

## PRELIMINARY CONVENTION PROGRAM — Subject to Change



# 91<sup>st</sup> Annual MAHPERD Virtual Convention



MONDAY, NOVEMBER 2, 2020 and TUESDAY, NOVEMBER 3, 2020

## MONDAY, NOVEMBER 2, 2020

8:30-9:30 a.m.

### General Session

Keynote Speaker — Dr. Jody Carrington



Over the past 15 years, Dr. Jody Carrington has assessed, treated, educated and empowered some of our most vulnerable and precious souls on the planet. She is a child psychologist by trade, but Jody rarely treats kids. The answer lies, she believes, in the people who hold them. Especially when kids have experienced trauma, that's when they need big people the most. Some of her favorites include educators, parents, first responders, and foster parents. Jody has shifted the way they think and feel about the holy work that they do.

Before Jody started her own practice and speaking across the country, she worked at the Alberta Children's Hospital on the inpatient and day treatment units where she held families with some of the difficult stories. They taught her the most important lesson: we are wired to do hard things. We can handle those hard things so much easier when we remember this: we are wired for connection.

This all started when Jody received her Bachelor of Arts with Distinction from the University of Alberta. She completed a year-long internship with the Royal Canadian Mounted Police during that time, and worked along side families struggling with chronic illness at the Ronald McDonald House. She received her Master's degree in Psychology at the University of Regina and completed her PhD there as well, before completing her residency in Nova Scotia.

Her first book, [Kids These Days: A Game Plan for \(Re\)Connecting with those we Teach, Lead & Love](#), came out in 2019 and sold 20,000 copies in just three months. It is now on Amazon's Best Sellers List.

### 9:45-10:45 a.m. H-33 (Health and Physical Education MS/HS/College)

#### I Don't Need an Ally, I Need an Accomplice

Sister-educators Kathy Brophy and Kate Jones will share how Kate's shift from ally to accomplice amplified her sister Kathy's efforts to remove gendered language and rules from the National Dance Council of America. By unpacking Kathy and Kate's story and relating it to the work we do in schools, participants will be challenged to develop a strategic plan that converts efforts in a personalized area of ally ship to action-based involvement. This 1-hour, interactive workshop is best suited for educators with a foundational awareness of their own areas of privilege and marginalization.

[Presenters:](#) **Kathy Brophy, M.Ed.**

*Recipient of the 2015 MAHPERD High School Physical Education Teacher of the Year Award; 2016 SHAPE Eastern District High School TOY; 2019 Ruth and Virginia Bigwood Voice for Justice Award from REACH, Beyond Domestic Violence. She is entering her 28th year as an educator and is presently a Fitness and Health Teacher at Wellesley High School in Wellesley, MA. She continues to enjoy ballroom dance and is a member of*

*NASSPDA (North American Same-Sex Partner Dance Association).*

#### Kate Jones, MSW

*With 16 years in schools, Kate strives to use her training as a Licensed Clinical Social Worker to enact meaningful change at all levels of school operation. Currently serving as a high school administrator in Texas, she has enhanced her school's ability to identify and respond to acts of bias using restorative practices.*

### 9:45-10:45 a.m. Sports/Med-1 (Athletic and Sports Medicine)

#### The Flipped Learning Model: An Approach to Teaching Health-Related Subjects (K-12)

This session will serve as a resource for higher education faculty who are interested in trying the Flipped Learning Model in their courses. The workshop will be guided by the empirical study that Dr. Chase and Dr. Lewis conducted in regard to the effectiveness of the Flipped Learning Model in a college-level introduction to nutrition course at Springfield College, where students are very involved with extra-curriculars. Pros and Cons of the model will be discussed and activities in the session will highlight the effective practices of the model to inform instructors as to how they may wish to inte-

grate the model. The study highlights areas of concern in the utilization of this model in different courses and with different types of students. College climate and course type plays a major role as to whether this model will be deemed a success. Participants will leave the session with concrete ideas on how to implement Flipped Learning and an initial self-analysis of its applicability in their courses.

**Presenters:** **Jacquelynn Boivin, Ph.D.**

*Assistant Professor of Education at Bridgewater State University and her research background is grounded primarily in multicultural education and student engagement. She holds a Ph.D. in Educational Leadership from Lesley University and enjoys pursuing scholarship to learn about how higher education faculty can improve their instruction for students in all fields, like in exercise and sport science.*

**Kathryn Lewis, Ph.D.**

*Ph.D. in Physical Education (exercise physiology concentration) and M.S. in Health Promotion & Disease Prevention, both at Springfield College. She has a research interest in pedagogy in higher education, specifically in nutrition and exercise science.*

**9:45-10:45 a.m. APE-36 (Adapted Physical Education)**

**The APE "Go Bag"**

Adapted Physical Educators are always on the go between sessions, schools, meetings and various school locations. Therefore, having a "Go Bag" is an essential teaching tool to support ease of class set-up, instant activities and predictable class routines. This presentation will provide various activities, tools and items that can be used within a "Go Bag."

**Presenter:** **Valerie Meiners**

*Bachelor's degree; Certified Adapted Physical Educator (CAPE), and has worked in the field over ten years in a variety of settings, from urban to rural and across several States. She received an M.Ed in Adapted Physical Education from the University of Virginia, and a CAGS in Physical Education and Coaching (with a focus on connections to Adapted Physical Education) from Boston University. Valerie has contributed to the field of Adapted Physical Education in a number of ways including article publication, serving on the MAHPERD board and presenting at several state conferences. She was the 2019 recipient of the MAHPERD Amelia Riou Award for Adapted Physical Education Teacher of the Year.*

**9:45-10:45 a.m. PE-56 (Elementary Physical Education)**

**HPE with Hef – Bringing it All Together**

Virtual and hybrid learning has had its challenges but also its success stories! In this session, we explore how to take the benefits of #HPEatHome and purposefully input them into our in-person physical education programs.

**Presenter:** **Lynn Hefe**

*Master's degree; President, LEPE, Inc. - Literature Enhanced Physical Education. Lynn Hefe is the SHAPE America Eastern District 2017 Elementary Teacher of the Year and NYS AHPERD 2015 Elementary Physical Education Teacher of the Year. Lynn is retired from teaching in the Huntington Union Free School District in Huntington, New York. A graduate of Springfield College in Springfield, Massachusetts, Lynn holds a Bachelor of Science in Physical Education and a Master of Science in Movement Science with a concentration in Biomechanics. She lives in Oak Island, NC*

*with her husband, Steve and their dog Buckets. Lynn is the founder and president of Literature Enhanced Physical Education (LEPE, Inc.) Since 2009, the company has published 8 teacher resources and 7 children's books. Lynn is an OPENphysed National Trainer and manages The Physically Educated Family of Facebook.*

**11:00-12:00 p.m. D-47 (Dance K-12/College)**

**Fun Dance Fitness Choreography**

Join National Presenter and recipient of last year's National Dance Society's Community Dance Award in this virtual activity-based session. Easy fun, dance choreography to Blinding Lights, Happy, Snap Clap, and Only Love and more! In this session you will learn each routine, be able to understand the breakdown of the music and create your own choreography that your students will enjoy. No dance experience is necessary.

