

2006 DuPage County Institute Day

Session I 8:00 – 9:00 a.m.

***Strength Training Guidelines for the Adolescent and Pre-Adolescent* Auditorium**

Dr. Ted Lambrinides

Levels: 6 - 12

Director of Exercise Science

Host:

Thomas More College

This lecture will cover the physiological responses and adaptations of strength training for the adolescent. It will also cover appropriate training guidelines.

***Teaching Scarf and Bean Ball Juggling Skills* Small Cafeteria**

Mike Vondruska

Levels: All

Illinois Juggling Institute, Inc.

Host:

This is a total participation session. You will learn how to teach 1, 2, 3, and 4 scarf juggling and other cool scarf juggling tricks. You will also learn how to teach 1, 2, and 3 ball juggling as well as partner juggling.

***Building Unity, Community, Connection and Teamwork Through Active Learning* Sophomore Study Area**

Dr. Jim Cain

Levels: All

Teamwork and Teamplay (teamworkandteamplay.com)

Host:

Join author and teambuilding expert Dr. Jim Cain in this fast-paced active session as he demonstrates activities that explore valuable life skills.

***Integrated Flexwork* Library**

Tom House, Ph.D.

Levels: All

Absolute Performance Group:

Host:

National Pitching Association

The session will cover Range of Motion, and dynamic flexibility protocols.

A New Paradigm: P.A.T. (Postural Awareness Training)

***The Foundation for Physical Fitness* Faculty Lounge**

David Geslak, B.S. C.S.C.S. Proprietor, Right Fit Education

Levels: K - 12

Suzanne Gray, M.S., Proprietor, Right Fit Education

Host:

Right Fit Education L.L.C.

P.A.T. is a supplemental physical education program that utilizes an easily administered, innovative computer program to analyze a student's posture and its relationship to physical fitness. This three-step P.A.T. program includes Up-Right Photos, Up-Right Assessment and the Right Fit prescription which will provide awareness and education of posture and body symmetry. The P.A.T. program is currently being implemented at the LaGrange Highlands School, District 106. Right Fit has been invited to share their innovative program at Slippery Rock University, Hinsdale District 181, Argonne Laboratory and Oak Lawn Hometown, District 123.

Introduction to Cricket – A Fast Growing Bat and Ball

***Sports in the U.S.A.* Gyms 3-4 Field House**

Chidambar Joshi

Levels: 6 - 12

Ramachandran N (Ram)

Host:

Martin Vieira

Cricket Sporting Academy (CSA)

The session will cover the following, Cricket history, U.S, and Cricket, how and where, who coaches, who to learn from, information about the Cricket Sporting Academy, school Cricket, World Cup Cricket for school teams and more.

(Session I continued on next page)

(Session I continued)

Hike It – Strike It – Roll It – Control It, Part 1Gyms 5 – 6, Contest Gym

John Thomson

Levels: K - 8

1991 NASPS National T.O.Y.

Host:

U. S. Games

This session will provide novel, unusual and different physical education activities that are sure to be stimulating and fun for your elementary-middle school students! There will be cooperative situations using mini-parachutes, problem solving, activities utilizing rubber critters, plus drills to thrill and camouflage fitness.

Flexibility Stretching and Anaerobic

Exercises and Stations.....Wrestling Balcony

Joe Guyette

Levels: 6 - 12

Physical Education Instructor

Host:

Fond du Lac High School

“Variable Resisted Active Isolated Stretching” (flex-band stretching) mimics the movement patterns and ranges of motion that your exercise activity requires. By participating in these range of motion and stretching exercises, it will prime all students for safer and more efficient function and movement. Learn how to incorporate these flexibility stretches and exercises for safety, injury prevention, and performance enhancement into your Physical Education classes and/or athletes. Demonstration will also include hands-on shoulder, hip, and core exercises along with recent in-class testing results. “Training from the outside in so you can develop from the inside out”.

Implementing Group Exercise Gymnastics Room

Nicole LaFrancis

Levels: 6 - 12

Theresa Recchia

Host:

Wheaton Warrenville South High School

You will find this presentation to be informative as well as interactive. You will learn how to implement a Group Exercise Program into your elective courses. You will then enjoy a Group Workout using a variety of strength training and cardiovascular equipment designed specifically for Group Exercise. We might even include an extra punch with Cardio Kickboxing!

