

## 2011 OAHPERD Conference Schedule

- 7:30 – 9:00**      **Registration (Coffee & snack Breakfast)**
- 7:30 – 4:30**      **Exhibitors**
- 7:30 – 8:20**      **Poster Sessions (well be left up until after Lunch)**
- 8:00 – 8:20**      **Award Presentations**  
(JRFH, HFH, Student Awards, Ritson Lifetime Award)
- 8:30 – 9:20:**      **Session 1**

**Gym 1:**      "Heart Happy Fitness" - Mary Hirt; 2003 National MS PE TOY-  
I learned that with enthusiasm and creative thinking it is possible to have fun using almost anything. Nothing can take the place of being a positive role model for your students to live a life that is healthy and enjoyable. Join me for an hour to learn how to engage students for a lifetime of health and wellness. You will learn and engage in activities that are heart pumping fun.

**Gym 2:**      "Spring into Sport Stacking with Speed Stacks!" - Polo Metz, Speed Stacks Ambassador -  
Sport Stacking... A track meet for your hands at warp speed; a jaw dropping display of dexterity; a mind numbing manipulative motor skill! Stackers of all ages and abilities find success in unique individual and team sport that promotes hand-eye coordination, ambidexterity, quickness and concentration through up stacking and down stacking 12 specially designed cups. Participants will receive a FREE set of Speed Stacks.

**Weight Room:** "High School Strength and Conditioning Program Design: Using the Functional Movement Screen" - Frank Baumholtz, 2009 Oregon PE TOY -  
When you design Strength and Conditioning program, do you have the correct information to implement the proper exercise for each individual's/Team's needs? Come participate and see how The Functional Movement Screen evaluates one's body and assists with proper exercise selection.

**Wrestling Room:** "ADAPT Training - ABC's (Activity Based Curriculum)" - Brian & Kirsten Cassidy  
The ABC program is designed to provide elementary school children with the essential physical movements critical for proper growth and development. During the growth phase, the human body requires specific directional movement to ensure a healthy relationship

between the neuromuscular and musculoskeletal systems. Outdoor play and a variety of athletic activities once provided this critical movement. In today's environment the computer, TV, sport specific training, and overall lack of activity has eliminated the physical demands critical for all aspects of development. Physical education in elementary schools is now more important than ever as it is being reduced at a alarming rate.

**Auditorium / Stage: "Gotta Dance" - Jürgen Kraehmer, 2010 Elem. NASPE TOY -**

Come ready to move to the music of "Oldies but Goodies", Country Western, and Hip Hop and learn various new line dances for students K-8. Dancing is fun and great over-all fitness. Plus dancing teaches body awareness, coordination, direction, balance, rhythm, imagination, and stimulates both sides of the brain. You do not have to have any previous dancing experience, however, come prepared to move.

**Room B-126: "Safe Routes for Kids: A bike safety curriculum" - LeeAnne Ferguson / Bicycle Transportation Alliance**

This presentation will cover the BTA's ten hour Bicycle Safety Education Curriculum, best practices in implementing a bike safety class, a discussion of drills used in the classes and tips on obtaining, maintaining and managing a fleet of bicycles. The presentation will wrap up with a discussion of our bicycle fleet system and Q&A.

**Room B-122: "Student Teaching Panel - Q & A time" - Dawn Graff-Haight, PhD, Linfield College; Deve Swaim, Portland State University; Heidi M. Wegis, PhD, OSU**

This panel will give students an opportunity to ask questions and gets answers about the student teaching experience.

**Room B-127: "We Can't Prevent Suicide until We Talk About It" - Donna Noonan / Oregon Public Health Div.**

Let's talk openly - how do we prevent suicide? What do we look for? What do we do? We'll answer those questions and show you how a school can look comprehensively at preventing suicide and create a program to do so. We'll link you to local and national resources - no one has to do this alone.

**Room B-128: "Nutrition Updates: Energy Drink Lesson and My Plate" - Crista Hawkins; RD, LD & Vicki Wentzien; MEd., Oregon Dairy Council**

This session will introduce participants to the Oregon Dairy Council's new *Energy Drink Lesson*. Responding to requests from teachers, this lesson was developed to complement the *Pyramid Plus: Real-Life for Nutrition for Teens* curriculum and can be used as a stand-alone lesson for teachers and coaches who work with teens. Come to this session to learn to talk with teens about Energy Drinks and My Plate.