**Presenter:** **Teresa Osborn**

*The Imperial Society of Teachers of Dancing UK; Author of Dance for Schools Teachers Motown & Disco and Past MAHPERD VP of Dance*

**11:00-12:00 p.m. H-10 (Health Education Elementary/MS/HS/College)**

**Make It Stick! Creating Successful Learners in Health Education**

This session focuses on best pedagogical practices for teaching and how to apply them to your skills based health education curriculum. Topics that will be covered include: direct instruction, retrieval practice, brain based teaching, guided practice, independent practice, and more. Come learn what they didn't teach you in your teacher prep program and make it easier for your students to learn important health concepts and skills!

**Presenter:** **Jeff Bartlett**

*Teaching health education at the Holten Richmond Middle School (Danvers Public Schools) since 2008, where he also coaches high school cross country and track & field. A graduate of Springfield College and Boston University, Jeff was selected as the 2020 MAHPERD Health Teacher of the Year.*

**11:00-12:00 p.m. PE-31 (Physical Education K-12/College)**  
**Unified Physical Education — An Amazing Opportunity for ALL Students!**

Unified Physical Education is an opportunity for students of varying ability levels and backgrounds to come together on equal terms through ongoing fitness, sports, leadership and wellness activities. Engaging in physical activity and sport alongside peers with and without disabilities helps to foster important social relationships. This session will help participants learn more about the Unified PE concept, steps for implementation, curriculum, student testimonials, and "next steps". The UPE program has helped to create many opportunities for my students and create an inclusive school community.

**Presenter:** **Allison Relyea**

*has been teaching at Guilderland High School in upstate New York since 2003. In addition to her physical education classes, Allison teaches two dance electives and Unified PE. She is one of two faculty managers for physical education and has experience coaching Cross Country, Softball, Unified Bowling, and a Dance*

team. Allison was recognized by NYS AHPERD as the High School TOY for Physical Education and is the 2020 High School Eastern District TOY for Physical Education. Allison is very involved at the local and state level for NYS AHPERD and will be joining the Board of Directors in November.

**11:00-12:00 p.m. H-21 (Health Education)**

**Building Resilience with Positive Psychology**

What is resilience and how can we become more resilient in difficult times? Life is full of challenges. How do we handle and recover from difficulties that we face? In this webinar, you will learn simple strategies you can put to use immediately to build your strength of resiliency!

Presenter: **Pam Garramone, M.Ed.**

*Award-winning speaker who presents positive psychology – the science of happiness- to students, educators, and corporate and community employees.*

**11:00-12:00 p.m. PE-2 (Physical Education MS/HS)**

**Pumping Up That Body Positive Image**

Body image is a center for high school and middle school students. In Physical Education class we create an environment that everyone feels welcome and ready to learn. Sometimes this is not always the case. If you are interested in brainstorming and getting some ideas of how to spread positive body vibes in your classroom, then this is the session for you. We will discuss how to verbally and non-verbally send messages that everyone's body deserves a place to work out. #bodypositive

Presenters: **Shane LaPointe and Elizabeth Hurley**

*are Health and Physical Education teachers at Phillips Exeter Academy in NH. They have worked together for the last 7 years and together have over 20 years of teaching experience. They both have a passion for using body positive as focus around their teaching.*

**12:45-1:45 p.m. APE-44 (Adapted Physical Education — All Levels)**

**Physical Activities for All Abilities**

This session provides information on providing students with all abilities the opportunity to participate in physical activity at every level. We will look at the roles of general/adapted physical education teachers and show ways to adapt equipment for various thematic units and sport skill models. Everyone will see how successful school participation can lead to sport opportunities and lifetime leisure.

Presenter: **Jennifer Hill**

*2020 Eastern District Teacher of the Year Jennifer is a NY native who received her undergraduate degree in Physical Education from Brockport with a concentration in Adapted Physical Education. Jennifer completed her graduate coursework in Special Education from LaVerne. She is currently teaching Adapted Physical Education at Pinehurst Elementary school in Maryland where she has taught for the past 14 years earning her certification in Adapted Physical Education. Jennifer is currently the Unified Sports Coordinator for Wicomico County, Area Director for Special Olympics Maryland and was just named Vice President for*

*MAPEC. In 2017, Jennifer received the Simon McNeeley Award for SHAPE Maryland and in 2018 SHAPE Maryland Adapted Physical Education Teacher of the Year. Jennifer recently was named 2020 SHAPE America Eastern District Teacher of the Year. Jennifer loves working with community organizations to help provide inclusive opportunities for students and their families.*

**12:45-1:45 p.m. PE-3 (Physical Education HS)  
Developing A Comprehensive (Pre-Class)  
Instant Activity Program**

Sharing of a Semester Based Pre-Class Instant Activity Program. Creating a program that prides itself on variety of various activities each day throughout the semester. This program intends to promote inclusion and full student engagement while also initiating physical fitness challenges to help all students, regardless of ability, to appreciate, adopt, and practice healthier lifestyles for a lifetime.

Presenter: **Ben Goodhue**

*is a model example of a dedicated, passionate, and driven physical educator who is always striving to refine instruction, assessment, pedagogy, and provide the best developmentally appropriate physical education and health lessons to the student body at Beverly High School. He serves an Adjunct Professor at Salem State University working in the Sport & Movement Science Department, teaching in the graduate program as well as Cambridge College, working in the Skills-Based Health/Social Emotional Health Program. Ben is the recipient of the MAHPERD 2019 High School Physical Education Teacher of the Year Award*

**12:45-1:45 p.m. PE-29 (Elementary Physical Education)  
Strengthen Your Core: Combine ELA, Math  
and Physical Education**

Are you looking for activities to incorporate some language arts and math concepts into your PE program? We have some exciting activities for you to try. Our activities are creative, challenging, and a great way to combine the classroom content with Physical Education.

Presenter: **Kelly Zerby**

*Jefferson Elementary School, DeKalb, Illinois. Kelly has been teaching daily PE for 22 years at the elementary level in DeKalb, IL where she is also the district PE coordinator and PDS Liaison to NIU. She is the Vice President of children and Northern District President of the Illinois IAHPERD organization. She presents nationally with my friends on many concepts and loves it.*

**12:45-1:45 p.m. H-17 (Health Education K-12/College)  
Health Ed Matters! Advocating for Health  
Education**

If health education teaches essential life skills, and healthy students learn better, test better, and do better, then why don't decision-makers see how important health education is? This session will cover multiple ways to showcase the great things going on in your program and advocate for quality health education for every student: - advocacy opportunities through SHAPE America and MAHPERD - increasing parent/guardian knowledge and involvement - improving social media connections We will take time during the session to brainstorm, draft, and send (if desired) emails to

administrators, elected officials, and other stakeholders highlighting the importance of quality health education. (This session focuses primarily on Health Education, but all advocacy skills are transferrable to Phys Ed and other healthy lifestyle programming.)