Ballroom Dance Instruction for 5th – 12th Grade.....Dance Room

Colleen MacDonald, Professional Dance Instructor

Levels: 5 - 12

Nino DiGiulio, Professional Dance Instructor

Host:

May I Have This Dance, Inc.

Dancing with the Stars, Mad Hot Ballroom and Shall We Dance? Ballroom Dancing is hotter than ever. Learn how to get your students excited about this healthy and fun activity. New moves and dances!

Initiative Tasks and Cooperative Games in the Pool..... Pool

William J. Quinn

Levels: 9 - 12

Northeastern Illinois University

Host:

This session will demonstrate several activities designed and adapted for use in the water.

(Session I continued on next page)

(Session I continued)

So Much Brain Research... So Little Time!Band 162

Kathy Houston Levels: K - 8
Physical Education Teacher Host:

Pheasant Ridge Elementary School
Glendale Heights, Illinois

Let's be practical with our time – allow me to share ideas for warm-up, games, activities and cool-down for the gym, classroom or home in a hands-on “take with you” mini session. There are many avenues to follow in brain research: movement and learning. Brain research facts and references will be included; think out of the box!

On the Move with Speed Stacks: Sport Stacking and Fitness Fun!.....Room 163

Lori Bissell Levels: K-12, Health
Clay and Kelly Demelio, Student Stackers Host:

Speed Stacks, Inc.
Englewood, CO 80112

Activity-based session: Learn the basic skills of **Sport Stacking** AND participate in a variety of **fitness and movement challenges**. Learn how sport stacking can enhance your PE curriculum all year long! Experience the benefits of *sport stacking* through increased hand-eye coordination, ambidexterity, focus, concentration and bilateral proficiency. Designed for both “experienced” stacking instructors and “New-to-the-sport-Instructors!” Receive a FREE set of Speed Stacks, Instructional DVD, and ‘On the Move with Speed Stacks’ Activity Guide!

Reading Strategies Room 170-171

Rob Harvey Levels: 6 - 8
Host:

Teaching Group Exercise.....Room 177

Mary Yoke, M.A. M.M. Levels: 6 - 12
Stromville, NY Host:

There are many different kinds of group exercise classes ranging from hi/low impact, step, yoga, indoor cycling, and more. Common characteristics for all will be outlined and reviewed. Short DVD clips from the *Methods of Group Exercise* book class segments will assist in visualizing safe and effective teaching methods in physical education classes will be the focus.

IAHPERD Blue Ribbon Health and Physical EducationRoom 181

IAHPERD Levels: All
Marcia Berke Host:
Kathy Schroeder

This session will give the participant information regarding the process for developing a Blue Ribbon Health or Physical Education program.

(Session I continued on next page)

(Session I continued)

Those First 10 Precious Minutes Room 184

Isobel Kleinman

Levels: 7 - 12

Author: *Too Dangerous to Teach*

Host:

Complete Physical Education Plans for Grades 7 - 12

The first ten minutes of class is precious and yet, is often wasted! Those minutes gives teachers an opportunity to set the tone, a positive emotional atmosphere and promote a strong work ethic. In those early minutes teachers have an opportunity to teach individuals, kids have an opportunity to practice what they've already learned and the class has an opportunity to learn new skills simply by warming up. This session will examine methods to promote moving, learning and class citizenship from the minute students arrive, through the everyday routines of taking attendance and doing class warm-ups.

Breakout Session Part I:

Outrageous Teaching Techniques in Sexuality Education: Grades 6-12..... Room 187-188

Deborah Tackmann, B.S., M.E.P.D.

Levels: Health

North High School, Eau Claire, WI

Host:

This highly interactive and hands-on health session will help you empower students with the knowledge and skills they need to make healthy sexual decisions in the 21st century. We will use beach balls, milk, and pink string, take risks with dice, play with bags of beans and have fun while learning exemplary teaching techniques that will energize your classroom! It will be presented in two sessions. You may participate in part 1 or part 2 or both! Part 1 will demonstrate **different** activities than part 2.

ADTSEA Driver Education Curriculum Room 258

Allen Robinson

Levels: Drivers Ed.