**Room B-121: "A STARS School Journey" - Collin Brooks, STARS Award 2011**

In this session participants will learn steps to becoming an impactful Physical Education Teacher. R.E. Jewell and Collin Brooks have recently won the NASPE STARS Award. The NASPE STARS Award Criteria will be discussed as well as designing a successful Physical Education Program. The following specific topics will be discussed: The NASPE STARS program, since the award is no longer available how it can still benefit Physical Education Teachers, impacting your school community, program promotion, staff and parent program

"buy in".

Room B-112: "Orienteering: A great way to get your students moving" - Danielle Blackwell  
Want a fun way to get your students moving? Come try orienteering. You will do actual activities that you can take back to your gym to instantly use.

**9:20- 9:30**                      **BREAK**

**9:30 - 10:20:**                      **Session 2**

Gym 1:                      "Skateboarding to Success" - Jake Gerig  
Attendees will participate in the beginning stages of teaching skateboarding in schools, strapping on helmets / pads and learn by doing. Never Fear, those not comfortable can sit back, observe, and take notes. We start with safety and the basics of finding your stance, where your feet go on the board, how to push for movement, and finally the ride. We will add grabbing and carving if time allow.

Gym 2:                      "The First Tee School Program" - Benna Cawthorn  
In this professional development session, physical educators participate "hands-on" in golf activity demonstrations and skill and safety instruction that incorporate golf motor skills, The First Tee Nine Core Values™ and Nine Healthy Habits™ using a safe, fun, developmentally appropriate teaching approach. The First Tee School Program curriculum is adapted from and meets the national standards developed the National Association for Sport and Physical Education.

Weight Room: "Power is Key: Developing Explosive Power in the High School Athlete" - Frank Baumholtz, 2009 Oregon PE TOY  
This session will focus on "How to implement various Power Exercises into a High School Strength and Conditioning Program". From Rotation Power to Olympic Lifting, Power needs for every individual is essential.

Wrestling Room: "ADAPT Training - Physical Fundamentals" - Brian & Kirsten Cassidy  
This program is designed to provide middle and high school age school children with fundamental physical demands. There has been an alarming increase of injuries in this age group. Learning sports and activities have to take a back seat to the need for fundamental movement. PE for a disturbing amount of kids may be only time they move dynamically in 24 hours. Moving dynamically on a regular basis is required to ensure a healthy relationship between the neuromuscular and musculoskeletal systems. In today's environment the computer, TV, sport specific training and overall lack of activity has eliminated the physical demands critical for all aspects of development. Physical education in middle and high schools is the only organized environment to convey the necessity of dynamic movement for muscular and joint health

Auditorium / Stage: "Have Fun and Get Fit with the Chinese Jump Rope" - Jürgen Kraehmer - 2010 Elem. NASPE TOY

The participants will learn and practice nine different Chinese Jump Rope routines which challenge all skill levels in grades K-12. The Chinese Jump Rope is a great life-long activity which improves aerobic endurance, flexibility, muscular endurance, foot-eye coordination, and jumping skills. Plus it is inexpensive, easy to set-up, needs very little storage space, and it increase brain activity by learning different jumping patterns. And it's fun!

Room B-126: "Creating LGBTQ Inclusive Classrooms" - Molly Franks; Multnomah County Health Dept. -

Inclusive classrooms are crucial for all students to succeed. New Oregon laws support making changes to health curricula to better meet the needs of all students, including those who are lesbian, gay, bisexual, transgender or questioning. Learn what LGBTQ youth say helps them feel supported at school.

Room B-122: "Teacher Standards and Practices Commission" - Beth Jones

To be discussed:

1. Oregon educator licensing requirements, to include renewal requirements.
2. Current changes in Oregon Administrative Rules pertaining to Oregon licensure.
3. Testing requirements

Room B-127: "Cultivating 'A' Healthy Body Image: Part I" - Karen McConnell & Colleen Hacker; Pacific Lutheran University

Cultivating 'A' Healthy Body Image: Part I

This workshop will present evidence supported lessons that focus on factors known to influence body image and related attitudes and behaviors. Lessons will target middle and high school aged students and will address two thematic areas: awareness (self and knowledge) and attitude. Research related to the topic will be presented followed by an overview of the lesson activities.

Room B-128: "Health Resources for Teachers: Implications of the Health Education Unification Project" - Caile E Spear, Ph.D., MCHES

Public school teachers are always looking for great teaching ideas to share with their students. At the national level the two largest health education professional organizations are joining forces to help unify and strengthen our profession. How does this potential merger impact the resources school health professionals want. This session will provide the latest information and include a Q & A session.