**Presenter:** **Michelle Ireland**

*received her Masters degree in Health Education from Teachers College, Columbia University. She holds a Master Certified Health Education Specialist (MCHES) credential, served on the panel to revise the Massachusetts Health Curriculum Frameworks, has trained in health advocacy in Washington DC (including congressional meetings), and most recently completed a leadership fellowship with the National Education Association. She has been a health education teacher at Hanover Middle School in Hanover, MA since 2003. Through health education, she aims to help students "Make good choices. Be good people."*

**12:45-1:45 p.m. PE-34 (Physical Education Pre-school, K-12, College)**

**Easily Assess SEL with IHT Software**

Social and Emotional Learning connected to PE Standards is easily assessed with the IHT software, and the ZONE heart rate monitor provides real-time feedback to students to help them self-manage their physical and emotional health. This session highlights districts across MA; their outcomes and impact as they interlink SEL with PE to drive their programs forward with data and student growth.

**Presenter:** **Jen Ohlson**

*Bachelor's degree. Founder/President Interactive Health Technologies. Jen is a former TV sportscaster, author and filmmaker. Her film "Health Needs a Hero" was the catalyst for an innovative curriculum, "PE 3" (PE for the Mind, Body, Spirit), which became an official PE course for the state of Texas and created IHT's foundation.*

**12:45-1:45 p.m. ST-41 (Students)**

**PE MTEL Test Prep Zoom**

Join the Council of Professionals in a PE MTEL Zoom Session including: (1) Test preparation and resources including advice from PETE students that have passed the exam; (2) Open response questions (3) Strategies for multiple choice questions; (4) Content-specific questions. Don't miss this opportunity to be with your peers from other PETE programs, share experiences, and test prep strategies.

**Presenters:** **Dr. Ann Marie Gallo**

*PETE Coordinator, Salem State University*

**Council of Future Professionals**

*representatives from each school*

**2:00-3:00 p.m. PE-4 (K-12)**

**How to Build A Digital Lesson Library**

In this session learn how to use technology to build a digital lesson library. Using resources like Google Drive, Animated GIFs, PowerPoint, and Twitter, walk away with the foundational elements for building a library that can be used year after year. PE Geeks unite!

**Presenter:** **Kevin Tiller**

*is a Physical Education teacher in Andover, Massachusetts. He is the creator of the Phys.Ed.Review website and is the 2015 Massachusetts Elementary Physical Education Teacher of the Year.*

**2:00-3:00 p.m. ATH-26 (K-12/Athletics)**

**Introducing Field Hockey in Your School Is Easy, Fun and Affordable**

Massachusetts has a rich history and tradition of field hockey. Hundreds of high schools in MA support field hockey programs and the sport is growing. USA Field Hockey has more tools and resources than ever before to support schools interested in adding field hockey in PE curriculum and/or as an after-school or interscholastic sport. USA Field Hockey's American Development Model (ADM), written in conjunction with the United States Olympic and Paralympic Committee (USOPC) provides a framework for developing a lifelong love of the game, and is based on best principles of what, when and how to teach, train and play based on the age, experience, and interest of the athlete. Sports, and field hockey, need to be fun and safe at all stages of development, using appropriate modified equipment when necessary. USA Field Hockey recommends a games-based approach to introduce field hockey, in which the learn is at the center and the game is the teacher.

**Presenters:** **Sally Goggin**

*USA Field Hockey, National Development Director*

**Jennifer Hammel**

*Director of Athletics and Activities, West Bridgewater Middle/Senior High School*

**Ally Hammel**

*member of the U.S. Women's National Team and 2019 graduate, All-American of Boston University.*

**2:00-3:00 p.m. PE-30 (K-12, Adapted Physical Education) Yoga In School, Near or Far**

Join Nikki for this session on how to integrate yoga in to your curriculum for students of all ages. In this session be prepared to move and ask questions. No yoga experience is required.

**Presenter:** **Nicolette McMaster**

*Blackstone Elementary School, Boston Public Schools. Nikki is a veteran teacher, certified yoga instructor and 6+ years as a MAHPERD board member. She's a Salem State and Bridgewater State Alumni and loves being outside and moving. Nikki believes a yoga practice should be accessible to all, anytime, anywhere.*

**2:00-3:00 p.m. H-19 (Health Education Elementary) Picture Book Power!**

The use of picture books can be a powerful tool in the health education classroom. Picture books can help hook students at the beginning of a unit, support student learning throughout, and serve as an exemplar of health literacy skills. In this presentation, a variety of picture books will be shared in conjunction with their learning activities. Participants will leave this presentation with a list of books and activities that can be infused into their existing health curriculum. While geared toward the elementary health educator, all are welcome to attend!

**Presenter:** **Marissa Keleher**

*is an elementary health educator in Medway, MA and has been teaching elementary education for 13 years. Marissa holds a bachelor's degree in Business Administration from Bryant College, a master's degree in Teaching from Emmanuel College, and a Skills-Based Health/Social Emotional Learning graduate certificate from Cambridge College. In her work as the district's elementary health educator, Marissa has developed skills-based*

health education units for grades K-4 to ensure meaningful and engaging health instruction for her students. The proudest title she holds is mother to three wonderful children.

**2:00-3:00 p.m. H-27 (Health Education MS/HS)  
Skills-Based Depression Education As  
Suicide Prevention**

Erika's Lighthouse provides teacher-led programs that educate students about teen depression and empower them to take action, raising awareness, reducing stigma and encouraging help-seeking behavior. Programs meet National Health Education Standards with students learning and applying help-seeking skills. This session will describe how utilizing these programs can have a positive impact on your students and your school's mental health culture. Participants will learn how to immediately access and implement these free turn-key programs.

**Presenter:** Ilana Sherman

joined Erika's Lighthouse in September 2019 as Director of Education. She has a Masters Degree in Public Health from the University of Illinois at Chicago. Ilana brings with her over 15 years of non-profit health education programming experience ranging from Outreach Coordinator to Director of Education. Ilana is excited to be part of Erika's Lighthouse to help further the mission and empower preteens, teens, their caregivers and educators to learn and talk openly about adolescent depression.

**3:15-4:15 p.m. H-18 (Health Education K-12)  
Skills Based Health Ed at Home or  
School or Hybrid**

Simple activities that allowed students to practice health-enhancing behaviors during remote learning will be showcased, as well as methods for increasing engagement. All activities can be adjusted for classroom and hybrid learning, so no matter what education looks like by convention time, these activities are ready for use. Participants will have the opportunity to share an example of a lesson/strategy/best practice that has worked or is working for them. Time to collaborate!