CEO ADTSEA

Host:

Indiana University of Pennsylvania

This presentation will consist of a demonstration of the recently revised ADTSEA curriculum with a new technology approach for visual presentations.

2006 DuPage County Institute Day

Session II 9:20 – 10:20 a.m.

***Physical Exercise is Really a Workout for the Brain* Auditorium**

John J. Ratey, MD

Levels: All

Associate Professor of Psychiatry

Host

Harvard Medical School

Of all the new brain optimizing activities nothing begins to compare to the magical changes that physical activity brings. Dr. Ratey will detail the latest studies from Neuroscience supporting his seemingly outrageous claim. Exercise improves mood, vitality, motivation, and most importantly it actually makes nerve cells ready to bind together.

***MyStationPE.com – Teaching G.Y.M. (Great Young Minds)* Small Cafeteria**

Aaron Hart

Levels: K - 5

Jim DeLine

Host:

GYM (Great Young Minds) Activities – empower you to better answer the increasing demands of academic integration. *Balance Literacy, Math In Motion, Exer-Science, and Bon-a-PE* are activity units with innovative elementary physical education content from MyStationPE.com that kinesthetically integrate core academic concepts without compromising standards – based physical education or instructional best practices. This hands-on “move-and-do” workshop is suitable for anyone working in movement environments, and will demonstrate how you can nurture and support the academic learning of all your students. Each participant will receive a free 30-day membership to MyStationPE.com.

Body Sculpt: Inventive Ways to Add Aerobics

***to Your Curriculum* Sophomore Study Area**

Mrs. Shelby Thormeyer

Levels: All

Neuqua Valley High School

Host:

Naperville, IL

Adding a new curriculum to your current program can be challenging. This presentation will offer you guidance in setting up an aerobics program along with tips on choreography, music selection, music editing, and equipment.

***Body Work* Library**

Tom House, Ph.D.

Levels: All

Absolute Performance Group:

Host:

National Pitching Association

This session will include vertical and horizontal, closed chain, and body weight resistance training for functional strength

***Integrated Freshmen Health/Wellness Class* Faculty Lounge**

Shantel Skibicki

Levels: 9 - 12

Margaret Wolff

Host:

Lynette Wissmiller

Plainfield Central High School, Plainfield School District 202

Plainfield, IL

We will be presenting on Plainfield District 202's ninth grade Health/Wellness Curriculum. We will be discussing how we integrate Health and Physical Education. We will also be going over some fun activities for Health and PE!

(Session II continued on next page)

(Session II continued)

Back to the Future and Beyond.....Gyms 3-4 - Fieldhouse

Gerry Cernicky
Kiski Area Schools, Pennsylvania
Time tested tips and tricks, innovative techniques, public relations and personal improvement ideas along with instant activities and brain based integration will be discussed. This will serve to bridge the gap from the past, present and future that involves students, parents, community and administration.

Levels:
Host:

Rope Jumping for Fun and Fitness..... Gyms 5-6, Contest Gym

Rene Bibaud
Ropeworks
Rope jumping is an incredibly rewarding and challenging activity. Taught properly, this activity can be self paced, rewarding and fun. Rene Ribaud, five time world rope jumping champion and Cirque Du Soleil artist has developed a teaching style and techniques to systematically teach rope jumping in a that is success-oriented, self paced and fun. Learn single rope skills, and ways to help kids develop rhythm at a very early age. From rope throws to turns, movement and ways to keep an entire class engaged – Rene will help kick off your rope jumping unit- or give you new ideas to add creativity and new challenges to your class. We'll finish with demonstrations on how you can learn double dutch- I guarantee success!

Levels: All
Host:

Movement: Organic, Old Fashioned, and InexpensiveWrestling Balcony

Steve Myrland
Myrland Sports Training, LLC
Equipment supplied by: Beacon Athletics
This session will focus on teaching and training methods that respect and enhance the body's ability to create and refine movement in three planes. We will use simple tools and emphasize progression; from slow-to-fast; simple-to-complex; and single stimulus to multi-stimulus.

Levels: 6 - 12
Host:

Self Defense for All Ages Gymnastics Room

Michael J. Eichenberg, 5th Degree Black Belt
Warrior's Edge Martial Arts
Learn realistic self defense techniques and tactics that you can teach children of all ages.