Room B-121: "Emergency Preparedness for Outside Instructional Activities" - Susan Graves, Lincoln County SD; Safety Coordinator

You will learn to identify potential hazards in areas you conduct classes outside; how to prevent or mitigate injuries or loss of life due to those hazards, and how to prepare for and effectively respond to hazards or emergencies while conducting classes outside.

Room B-112: "Brain-Based Exercise & Movement Program: Alighting Your Whole Community" - Anne Summers; Healthy in Oregon founder & Meg Greiner, 2005 National Elementary PE TOY

The science is in. Movement and exercise are critical to successful learning, behavior—and schools. The impact of school PE shutting down is reaching crisis level, making this, not just a school issue, but a community issue—Priority One! Communities playing and moving together liberate everyone and keenly empower K-12 student activity *and* our shared future. Let's get to...playing!

**10:20- 10:30                      BREAK**

**10:30 - 11:20:                      Session 3**

Gym 1:                      "Jump Rope Extravaganza" - Loni Espinoza; 2010 Oregon PE TOY

The participant will learn some positive strategies to teach jump roping in a non-threatening way to the non-jumper, side-by-side with the jumpers. This session will also include a variety of jumping/jump roping activities and games. Also offered are ideas of how to incorporate jump roping with math and language arts.

Gym 2:                      "How to Make a Touchdown One Yard at a Time" - Vicki J. Worrell, AAHPERD 2011-2012 Past President

Students will have the opportunity to create an individual game plan for success. They will experience how to design plays, develop players, hold team huddles, motivate the fans and improve their own game.

Weight Room: "So you want to be a Personal Trainer" - Shannon Rackowski, Personal Trainer; Newport Parks & Rec.

1 - What does it take to become a Personal Trainer 2 - Money vs. helping others, teaching and educating 3 - Can you find a job 4 - Continuing Education and staying current 5- Sustainability with clients 6 - being happy in the field

Wrestling Room: "BOCCE - The Game" - Jack Elder, Portland Bocce League Past-President

Come learn the game of BOCCE - you will walk away with the knowledge of the game, rules, and how to set up a tournament.

Auditorium / Stage: "Beat of Life Dances" - Mary Hirt; 2003 National MS PE TOY

Come; learn easy to implement dances that the children will enjoy moving and grooving to. You will walk away with eight dances from beginning rhythm to a Michael Jackson classic. You will see how you can use technology to assist you in teaching a class while monitoring their movement. Yes, it is possible to be in two places as once. Learn how.

**Room B-126: "Walk & Bike to School: How you can encourage active transportation!" - LeeAnne Ferguson / Bicycle Transportation Alliance**

The goal of this presentation is to empower participants to engage their communities by challenging students to choose active transportation. The essence of the Walk + Bike Challenge Month and Walk + Bike Day will be portrayed through photos, stories, and student essays. Participants will be lead through a visioning exercise, barriers brainstorming, and problem-solving.

**Room B-122: "Oregon Outdoors - Surfing, Kiteboarding, Fly Fishing & Tying, Scuba Diving, Hunter Safety Education and more!" - Ollie Richardson, Newport HS**

Oregon Outdoors is a one of a kind class where students learn how to surf, kiteboard, scuba diving, fly fish/tying, and complete the Hunter Safety Education Course. This class focuses on safety first and gives students the necessary skills and confidence to be able to participate on their own, select the right equipment, and know the best locations in the area for each subject.

**Room B-127: "Cultivating 'A' Healthy Body Image: Part II" - Karen McConnell & Colleen Hacker; Pacific Lutheran University**

Cultivating 'A' Healthy Body Image: Part II

This workshop will present evidence supported lessons that focus on factors known to influence body image and related attitudes and behaviors. Lessons will target middle and high school aged students and will address three thematic areas: affirmation, acceptance and advocacy. Research related to the topic will be presented followed by an overview of the lesson activities.

**Room B-128: "TOP™ Teen Pregnancy Prevention Program" - Camelia Hison & Jennifer Melo; Planned Parenthood Columbia Willamette**

The U.S. Department of Health and Human Services, Office of Adolescent Health awarded to A group of six Planned Parenthood affiliates a five-year grant to replicate across northwest one of the programs that have been proven effective in preventing teen pregnancy. The Teen Outreach Program (TOP™) is an evidence-based nationally recognized youth development approach that has been proven to foster academic success and prevent teen pregnancy. TOP™ includes a classroom component with facilitated discussion and activities, and a volunteer community service-learning experience. Teens participate in weekly classroom sessions and addresses issues such as relationships, peer pressure, and life options. TOP™ provides a supportive environment in which the students do most of the talking and the facilitators relate to the students in a compassionate and non-judgmental manner.