**Presenter:** Michelle Ireland

Master's degree; MCHES; Health Education teacher, Hanover Middle School, Hanover, MA; MCHES; served on panel to revise Mass. Health Curriculum Frameworks; has trained in Health Advocacy; completed leadership fellowship with the National Education Association

**3:15-4:15 p.m. PE-15 (Physical Education HS)  
Movement Literacy vs. Fitness Scores:  
How to achieve 100% Participation Everyday!**

Learn how to use movement screens to analyze each student's quality of movement and increase student participation as a result. Sarah has been studying, implementing and collecting data regarding the impact of movement screens on students' participation since 2015. Students who have been reluctant to participate in physical education in that past report that movement screens help to level the playing field between athletes/ non athletes. Using data from movement screens you will learn how to prescribe exercises based on each student's movement needs vs. athletic ability. The impact of movement screens at Amesbury High School have increased

student engagement to nearly 100% on a daily basis and decreased students overall risk of movement related injury.

**Presenter:** Sarah Bixby Centric

Recipient of MAHPERD's 2020 High School Teacher of the Year Physical Educator, Amesbury High School

**3:15-4:15 p.m. REC-14 (Physical Education K-12/  
Recreation/Adventure)  
Navigating the "New Normal" Remotely  
and in the Classroom Through Orienteering  
At Home**

Navigation Games' school curriculum develops orienteering skills through games for grades K-12. In response to the pandemic, we added elementary school lesson plans that can be done entirely at home, with or without remote teacher presence. For older children we have developed mini-adventures that can be done in a student's neighborhood, and a remote control activity allowing students to direct the teacher around a course. Because it is a non-contact, outdoor sport, without shared equipment, orienteering can provide meaningful PE experiences for our "new normal", with smaller group sizes and physical distancing. In this presentation, we will provide tools for PE teachers to implement an orienteering unit, whether they are in school or teaching remotely.

**Presenter:** Barb Bryant

is the President of Navigation Games. Her focus is to bring orienteering into schools and to every child in Massachusetts. Barb is also the former Vice President of Youth Initiatives for Orienteering USA, and currently chairs the Youth Mapping Committee. She served as the USA junior orienteering team administrator for several years. Barb believes that getting kids running around with maps is a great way to let them explore decision-making, nature, and teamwork, and establish a pattern of lifelong outdoor recreation.

**4:30-5:30 p.m. PE-54 (Physical Education K-12)  
Omnikin: Fitness Fun, Team Building,  
Cooperative Games, Skill Development**

Develop movement and skill fundamentals, promote team building, enhance fitness levels, and provide activities for students to experience success and fun. Omnikin supports the Physical Education Standards and instructional best practices. Balls are light-weight, durable, non-threatening, and range from 14"- 48" and this session promotes active participation by all--come move and learn.

**Presenters:** Terry Gooding

Master's degree; OmniKin, Inc. USA Coordinator

**Duke Conrad**

Master's degree; OmniKin Representative; retired 2016 from Newport News Public Schools after 30 years as a teacher, coach, athletic director and central office administrator

**4:30-5:30 p.m. H-6 (Health Education K-12, College)  
Integrating SEL Into Your Health Education  
Curriculum**

Join Mary to learn how to integrate SEL competencies into your PreK-2, 3-5, 6-8, and 9-12 curriculum. Experience how to analyze data and use it to select and align SEL to the NHES. Explore how

to use backwards design to assess the competency and performance indicators then build instruction. Learn to analyze a practice prompt and see how it aligns to the SEL competencies, sub-competences, and NHES performance indicators. Leave with insight into how to seamlessly integrate SEL into your health program.

**Presenter:** **Mary Connolly, CAGS**

*Program Chair, Skills-Based Health/SEL, Cambridge College*  
Mary has over 30 years' experience teaching middle and high school health education. When she transformed her content health class into skills, she knew this was a much better instructional strategy. Mary's first step into higher education was teaching Personal Health at Curry College. While teaching there, she began teaching at Cambridge College and eventually became the Program Chair. At Cambridge College, she has had the privilege of training many teachers in Skills-Based Health/SEL education and finds great satisfaction in seeing their great work being implemented across the state, and beyond. Mary is a member of the MAHPERD, serving on the higher education committee. She is an annual presenter at SHAPE America national conferences and serves on SHAPE committees and councils. As a health education consultant, Mary works with districts to help them transform their content program into one that is skills/SEL based. Mary is the author of Skills-Based Health Education and is working on her third text, Teaching SEL in the Skills-Based Classroom.

**4:30-5:30 p.m. PE-57 Health/Physical Education)**

**Don't Throw That Away!**

**Trash to Treasure in PE**

Whether you are teaching face to face, virtual or some combination of both, this session get your creative juices flowing. Learn how to turn everyday items and even some items you thought were ready for the dumpster into usable PE equipment for use in your classroom and ways to engage your students at home. Attendees will learn how and where to scout out some of the best items and remake and use them in multiple games and activities for little or no money out of pocket. Join us to grab some new ideas and share some of your own Physical Education equipment hacks. This Make and Take session will fill your bucket with ideas to take back to your classroom to use immediately, as well as video and print directions to give to your students who are learning from home so they can be engaged in your lessons and have some cool P.E. equipment of their own.

**Presenter:** **Kelly Brown, Ed.S.**

*Kelly Brown is currently in her 31st year teaching Physical Education and Health at Morgan County Primary School. She teaches 850 Pre-K-2 students each week. She was the recipient of the MCPS Teacher of the Year Award in 2014. She completed her Educational Specialist degree in Curriculum and Instruction 2016. She was a presenter at the 2019 SHAPE America National Convention IN Tampa, Florida in 2018. She has presented at the Share the Wealth Physical Education Conference at Jekyll Island and has published activities in the physical education magazine, Great Activities. She was a virtual presenter for EPEW20. She is also a contributing author in the book created and published by Artie Kamiya, How to Be an Outstanding Physical Educator. She loves to be creative with her students and constantly strives to create a classroom culture of learning with joy and excitement.*

**4:30-5:30 p.m. PE-58 (Physical Education)**

**All About FlipGrid**

Looking for a new free video interactive tech tool? Scope out this session to learn how to implement this amazing tech tool into your PhysEd class. Spark your ideas on how to use it to create class community, assessments, beginning of the year activities and so much more!

**Presenter:** **Stephanie Sandino**

*is a middle school Physical Education teacher in Chino Hills, CA. She is committed to helping youth find their red rubber ball. One of her biggest passions is to help students morph their red rubber ball with learning experiences, ultimately, ending up with activities that they love to do and keeps them moving for a lifetime! Stephanie was previously a co-host for the SHAPE America Podcast and currently, a committee member for the K-8 Elementary Physical Education Workshop, a teacher leader for Health and Physical Education Collaborative and an #ESPEchat moderator. She's a lifelong learner that loves to reflect, grow and connect with others in the online education community.*

# TUESDAY, NOVEMBER 3, 2019

8:30-9:30 a.m.