Levels: 6 - 12
Host:

Thumbs Up for Healthy Living.....Dance Room

Charlie Foxman
Revgear/Midwest Martial Arts
An exciting and interactive wellness program featuring the EZRope and workbook that includes exercises, games and healthy nutrition – a total wellness program that any school can adapt. Self funding!

Levels: 6 - 12
Host:

Water Fitness Pool

Shari Hayes
St. Charles High School
St. Charles, IL
This session will give different water exercise to do with any number of students. Exercises will include cardio activities, arm and leg exercises and abdominal workouts.

Levels: 9 - 12
Host:

(Session II continued on next page)

(Session II continued)

A Sequence for Teaching Belaying.....Band 162

William J. Quinn Levels: 6 - 12

Northeastern Illinois University Host:

This presentation will focus on a series of steps to teach the technique of belaying a rock climber.

On the Move with Speed Stacks: Sport Stacking and Fitness Fun!.....Room 163

Lori Bissell Levels: K-12, Health

Clay and Kelly Demelio, Student Stackers Host:

Speed Stacks, Inc.

Englewood, CO 80112

Activity-based session: Learn the basic skills of **Sport Stacking** AND participate in a variety of **fitness and movement challenges**. Learn how sport stacking can enhance your PE curriculum all year long! Experience the benefits of *sport stacking* through increased hand-eye coordination, ambidexterity, focus, concentration and bilateral proficiency. Designed for both “experienced” stacking instructors and “New-to-the-sport-Instructors!” Receive a FREE set of Speed Stacks, Instructional DVD, and ‘On the Move with Speed Stacks’ Activity Guide!

Moving and Learning Across the Curriculum:

Linking PE and the Early Elementary Classroom..... Room 170 - 171

Rae Pica Levels: K - 8

Moving and Learning Host:

The domains of child development – physical, social/emotional, and cognitive – are so intertwined in the early years that a child can’t learn something in one domain without learning something in the others. This participatory workshop explores activities that provide young children with both physical education and conceptual understanding in the content areas of art, language arts, math, music, science, and social studies.

National Board Certification: Is It For Me?.....Room 181

Barbara C. Baber, NBCT/EAYA-PE Levels: All

Illinois Mathematics and Science Academy, Aurora, IL Host:

Deborah L. Ague, NBCT/EMC-PE

Roy Elementary School, Northlake, IL

This session is designed to convey information about the process of becoming a National Board Certified Teacher from the perspective of two physical education teachers that have completed the process. We will share information about the National Board for Professional Teaching Standards, discuss things to consider in making a decision to become a candidate, inform you of mentoring and support systems for candidates, explain the portfolio and assessment center requirements, and describe the rewards of this professional development experience.

Teambuilding: Is it the Foundation of Your

Physical Education Program?.....Room 182

Dan Creely, Jr. Levels: All

Northeastern Illinois University Host:

Group initiatives provide a basis for lifelong learning and behavior. Come and learn how it works first hand. Fun, energizing, and educational!

(Session II continued on next page)

(Session II continued)

Power Up With PE Pedometers Room 183 - 185

Todd Keating
Physical Education Teacher
River Woods Elementary School
Naperville, IL

Levels: All
Host:

Physical educators are just beginning to discover the **power of the pedometer** to change the way we think about exercise and motivate students to higher levels of physical activity. Todd Keating, a nationally certified teacher will share how to use pedometers to **empower students to take responsibility for personal fitness**, leading to an active, healthy lifestyle. You will learn how to introduce pedometers to your students, how to teach them to assess their own personal activity levels, set their own activity goals, and even increase your students' physical activity **OUTSIDE of the gymnasium**. Todd has taught 22 years and has in-served teachers and school districts on how to teach with pedometers to meet national and state standards and the power they have to change lifestyle habits and help students take responsibility for their own health!

Credible Teaching: Becoming a Teacher Who Changes Lives Room 170-171

Dr. Lynn M. Owens
Montana State University

Levels: All
Host:

Do you remember the best teacher you ever had? Do you remember the worst teacher you ever had? How is it that some teachers inspire students to learn and others impair student learning? How do you want to be remembered? What is it that separates teachers who change lives from the rest who are forgotten? The purpose of this interactive workshop, intended for students, beginning and veteran teachers, teacher educators, and administrators, is to answer these questions and provide teachers with strategies they can use to enhance their credibility and student success. The goal of this session is to share with participants results of research from numerous interviews with credible teachers and their students. Specifically, seven components of credible teaching will be shared.