The full program will launch in fall 2011 in multiple locations throughout Oregon, targeting rural and urban communities at the highest risk of teen pregnancy.

**Room B-121: "Quests: Outdoor Clue- Directed Hunts" - Cait Goodwin, Hatfield Marine Science Center Oregon Sea Grant**

Oregon Coast Quests is a low-tech, place-based education program that uses clue-directed hunts to encourage the public to get outside and explore coastal communities. Quests are used as field trip activities, and Quest-building is an ideal youth stewardship project. This

presentation will show many of the creative and interdisciplinary ways Quests have been used to inspire people to recreate outdoors.

**Room B-112: "Assessing using modern technology, Creating Proficiencies for your student in PE" - Danielle Blackwell, West Albany HS**

Would you like to be able to do live assessments daily on your students? Come to an informational discussion on how to use PDA's (such as palm pilot or iPod Touch) to do just that. I will demonstrate how to use rubrics in excel and capture data important for you and your students. We will also break down the standards so you can create your own rubrics for your assessments.

**11:30 - 12:15 OAHPERD meeting & TOY awards**

**12:20 - 1:00 LUNCH**

**1:10 - 2:00 KEYNOTE ADDRESS -  
Well, Well, Well Let's Move in Oregon Schools [LMIOS]  
Dr. Vickie J. Worrell  
2011- 2012 AAHPERD Past President**

This presentation will motivate participants to initiate the AAHPERD Let's Move in School (LMIS) program in their workplace. At the same time, attendees will personally be challenged to demonstrate their ability to LMIOS - Listen, Make Risks Happen, Influence Others, Opt for Opportunities and Successfully Believe in Self.

**2:10 - 3:00 Session 4**

**Gym 1: "Rookie Rugby" - Michael Sandsness, Rugby Oregon**

Pick up the ball and run with it! Rookie Rugby is designed with the American Athlete in mind. It is fun, safe, team game that develops a range of ball handling, running and evasion skills. Participants learn the importance of teamwork and respect for opponents coaches and referees, which are key elements of all athletic endeavors. The sport of Rugby is simple to understand, organize and teach.

**Gym 2: "The New Hula Hoop" - Collin Brooks, R.E. Jewell, Bend**

Are you tired of teaching students the same old hula-hoop tricks? This fast paced session will teach you new and engaging hula-hoop activities that you can teach on Monday. These activities will keep your students engaged in moderate to vigorous activity during and after school with a affordable piece of equipment. Get ready to move, learn, and share ideas!

Weight Room: "What it takes to be a Personal Trainer" - Shannon Rackowski, Personal Trainer; Newport Parks & Rec.

Determine if becoming a person trainer is really what you want.

What you need to do to become a personal trainer

Wrestling Room: "Yoga Calm: Strong Heart, Mind, and Body" - Lynea & Jin Gillen, Still Moving Yoga, Portland

Teach children and teens (K-12) how to manage stress, build social skills and create lifelong fitness habits. The Yoga Calm approach addresses the interconnected nature of children's physical, mental and emotional health. It is more than just a set of yoga poses and activities; it is a complete wellness curriculum, guided by wellness principles and 60 activities and games that effectively promote lifelong fitness while meeting children's social/emotional needs.

Auditorium / Stage: "Moving It with the Newspaper" - Jürgen Kraehmer - 2010 Elem. NASPE TOY

Participants will learn and practice how to use the newspaper to teach: body awareness; body parts; perceptual motor abilities of laterality, directionality, and balance; basic locomotor skills, hand-eye coordination; tossing and catching skills; and creativity. Plus the newspaper can be used to integrate Math, Language Arts and Social Studies concepts. Using the newspaper is inexpensive, fun and challenging for all skill levels in grades K-3.