## General Session

Keynote Speaker — Dr. Irene Cucina



Irene Cucina is a Professor in the Health and Human Performance Department at Plymouth State University where she works with undergraduate and graduate students. Irene's expertise is in the area of school health education, physical activity and fitness, wellness and the impact that teachers have on student learning. Irene has also been very involved with accreditation at the program and institutional level.

The emphasis of Irene's service and scholarship over the past five years has been in the field of school based health education. As AAHPERD President in 2012, Irene helped unify our national association and fought to keep school health education as part of AAHPERD. Due to her commitment to school health education, she chaired the SHAPE America Health Council for 4 years, was a contributor to the Appropriate Practices in School Based Health Education document, was a member of the 2018 HETE Initial Teacher Standards revision task force, and co-authored the 2018 Health Education Initial Teacher Standards book. Irene has also been involved in a number of webinars to address assessment in school based health education as well as developing skill based health education curriculum. She is an onsite reviewer for the Council

on Accreditation for Educator Preparation (CAEP) and a SHAPE America lead reviewer and auditor for Health Education.

Irene spent 16 years teaching high school health and physical education where she was recognized as the Massachusetts Secondary Physical Education Teacher of the Year in 1997. As a high school teacher, she developed curriculum that emphasized physical fitness, physical activity, nutrition, and lifetime enjoyment of movement aligned with state and national standards. She also implemented successful before and after school activity programs that involved over 900 students yearly as well as members of the community. In addition, Irene founded the Fighting AIDS through Education student club that provided educational programs to middle and high school students in the community.

Irene is a much sought after presenter and keynote speaker and has traveled the country to present at state and district conventions. She has received numerous awards for her teaching and service including the American Alliance Health, Physical Education, Recreation and Dance Honor Award, Eastern District Association Honor Award, Outstanding Service Award and the Tilia J. Fantasia Service Award, NHAHPERD Outstanding College/University Teacher, and the Plymouth State University Distinguished Teaching Award.

**9:45-10:45 a.m. PE-42 (Elementary Physical Education)  
Teaching Games for Understanding in 5th  
Grade — Striking and Fielding Lesson  
Progressions**

In this session, attendees will get a brief overview of the Teaching Games for Understanding Model for teaching Physical Education and learn how the Elementary Physical Education team in Needham has adapted and implemented it to teach 5th grade Physical Education. Specifically, a 5 week TGfU Striking and Fielding Unit and Lesson Plans will be shared along with how it aligns to SHAPE America grade level outcomes. Participants are welcomed to ask questions, interject thoughts or suggestions, and participate in a round table discussion on the unit, lessons, and TGfU model specifically.

**Presenter:** Rob Tatro

*Physical Educator, Sunita L. Williams Elementary School, Needham, MA 2020 MAHPERD Elementary Physical Education Teacher of the Year*

**9:45-10:45 a.m. ATH-13 (Physical Education. MS/Athletics)  
Coaching During COVID-19**

This session will be on coaching strategies during COVID-19. Content will be based on current restrictions on high school and youth sports in Massachusetts. The focus will be on safety with an athlete-centered approach. Ways to build or improve: (1) connectivity, (2) productivity and (3) self-motivation will be addressed. Coaches, administrators and educators will learn approaches to better promote a healthy return to play in their settings.

**Presenter:** Dr. Lynn Pantuosco-Hensch

*Associate Professor at Westfield State University and director of the Coaching Minor. She specializes in the field of motor development. She is a former MAHPERD board member and active member of SHAPE America. She is also a youth sports administrator and licensed soccer coach.*

**9:45-10:45 a.m. APE-43 (Adapted Physical Education)  
Strategies and Supports for ASD Students**

Phil Leonard will discuss effective strategies for students with ASD in physical education classes. Provide examples and take home tips that attendees can use with their own students.

**Presenter:** Phil Leonard, M.S.

*Assistant Director APE/OT/PT; The New England Center for Children; Highly-skilled and motivated educator with more than 10 years of experience in the successful development and implementation of adapted physical education (APE) instructional strategies with special needs populations. Accomplished in adapted aquatics program management, strategy development across the APE field of study and practicum teacher and staff development. Experienced presenter in the APE discipline at both state and national teacher conferences. 2020 Amelia Riou award recipient.*

**9:45-10:45 a.m. H/PE-37 (Health and Physical Education  
K-12/Administrators/Future Professionals)  
How to Become a More Culturally  
Competent Teacher**

Recognizing implicit bias and its effect on teaching, classroom and electives teachers will become more culturally competent and create a more equitable learning environment for their students.

**Presenter:** Rachel Fetterley, M.Ed.

*MVA and Allendale Public; 16 years of teaching experience and 13 of those were in a public charter school that catered to families from the Spring Lake, Grand Haven, and Muskegon areas; holds a dance, health, and psychology endorsements; taught at Holland Public Schools and this school community celebrated diversity and she was highly successful in this urban district.*

**9:45-10:45 a.m. H-40 (Health Education/Physical Education MS/HS)**

**Attendance: Being Fully Present for Our Students When They Need Us Most**

In this session, participants will have the opportunity to examine and discuss how we can be present to our students, helping them to thrive, even in a time when we have all lost so much. Our focus will be on remote learning but we imagine that some of the content may overlap with “the real thing” - in person instruction. All are welcome to join this session though it may be most suitable for secondary health and physical educators.

**Presenters:** Claudia T. Brown, M.Ed.

*Health Matters, Health Education Consultant; Adjunct Professor, Boston University, Cambridge College, Salem State University; former Physical and Health Educator for 19 years, Reading Public Schools; Past President MAHPERD 2015-2018*

**Anne Marie Gallo, Ed.D, EMT**

*Professor, Physical Education Teacher Education Coordinator*

**11:00-12:00 p.m. H-11 (Health Education K-12)**

**Make Every Lesson Observable**

Come learn how to make every lesson your best lesson! Attendees will learn different things to include in every lesson that will have your evaluators satisfied. We'll go over topics such as: sharing objectives with the class, implementing formative assessments, analyzing formative assessment data, meeting the needs of diverse learners, exit tickets, and more! Everything discussed will be linked to the Massachusetts Classroom Teacher Rubric used for educator evaluation (Standard II: Teaching All Students).

**Presenters:** Danielle LaRocque

*is in her seventh year as a health education teacher at Holten Richmond Middle School in Danvers, MA. She is a graduate of Endicott College with a Bachelor of Science in Psychology and Creative and Art Therapy and a graduate of Cambridge College with a Master of Education in Skills Based Health Ed and Social-Emotional Learning. Danielle is a youth program supervisor for Danvers CARES in which she advises a youth leadership board at Holten-Richmond Middle School. She serves on a variety of committees that serve to improve the academic and personal success of her students and colleagues. She is the assistant varsity softball coach at Danvers High School. Danielle is the past vice president of MAHPERD for the Health Division. She recently began a CAGS program in educational leadership at Salem State University.*

**Jeff Bartlett**

*has been teaching health education at the Holten Richmond Middle School (Danvers Public Schools) since 2008, where he also coaches high school cross country and track & field. A graduate of Springfield College and Boston University, Jeff was selected as the 2020 MAHPERD Health Teacher of The Year.*

**11:00-12:00 p.m. ATH-12 (Physical Education MS)  
Recipe for Athletic Success**

Coaches, administrators, and educators will learn how to establish more comprehensive, athlete-centered programs, which align with national standards on Long-Term Athletic Development (LTAD). Attendees will learn about key ingredients for becoming successful, long-term athletes. Evidence based strategies will be provided which can be readily used in high school or youth sport settings.