Breakout Session Part II:

Outrageous Teaching Techniques in Sexuality Education: Grades 6-12 Room 187-188

Deborah Tackmann, B.S., M.E.P.D.
North High School, Eau Claire, WI

Levels: Health
Host:

This highly interactive and hands-on health session will help you empower students with the knowledge and skills they need to make healthy sexual decisions in the 21st century. We will use beach balls, milk, and pink string, take risks with dice, play with bags of beans and have fun while learning exemplary teaching techniques that will energize your classroom! It will be presented in two sessions. You may participate in part 1 or part 2 or both! Part 1 will demonstrate **different** activities than part 2.

(Session II continued on next page)

(Session II continued)

***Authentic Assessment in PE*Room 198**

Todd Lawler

Levels: All

Polar Electro, Inc.

Host:

This presentation explains the benefits of using technology, such as heart rate monitors, fitness assessment systems and hand-held computers in physical education. They will discover how to use this technology to objectively assess student and class fitness levels while exploring ways to track progress and gain improvement recommendations.

***ADTSEA Driver Education Curriculum*Room 258**

Allen Robinson

Levels: Drivers Ed.

CEO ADTSEA

Host:

Indiana University of Pennsylvania

This presentation will consist of a demonstration of the recently revised ADTSEA curriculum with a new technology approach for visual presentations.

2006 DuPage County Institute Day

Session III 10:40 – 11:40 a.m.

***Strength Training Guidelines for the Adolescent and Pre-Adolescent* Auditorium**

Dr. Ted Lambrinides

Levels: 6 - 12

Director of Exercise Science

Host:

Thomas More College

This lecture will cover the physiological responses and adaptations of strength training for the adolescent. It will also cover appropriate training guidelines.

***Disability Sport and Modified Games for Your General Physical Education Class* Small Cafeteria**

Dr. Ronald Davis, Professor of Adapted Physical Education

Levels: All

Dr. Joseph Culhane, Assistant Professor of Physical Education

Host:

Students from Ball State University Adapted Physical Education Leadership Program

Ball State University, Muncie, IN

This is will be an activity based presentation. Teachers will participate in activities and sports from disability sports competition and be shown how to incorporate these sports into their general physical education curriculum. Proposed activities will be: goalball, beep baseball, Noddlin-around, and Kin Ball. Noddlin around and Kin Ball are cooperative games that can be used for students with and without disabilities.

***Building a Case for Active Learning* Sophomore Study Area**

Dr. Jim Cain

Levels: All

Teamwork and Teamplay (www.teamworkandteamplay.com)

Host:

As a long-time advocate of adventure-based and active learning, Dr. Jim Cain presents the best learning models, stories, documentation and ideas for convincing the decision makers in your institution of the value of the style of education. You can download the class handout in advance at www.teamworkandteamplay.com, click on the downloads button and then click on 'In Defense of Active Learning.'

***Instant Replay... Using TIVO in Physical Education* Library**

David Perry

Levels: All

Neuqua Valley High School

Host:

Susan Kursar

Welch Elementary School

Naperville, IL

Ready, set, rewind! See the easy set up that produces one of the most powerful learning tools to be envisioned in quite some time. Our school's unique vision and use of this set up allows for students to self-evaluate as they watch themselves on time delay video and allows instructors the opportunity to provide detailed slow motion analysis for students. We will share applications for elementary through secondary. Endless possibilities!

***Beyond the Basics of Health Education* Faculty Lounge**

Ms. Lisa M. Klaas

Levels: 9 - 12

Mrs. Delle West

Host:

Plainfield High School – Central Campus

Plainfield, IL

This session is for high school health teachers who are concerned about whom to address all the state standards and content areas. Let's go beyond the basics to fully prepare kids for life after high school.

