



2021 Program: “We Can Make Anything Happen: Adaptability, Dedication & Passion”

3:15PM - WELCOME ADDRESS & INTRODUCTIONS
Henry Opperman, Nassau Zone President

Tuesday 2/9: SESSION I – 3:30pm-4:15pm

Teaching PE in 2020 and Beyond	Secondary PE
<p>Participants will learn strategies to maximize the physical education experience for students, while maintaining social distancing. Now more than ever social and emotional learning (SEL) is a priority and PE teachers are uniquely positioned to reinforce these concepts. We will also discuss ways to support comprehensive physical activity including in the classroom and at home. Presenter: Nick Kline, NBCT Be the Hype</p>	
The Kinesthetic Classroom: Teaching and Learning through Movement	K-12 PE
<p>This interactive session will enliven your K-12 classroom, gymnasium and content through the use of dynamic physical activity. Participants will discover a six-level framework for using movement thoughtfully and purposefully including preparing the brain, providing brain breaks, supporting exercise and fitness, developing class cohesion, reviewing content, and teaching content. Presenter: Mike Kuczala, Co-author of the Kinesthetic Classroom and International Speaker</p>	
Engaging and Assessing Health & P.E. Students Remotely	K-12 PE & Health
<p>Even though this school year looks different, we can still keep our Health and P.E. students engaged and provide them creative opportunities to demonstrate understanding throughout class. During this session, attendees will learn how to create and share summative and formative assessments using Padlet, Pear Deck, and Kahoot. Presenter: Ryan Fisk, Nassau BOCES</p>	
Using the SHAPE America Health Education/SEL Crosswalk to Improve Curriculum	Health
<p>Does your health curriculum align the CASEL SEL competencies and sub-competencies with the National Health Education Standards? Join this session to learn how to use the SHAPE America Health Education/SEL Crosswalk to update and enhance your curriculum and practice. The presentation includes a demonstration of how to write an engaging prompt that contains the NHES and the aligned SEL competencies. Presenter: Mary Connolly, Program Chair, Skills-Based Health/SEL, Cambridge College; Health Education Consultant</p>	

Tuesday 2/9: SESSION II – 4:20pm-5:05pm

B.R.E.A.T.H.E.	Elementary PE
<p>Tips to boost students' physical & mental well-being using best practices to regulate emotions and thrive in the "New Normal" Building blocks to promote, Relationships that, Empower, All students and give them, Tips and Tools to, Help them navigate along their Social, Emotional path Presenters: Lori Bifarella, 2018 SHAPE America Eastern District Elementary PE Teacher of the Year, Beth Bolger, NYS AHPERD Elementary PE Teacher of the Year, Tom Micucci, Pleasantville Schools</p>	
The New York State Physical Education Learning Standards (2020)	K-12 PE
<p>The revisions to the New York State Physical Education Learning Standards (2020) have been approved. Through the collaboration of New York State Education Department (NYSED) and NYS AHPERD, a diverse representation of PE professionals was assembled to complete this important initiative. Updates and progress including an implementation timeline will be shared and discussed. Presenter: Clancy Seymour, NYS AHPERD President</p>	
Tug of Wars & CRAAP in High School Health Classes	Health
<p>Learn about a High School Decision Making Learning Experience in which students use the CRAAP test to find valid sources of health information, a tug of war to analyze the influences on our decisions and much more. Participants will have access to both student and teacher materials to recreate or reinvent this learning experience in their own classrooms. Presenter: Jen Mead, Waterford-Halfmoon UFSD</p>	

Tuesday 2/9: SESSION III – 5:10pm-5:55pm

Adventure Racing CORE	Grades 4-12 PE
<p>Adventure Racing CORE (a Cooperative Obstacle Racing Experience) uses the basic ideas of adventure racing and can be done at any school without expensive equipment. By using teamwork, problem solving skills and fitness, teams read and follow a task sheet to make their way through an obstacle course to the finish line. Learn about this fun way for students to learn skills and knowledge while getting physically fit and using teamwork. Participants will also learn about free resources and premade races available to help implement this unique lesson format. Presented by the author of Adventure Racing Activities for Fun and Fitness and the 2019 SHAPE America National High School Physical Education Teacher of the Year.</p> <p>Presenter: Dan DeJager, 2019 SHAPE America High School Teacher of the Year</p>	
Virtual Engagement Strategies for Physical Education	K-12 PE/Technology
<p>Nationally Board Certified Teacher and SHAPE America District Teacher of the Year will share tips and tricks to create a high-quality and engaging class where students move to learn and learn to move. You're guaranteed to walk away with ideas you can implement into your program.</p> <p>Presenter: Kate Cox, Nationally Board Certified Teacher and SHAPE America District Middle School Teacher of the Year</p>	
Getting our Students What They Need in Health Education	Health
<p>No matter what we hear, we know health and physical education are unequivocally the two most important classes any student will take. With that said, what do our kids really need from their health education class? That question may be too large to answer, but let's try.</p> <p>Presenter: Charlie Rizzuto, Oyster Bay-East Norwich CSD</p>	