**Presenter:** Dr. Lynn Pantuosco-Hensch

*Associate Professor at Westfield State University and director of the Coaching Minor. She specializes in the field of motor development. She is a former MAHPERD board member and active member of SHAPE America. She is also a youth sports administrator and licensed soccer coach.*

**11:00-12:00 p.m. PE-16 (Physical Education/HS)  
Mindfulness and Physical Education Connection**

In this session you will learn an activity to make mindfulness tangible and hook students before you introduce more formal mindful practices. You will learn about the connection between mindfulness, physical education athletics and social emotional growth. This is a session you will never forget. If you think meditation is not for you, I will win you over! For this session please have a thin piece of cord/ yarn/ string and either a washer, bolt or paperclip handy.

**Presenter:** Sarah Bixby Centric

*2020 MAHPERD High School Teacher of the Year. Sarah started her teaching career in 2005 at Shore Educational Collaborative teaching both general physical education and adapted physical education for students in Pre-K through grade 12. In 2008 she began teaching physical education at Amesbury High School and has been there ever since. From the moment Sarah stepped foot on the Amesbury High School campus, she has brought her passion for quality physical education and curriculum writing. In her years at AHS, Sarah created and introduced new physical education courses, allowing students to personalize their physical education experience. Students have been able to take courses such as Fundamentals of Movement, Yoga & Mindfulness I and II, and Advanced Conditioning. Sarah's passion and commitment to the relevance and importance of individual lifelong fitness has resulted in a significant shift in how students and staff view physical education at Amesbury High School.*

**11:00-12:00 p.m. D-48 (Physical Education K-12)  
'80's Dance Party**

Join National Presenter and recipient of last year's National Dance Society's Community Dance Award in this virtual activity-based session. Take a trip down memory lane and relive the dance styles of the 80's with up tempo songs: Footloose, Beat it, Take on Me and Wake Me Up Before You Go Go +. In this session you will learn each routine, be able to understand the breakdown to the music and create fun dances that your students will love. You will leave with ready to use choreography. No dance experience is required

**Presenter:** Teresa Osborn

*The Imperial Society of Teachers of Dancing UK; Author of Dance for Schools Teachers Motown & Disco and Past MAHPERD VP of Dance*

**11:00-12:00 p.m. PE-39 (Physical Education/Elementary)**  
**Video Editing Tips and Tricks**

In this session, we will learn the basics of video editing using iMovie. You will learn how to load, edit, add voice overs, and add in music before exporting the videos. Demonstrations will be provided and tutorial videos will also be given at the end to help you remember when you get home!

Presenter: **Matthew Bassett**

*SHAPE America National Teacher of the Year; K-8 Physical Education Teacher, San Jose Charter Academy (CA); Adjunct Professor*

**12:45--1:45 p.m. APE-45 (Adapted Physical Education K-12)**  
**Key Components of Quality Instruction**

This session will help educators develop structured and consistent routines, identify student motivators and become familiar with various teaching strategies.

Presenter: **Jennifer Hill**

*2020 Eastern District Teacher of the Year Jennifer is a NY native who received her undergraduate degree in Physical Education from Brockport with a concentration in Adapted Physical Education. Jennifer completed her graduate coursework in Special Education from LaVerne. She is currently teaching Adapted Physical Education at Pinehurst Elementary school in Maryland where she has taught for the past 14 years earning her certification in Adapted Physical Education. Jennifer is currently the Unified Sports Coordinator for Wicomico County, Area Director for Special Olympics Maryland and was just named Vice President for MAPEC. In 2017, Jennifer received the Simon McNeeley Award for SHAPE Maryland and in 2018 SHAPE Maryland Adapted Physical Education Teacher of the Year. Jennifer recently was named 2020 SHAPE America Eastern District Teacher of the Year. Jennifer loves working with community organizations to help provide inclusive opportunities for students and their families.*

**12:45--1:45 p.m. PE-25 (Physical Education/K-12/College)**  
**How IHT Heart Rate Monitors Keep Students Accountable and Motivated in Online PE**

This presentation will showcase how current IHT customers are utilizing the IHT Mobile App that works with all smartphones, Chromebooks and iPads. This online resource is keeping kids accountable and motivated on their own schedule while remaining connected to your classroom. Students receive the same personalized instruction complete with heart rate reports from the convenience of their mobile phone or tablet.

Presenter: **Bev Brown**

*Bev serves as IHT's Director of Customer Success, working to ensure we deliver superior service, training and continual support to our customers. Bev taught Physical Education for 26 years at the secondary level before moving into higher education at Buena Vista University, where she was an IHT customer and advisor. Bev served two years on the Governor's Council on PE and Nutrition in Iowa before being named President of Iowa's State Physical Education organization in 2015. She is an avid pickleball player and enjoys spending time with her family, especially her new grandson, Charlie.*

**12:45--1:45 p.m. H-6 (Health)**  
**Integrating SEL Into Your Health Education Curriculum**

Join me to learn how to integrate SEL competencies into your PreK-2, 3-5, 6-8, and 9-12 curriculum. Experience how to analyze data and use it to select and align SEL to the NHES. Explore how to use backwards design to assess the competency and performance indicators then build instruction. Learn to analyze a practice prompt and see how it aligns to the SEL competencies, sub-competences, and NHES performance indicators. Leave with insight into how to seamlessly integrate SEL into your health program.

Presenter: **Mary Connolly, CAGS**

*Program Chair, Skills-Based Health/SEL, Cambridge College Mary has over 30 years' experience teaching middle and high school health education. When she transformed her content health class into skills, she knew this was a much better instructional strategy. Mary's first step into higher education was teaching Personal Health at Curry College. While teaching there, she began teaching at Cambridge College and eventually became the Program Chair. At Cambridge College, she has had the privilege of training many teachers in Skills-Based Health/SEL education and finds great satisfaction in seeing their great work being implemented across the state, and beyond.*

*Mary is a member of the MAHPERD, serving on the higher education committee. She is an annual presenter at SHAPE America national conferences and serves on SHAPE committees and councils. As a health education consultant, Mary works with districts to help them transform their content program into one that is skills/SEL based. Mary is the author of Skills-Based Health Education and is working on her third text, Teaching SEL in the Skills-Based Classroom.*

**12:45--1:45 p.m. H-22 (Health Education MS/HS/College/Seniors)**  
**Youth Suicide Prevention**

In this workshop, we will discuss the role that educators can play in preventing youth suicide. We will focus on the following topics: 1. Developing a better understanding of suicide, including breaking down myths and learning about the risk factors, warning signs, and protective factors that can be associated with suicide and suicide prevention. 2. Learning how to better support a young person who may be struggling and/or feeling suicidal by enhancing active listening skills, using best practices for asking about suicide, and getting them help. 3. Sharing Samaritans' resources and how youth and adults can access them, including the Samaritans 24/7 helpline, suicide prevention workshops for youth within a school setting, and grief support resources for those who have lost someone to suicide. Educators will leave the workshop feeling better equipped to handle difficult situations and conversations with their students, as well as further educated on suicide and the role we can all take in trying to prevent it.