Room B-126: "Establishing Clear Expectations for Student Outcomes - Classroom Management" - Mary Hirt, 2003 National MS PE TOY

The priority for any teacher is to establish norms for student behavior. Respect, responsibility, perseverance, fairness, courage, trustworthiness, compassion, and citizenship are traits we expect students to demonstrate while they interact with others and yet, we traditionally do not spend time teaching students how these traits manifest in action. As the teacher, we must be very explicit on how we expect students to behave in our classroom

Room B-122: "Servant Leadership: A New Teaching Perspective" - David Schary - OSU Graduate Student

The servant leadership model (SLM) may assist physical activity professionals inspire sedentary youth become active. SLM's foundations of humility, empowerment, and authenticity offer a unique perspective on positive approaches for physical activity behavior change. Being new to the field, this presentation will: (1) introduce participants to the model, (2) explain the benefits of the model, and (3) give practical examples for its application.

Room B-127: "Let's Talk About Sex and other Sexuality Education initiatives across the State" - Stefanie Murray, Oregon Health Authority

This session will discuss various initiatives and tools to address sexuality education. We will cover the 2009 Oregon Human Sexuality law, the Oregon Youth Sexual Health Partnership, review clips from "Let's Talk about Sex", and discuss potential uses for the movie in and out of schools. We will also review findings from a pilot assessment of Sexuality Education in Oregon.

**Room B-128: "Addressing the Needs of Trans and Gender Non-Conforming Youth in School Based Settings" - Jenn Burleton, Trans Active Education & Advocacy**

This workshop will provide information about transgender and gender non-conforming elementary, middle, and high school age youth. It will cover their needs and their obstacles, as well as key tips for making classrooms, health care offices and youth spaces inclusive and welcoming. Common questions regarding the application of the Oregon Equality Act and the Oregon Safe Schools Act to health and physical education will also be addressed.

**Room B-121: "Nuts & Bolts to Start your Teaching" - Jo Rauch, Retired teacher**

Your best buds- Custodian & office staff, Phone calls, Injuries, Keys, Classroom Management, Things that stand out. Q & A time, record keeping

**3:10 - 4:00      **Session 5****

**Gym 1:      "Student Competition" - Danielle & Mike**

Your student reps have organized a 4 person team competition - a Challenge course: Blind football toss, scooter races, bucket stacking, and map building  
You must sign up prior to competition - Winners will be announced at the OAHPERD open house following competition.

**Gym 2:      "Fire Up... Push Up...Stack Up! Fitness Stacking with Speed Stacks" - Polo Metz, Speed Stacks Ambassador -**

Motivate your students to move using Speed Stacks. Experience health and skill related fitness activities which can be included in your daily physical education program. All first time participants will receive a free set of Speed stacks, Instruction DVD and Information

**Weight Room: "How to be the Best 20 Minutes of Your Kids Day" - Scott Tibbling and Mare Yonts, Walla Walla HS**

Two national board certified teachers will demonstrate their application of boot camp fitness procedures and equipment in providing fun, fast-paced, motivating, and effective fitness activities for students of all ages. This presentation will be hands-on and participants will use bodyweight exercise in conjunction with cutting edge fitness implements such as battling ropes, TRX suspension trainers, sandbells, kettlebells, and sleds as they sample an actual fitness lesson designed to maximize student participation and enhance student fitness. Participants learn how to design and use boot camp methods to create exciting, adaptable, and unique fitness lessons for their students.

**Wrestling Room: "Yoga Calm: Strong Heart, Mind, and Body" - Lynea & Jin Gillen, Still Moving Yoga, Portland**

Teach children and teens (K-12) how to manage stress, build social skills and create lifelong fitness habits. The Yoga Calm approach addresses the interconnected nature of children's physical, mental and emotional health. It is more than just a set of yoga poses and activities;

it is a complete wellness curriculum, guided by wellness principles and 60 activities and games that effectively promote lifelong fitness while meeting children's social/emotional needs.

Auditorium / Stage: "Bored with Balls and Bean Bags, then Use Plastic Cups" - Jürgen Kraehmer - 2010 Elem. NASPE TOY

Room B-121: "Successful Advocacy Strategies for Physical and Health Educators" - Meg Greiner, 2004 OAHPERD Bob Ritson Honorary Life Award, 2005 NASPE National Elementary Physical Education TOY; Don Zehrung 2010 OAHPERD Bob Ritson Honorary Life Award, 1999 Oregon Middle School TOY; Collin Brooks, 2011 NASPE STARS Award Winning School; Jane Morris Salem/Keizer School District

**In this session presenters will share successful strategies that they have employed to advocate for physical education and physical education programs at the state, district, and school levels. In this time of crisis we all need to educate and advocate for our programs. Let's get started today!**

**4:00 - 4:30 Commons / Raffle / Open House (Snacks)**