4:00 PM - WELCOME ADDRESS & INTRODUCTIONS
Henry Opperman, Nassau Zone President

Wednesday, 2/10: SESSION I – 4:20pm-5:05pm

Tech It Up!	K-12 PE & PETE
<p>Please join us to explore how technology can be leveraged to improve student learning. All participants will gain access to a myriad of free resources created by generous Health and PE professionals from around the globe. You will leave this session feeling comfortable navigating the CBHPE website, and come away with the knowledge of exactly where to look for anything tech in HPE. Presenters: Becky & Mark Foellmer</p>	
Got Behaviors? Get PROActive	Adapted PE
<p>Wonder why students have behaviors, and how to reshape those behaviors? There are answers! Come learn about a research-evidence based approach to dealing with student behaviors which focuses on four simple functions, which address the WHY's of behavior. Once you are able to identify the antecedent or source of the behavior, you can easily develop plans to reshape the specific behaviors. Presenter: Tracy Sharlow, 2016 SHAPE America APE Teacher of the Year</p>	
Skill-Based Health 101	Health
<p>Are you looking to begin to switch to a skills-based approach but aren't sure where to start? If so, this is the session for you. We will cover the "nuts and bolts" of designing and implementing a skills-based approach to health education. You will leave with strategies and ideas that will help you to become a skills-based health educator. Presenter: Holly Alperin, Co-author of Lesson Planning for Skills-Based Health Education</p>	
Self- Motivation and Engagement boosters for better academic results	K-8 PE
<p>Within this session you will get to learn secrets behind why self-motivation and engagement boosters help to increase academic gains across the school. Andy Hair, an addictive and energetic educator from Australia will lead you through how his students translate physical gains to academic gains. In today's culture of in person and online learning the benefits of daily practice will be easy for you to adopt in order for your students to thrive and remain thriving in life. Physical Literacy directions and connections to the Shape America standards will help you develop rich curriculum outcomes around the boosters. As Andy always does whenever he presents, you will be left with tons of resources to maximum your teaching. Come for the learning but stay for the FUN!! Presenter: Andy Hair</p>	

Wednesday, 2/10: SESSION II – 5:10pm-5:55pm

Promoting Backyard Games - Olympic Style!	Secondary PE
<p>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.</p> <p>Presenter: Allison Relyea, 2020 Eastern District High School Teacher of the Year</p>	
OPENPhysEd SELebration: Instant Activities, Fitness Games and Team Builders	K-12 PE
<p>Experience this session with me as we grow our growth mindsets with empowering games of introduction, build our muscles in fun and imaginative ways and increase our personal learning networks by getting to know each other as we employ teamwork to build a leaning tower! All of the activities, academic language cards, assessments, cheers and celebrations used in this session can be accessed through OPENPhysed.org for FREE! All participants will also receive the entirety of purposeful pictures, vibrant visual cues, tone-setting songs and all of the session slides at the conclusion of the session. Celebrate good times, come on! It's a SELebration!</p> <p>Presenter: Brandon Herwick, A.W. Becker Elementary School Physical Education Ravena-Coeymans-Selkirk Central Schools; OPENPhysEd.org National Trainer and Victor Spadaro, Abingdon Elementary, Arlington County VA</p>	
Social Justice and Equity in Health Education	Health
<p>In this interactive workshop, participants will explore justice and equity and how these intersect with health education. We will discuss key terms and concepts, provide strategies for engaging in social justice and equity work and provide time for participants to begin reflection and planning for ways to integrate social justice constructs into health education classrooms.</p> <p>Presenter: Sarah Benes, Co-author of Lesson Planning for Skills-Based Health Education</p>	

Wednesday, 2/10: SESSION III – 6:00pm-6:45pm

Meaningful PE for ALL: Creating an Inclusive Environment, strategies and activities	APE, Inclusive Environment and Unified PE
<p>This session will focus on creating a safe and inclusive environment that supports student-learning outcomes and promotes meaningful experiences for students of ALL abilities. Universal Design for Learning (UDL) strategy options will be highlighted along with cooperative games and activities that promote student's development of the skills necessary to be successful in an inclusive PE setting.</p> <p>Presenter: Cindi Chase, 2020 SHAPE America National Adapted PE Teacher of the Year</p>	
Connections Without Contact	Elementary PE and Health
<p>Take a trip across the world as we explore resources, tips and tricks from total strangers. The silver lining of COVID is the amazing generosity of educators around the globe. This session will highlight various resources for both in person and virtual instruction that may be from colleagues that have never physically met.</p> <p>Presenters: Megaera Regan, 2020 Eastern District Elementary PE Teacher of the Year & Daniel Hill, Kentucky SHAPE Past - President, OPEN Physed National Trainer, 2014 Kentucky Elementary PE Teacher of the Year</p>	
Skill Development in a Remote World	Health
<p>Teaching remotely brings both challenges and opportunities - one of which is keeping a focus and emphasis on skill development when students are not in your physical classroom. During this session we will explore strategies for developing skills and transitioning lessons to a remote teaching space in ways that allow students to still develop self-efficacy in the skill being taught.</p> <p>Presenters: Sarah Benes & Holly Alperin, Authors of Lesson Planning for Skills-Based Health Education</p>	