Presenter: **Rose Cheyette**

*is the Director for Community Education and Outreach with Samaritans, Inc. In this position, she oversees a team that teaches suicide prevention workshops to youth, adults, and elders throughout the Greater Boston Area. The team delivers about 600 suicide prevention workshops a year, reaching approximately 20,000 people. Rose has been in this role for four years, and prior to this*

she spent two years answering calls and texts on the Samaritans helpline. Previously, Rose worked for the U.S. Department of Labor and served in the Peace Corps in Ukraine.

**12:45--1:45 p.m. PE-28 (K-University)**  
**Poster Sessions**

**2:00-3:00 p.m. H-8 (Health Education Elementary/MS/HS/College)**  
**Supporting Healthy Behavior Outcomes:  
Resources for Engaging Skills-Based  
Health Education**

In Summer 2020, RMC Health will release updated Health Skill Guides to incorporate new research about the best practices for skills-based health education, culturally responsive teaching, and social emotional learning. This interactive presentation will introduce participants to the updated Health Skill Models and learn how to access materials for Health Skills Guides through the RMC Health website. Mary Connolly, Program Chair at Cambridge College for the Skills-Based Health/SEL program, will demonstrate ways these guides can be implemented in health education instruction.

**Presenter: Amanda Nichols**

*Master's degree; Professional Learning Facilitator, RMC Health*  
Amanda Nichols is a Professional Learning Facilitator at RMC Health, a non-profit located in Lakewood that builds the capacity of youth-serving adults to promote health and wellness in their communities. She works on RMC Health's health education initiatives, which focus on building skills and capacity for health educators, as well as creating instruction resources for skills-based health education. Amanda also works on developing and facilitating trainings statewide for youth substance-use prevention at the school- and public health-level. Before joining RMC Health, Amanda taught middle school Language Arts and English Language Development in Denver Public Schools. She also led professional development efforts for teachers on effective teaching strategies for linguistically and culturally diverse students. Amanda has presented on a wide range of topics, including health education, school health teams, substance-use prevention, and systems-level social emotional learning. Amanda earned her Master's at the University of Colorado in Educational Equity and Cultural Diversity and her Bachelor's in Urban Studies and Creative Nonfiction writing at the University of Pittsburgh.

**2:00-3:00 p.m. PE-9 (Physical Education K-12)**  
**A K-12 Physical Education Curriculum  
Framework for Massachusetts**

**Presenter: Terry Langton**

*Doctorate; Physical Education teacher, Hanover Public Schools*  
Dr. Terry Langton is an elementary physical education teacher; teacher advisor to former Massachusetts Governor Deval Patrick; cooperating teacher to pre-service physical education teachers (primarily students from Bridgewater State University); co-author of *Elementary Physical Education: Building a Solid Movement Foundation*; presenter at local, state, multi-state, and national HPERD conventions; and a graduate-level instructor in physical education and educational leadership. Terry provided the movement framework for the current Physical Education

*Framework for California Public Schools. This presentation will offer a comprehensive, stand-alone, K-12 Physical Education Curriculum Framework for Massachusetts that is aligned with the 2014 SHAPE America National Standards and Grade-level Outcomes. Attendees and all Massachusetts physical educators could use this framework proposal to guide planning of K-12 curriculum, units and lessons; selection of instructional approaches; and selection of assessments.*

**2:00-3:00 p.m. PE-32 (Physical Education/High School)**  
**Backyard Games**

The BYG Olympic style concept was created as a way to engage my high school students at the end of the year during a time when state testing, high stress levels, and overall lack of motivation present challenges in the class. My students love this unit and look forward to it at the end of every school year. Participants will learn ways to create their own BYG unit, explore the 15+ games offered, see the overall structure and progression of the unit and how the students are assessed. All participants will receive access to all of the digital resources to help them bring this fun and exciting unit to their school district.

**Presenter: Allison Relyea**

*Master's degree; Physical Education teacher, Guilderland High School, NY.* Allison Relyea has been teaching at Guilderland High School in upstate New York since 2003. In addition to her physical education classes, Allison teaches two dance electives and Unified PE. She is one of two faculty managers for physical education and has experience coaching Cross Country, Softball, Unified Bowling, and a Dance team. Allison was recognized by NYS AHPERD as the High School TOY for Physical Education and is the 2020 High School Eastern District TOY for Physical Education. Allison is very involved at the local and state level for NYS AHPERD and will be joining the Board of Directors in November.

**2:00-3:00 p.m. PE-53 (Physical Education K-12)**  
**KIN-Ball: A Non-Traditional  
Action-Packed Game**

The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48" Kin-Ball. Play inside or out. Have a ball!!

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**Presenters: Terry Gooding**

*Master's degree; OmniKin, Inc. USA Coordinator*

**Duke Conrad**

*Master's degree; OmniKin Representative; retired 2016 from Newport News Public Schools after 30 years as a teacher, coach, athletic director and central office administrator*

**2:00-3:00 p.m. H-23 (Health Education MS)  
Project Here & Remote Learning:  
Engaging Students in Substance Use  
Prevention Education**

Project Here provides teachers in Massachusetts with free web-based tools to teach substance use prevention and social-emotional learning to students in grades 6-8. During this interactive workshop, participants will be trained to use Project Here's free resources (Online Toolkit and web-app, Project Here Games) in remote learning settings. Participants will learn strategies for developing interactive activities and lessons using content from Project Here's resources. Workshop objectives: 1. Describe the Project Here Online Toolkit and Project Here Games – two resources used by educators to teach substance use prevention and healthy decision making to middle school students in Massachusetts. 2. Identify strategies for interactive, remote learning activities. 3. Network with other educators teaching substance use prevention in remote settings.

