High School Health, Physical Educators, Wellness Professionals South Ballroom

**Networking will be a key aspect of this portion of the convention and facilitated by the MAHPERD Leadership Team.**

All participants will break into small groups and share their best practice within their own curriculum with fellow participants. NASPE has categorized best practices within the following realms: appropriate instructional practice; establishing the learning environment; instructional strategies, curriculum needs and assessment. This is an interactive General Session and each participant involved with receive two PDPs for the preparation of a best practice. All are encouraged to bring copies to share with others.

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

**Don't Miss This!**  
**MAHPERD MANIA**  
**North Ballroom**  
**from 4:00-4:45**

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