**Presenter: Ivy Schmalzried**

*is a passionate child health advocate with experience in substance use prevention and community engagement both domestically and internationally. Ivy currently serves as Senior Program Manager to Project Here, a statewide collaboration funded by the Massachusetts Attorney General's Office and the GE Foundation bringing substance use prevention education to public middle schools across Massachusetts. Prior to her role in Project Here, Ivy served as the executive director of a community coalition to prevent and reduce substance use among youth. Ms. Schmalzried earned a Bachelor of Science in biology from Quinnipiac University and a Master of Public Health from Boston University.*

**3:15-4:15 p.m. H-20 (Health Education MS)  
Confident Me! The Dove Self-Esteem Project  
Helping All Students Realize Their Full  
Potential**

Danielle Petrucci is the 6-12 Wellness Curriculum Coordinator for the Hamilton-Wenham Regional School District. Danielle has served the field of Health Education for over 15 years. She was the 2018 recipient of the MAHPERD Health Teacher of the Year Award, is the outgoing Vice President of Health for MAHPERD, and teaches online courses for the Health/Social Emotional Learning Master Program at Cambridge College. The work Danielle does with the Dove Self-Esteem Program aligns with her mission to help all students realize their full potential.

**Presenter: Danielle Petrucci**

*Master's degree; The Dove Self-Esteem Project Cadre Trainer / 6-12 Wellness Coordinator*

**3:15-4:15 p.m. PE-35 (Physical Education K-12/College)  
Roundnet - Play Anywhere and Everywhere**

This presentation is to teach physical educators of all levels about the sport of roundnet and how they can implement it into their curriculum. We will discuss how to modify the rules and equipment so that any students regardless of their age or ability can improve their motor skills, movement patterns and physical literacy.

During this session, participants will

- understand the basic rules of roundnet and how to teach it to their students.
- learn about modifications to the rules and equipment so that any student regardless of age or ability can improve their motor skills, movement patterns and physical literacy.
- engage in health enhancing physical activity while playing, learning and networking with fellow physical educators.

**Presenter: Skyler Boles**

*Bachelor's degree; Education Specialist, Spikeball; 2x Roundnet National Champion; Credentialed Physical Educator*

**3:15-4:15 p.m. PE-24 (Physical Education K-12)  
Small Sided Games make BIG Difference!**

How do you increase participation, overall success rate, and skill acquisition during activities? Increase the number of Small Sided Activities you teach with! Help to improve inclusion and fitness while making it easier to implement progressions and provide assessment by incorporating more Small Sided Activities with your program. Learn a few unique Small Sided Activities unique to Gopher and how you can make other activities small sided during this great session!

**Presenter: Jordan Stolp**

*Master's degree; Senior Territory Manager, Gopher Sport; Jordan Stolp has worked for more than 7 years as a sales manager for Gopher. During those 7 years, Jordan has had the privilege of presenting at a total of more than 50 state conferences, workshops, and district professional developments.*

**3:15-4:15 p.m. H-38 (Health Education K-12)  
Stress Management for Educators**

You probably could have benefitted from Stress Management before Covid 19, it's likely that you need it now more than ever. Allow yourself some time to travel to an "island of sanity". This session is all about you and making a small positive change to your wellbeing. We will practice multiple stress management techniques and discuss how you can make stress your "friend" one small step at a time. Walk away with ideas for how you can reduce your stress immediately and possibly use those ideas in the classroom.

**Presenter: Karen Renaud**

*Master's degree; K-12 Wellness Subject Matter Leader, Hopkinton Public Schools. Several years ago, she was introduced to Positive Psychology while developing a high school stress management course. Positive Psychology is the study of human flourishing and the strengths that enable individuals and communities to thrive. She was so fascinated by this field of study that she enrolled in a year long certification program in Wholebeing Positive Psychology and then continued on to obtain certification as a Positive Psychology coach. Currently, she is completing an additional certification in Happiness Studies with Dr. Tal Ben Shahar. She loves bringing these stress management and happiness boosting tools to students and colleagues.*

**4:30-5:30 p.m. H-5 (Health and Physical Education K-12)  
BOSTON vs. BULLIES: Using  
the Power of Sports for Bullying Prevention**

This presentation introduces Boston vs. Bullies, an evidence-based program that uses the power of sports to help stop bullying. We

will present videos of professional Boston athletes talking to kids about bullying. Health and physical education teachers will learn how to use the video and interactive activities to help kids develop the skills to prevent and stop bullying. The program improves curriculum and instruction through (1) sports concepts that teach bullying prevention -- plan ahead, practice skills, work as a team; (2) a flexible program adaptable to different settings; and (3) Interactive and active activities to help kids practice skills and strategies. Developed by the Sports Museum, this program has been used by teachers to prepare over 100,000 students throughout New England to prevent bullying. (Program and training available free-of-charge.)

**Presenter:** **Kim Storey, Ed.D.**

*is the education and research consultant for The Sports Museum's Boston vs. Bullies program. She is a regular consultant for education, media, and technology organizations, frequently serves as a featured speaker, and conducts workshops and trainings throughout the country and internationally. She provides content and curriculum design, and conducts research and evaluation, for the development of educational programs and media projects. Her work focuses on bullying prevention and other projects that promote children's social, emotional, and cognitive development. A graduate of Harvard Graduate School of Education, she is founder of Kim Storey Education Designs.*

*gan teaching at Cambridge College and eventually became the Program Chair. At Cambridge College, she has had the privilege of training many teachers in Skills-Based Health/SEL education and finds great satisfaction in seeing their great work being implemented across the state, and beyond. Mary is a member of the MAHPERD, serving on the higher education committee. She is an annual presenter at SHAPE America national conferences and serves on SHAPE committees and councils. As a health education consultant, Mary works with districts to help them transform their content program into one that is skills/SEL based. Mary is the author of Skills-Based Health Education and is working on her third text, Teaching SEL in the Skills-Based Classroom.*

**4:30-5:30 p.m. PE-52 (Physical Education)**  
**Creating Youtube Content to Enhance**  
**Our Students Physical Education Experiences**

In this session, Andy Hair, will share with you a demonstration on how he creates his Youtube clips and how these enhance his students Physical Education experiences. He will take you through the curriculum planning, art design and game flow models that allow for 'Sneaky PE' to be undertaken anytime.

**Presenter:** **Andy Hair**

*is a physical educator teacher based in Geelong, Australia. His life's goal is to see kids excel and achieve their dream, while his motto is "DREAM, BELIEVE, ACHIEVE", he is determined to create an environment and culture for students that is diverse and challenging. Andy also works for School Sport Victoria as Regional Coordinator. He has been with this organization for the past 20 years acting in various roles.*

**4:30-5:30 p.m. H-7 (Health Education K-12/College)**  
**You May Be Teaching SEL But Are You**  
**Assessing It?**

Did you know that depending on which NHES performance indicators you are teaching and assessing, the SEL competency may be automatically assessed at the same time? Join me to examine how to assess NHES/SEL competencies using backwards design, design authentic NHES/SEL assessments and plan instruction that includes NHES skills and SEL competencies.

**Presenter:** **Mary Connolly, CAGS**

*Program Chair, Skills-Based Health/SEL, Cambridge College*  
*Mary has over 30 years' experience teaching middle and high school health education. When she transformed her content health class into skills, she knew this was a much better instructional strategy. Mary's first step into higher education was teaching Personal Health at Curry College. While teaching there, she be-*