(Session III continued on next page)

(Session III continued)

KIN-BALL® Sport and SUPER GAMES

With SUPER LIGHT BALLSGyms 3 -4, Fieldhouse

Louis Grondin

Levels: All

Physical Education Teacher, Canada

Host:

Director of International KIN-BALL® Sport Federation (IKBF)

OMNIKIN and IKBF

Learn to play **KIN-BALL®** with 3 teams at the same time using a very light 4 foot ball. Presented will be different games and activities with balls of 18 inches to 6 feet in diameter. Also learn stimulating activities with 6 balls of different colors utilizing 6 games which include a big football and a large basketball. These activities will motivate your students to reach their objectives of developing cooperation and allowing your students to become successful in a variety of physical activities. These activities will improve aerobic capacity, reduce obesity because of continuous motion and develop hand and foot coordination. In addition to learning and participating in these non traditional games with a variety of balls, participants who attend this session will be eligible to win an 18 inch ball valued at \$50.

Hike It – Strike It – Roll It – Control It, Part IIGyms 5 – 6, Contest Gym

John Thomson

Levels: K - 8

1991 NASPS National T.O.Y.

Host:

U. S. Games

This session will provide novel, unusual and different physical education activities that are sure to be stimulating and fun for your elementary-middle school students! There will be cooperative situations using mini-parachutes, problem solving, activities utilizing rubber critters, plus drills to thrill and camouflage fitness.

Understanding Pilates ExerciseWrestling Balcony

Mary Yoke, M.A., M.M.

Levels: K - 8

Stormville, NY

Host:

Key concepts of Pilates exercise include core stability (pelvic, spinal, and scapular), balance, and flexibility. Preliminary research, core, anatomy, and basic Pilate's concepts will be discussed; this will be followed by a short, experiential mat Pilate's class. Learn how to integrate these concepts and exercises into your physical education classes now!

BOSU Exercises for Balance and Aerobic Activities Gymnastics Room

Mary French

Levels: 6 - 12

Aerobic Instructor, 5th Grade Teacher

Host:

Indian Trail School

Downers Grove, IL

Using the BOSU can improve sports performance, plus it can increase aerobic activity and balance. Great addition to a gym class!

Hip Hop Dance Instruction for 5th – 12th GradeDance Room

Colleen MacDonald, Professional Dance Instructor

Levels: 5 - 12

Nino DiGiulio, Professional Dance Instructor

Host:

New moves, choreography and expert tips on how to teach Hip Hop and dance to kids of all ages.

(Session III continued on next page)

(Session III continued)

On the Move with Speed Stacks: Sport Stacking and Fitness Fun!.....Room 163

Lori Bissell

Levels: K-12, Health

Clay and Kelly Demelio, Student Stackers

Host:

Speed Stacks, Inc.

Englewood, CO 80112

Activity-based session: Learn the basic skills of **Sport Stacking** AND participate in a variety of **fitness and movement challenges**. Learn how sport stacking can enhance your PE curriculum all year long! Experience the benefits of *sport stacking* through increased hand-eye coordination, ambidexterity, focus, concentration and bilateral proficiency. Designed for both “experienced” stacking instructors and “New-to-the-sport-Instructors!” Receive a FREE set of Speed Stacks, Instructional DVD, and ‘On the Move with Speed Stacks’ Activity Guide!

Developmentally Appropriate Fitness for Young Children..... Room 170 - 171

Rae Pica

Levels: K - 8

Moving and Learning

Host:

Given the appalling statistics relative to children’s overweight and obesity, it’s evident that fitness must become a goal – and physical activity a habit – in the early years. But we can’t approach fitness for young children in the same way we do for their older counterparts – not if we want our young students to continue to love movement. This participatory workshop explores developmentally appropriate activities falling under the headings of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

Navigating the Partying, Purging, and the Pressure to

Be Perfect: A Prep Course in ConfidenceRoom 181

Marla Richmond, M.S. ACE-certified

Levels: 6 - 12

Exercise Physiologist/Author

Host:

Together for Life, Inc.

Northwestern University

“Who in this class likes their body?” Not one of the female students attending a pilot program at *Northwestern University* raised a hand. Learn how this presenter helped them change their bodies and perspectives. The secret to a success in life is learning (early) to cope through chaos and to define the SELF with confidence. We, as educators, are a big part of this process. Discover how to prepare your students for the partying, purging and pressure to be perfect. Exercise physiologist, author, columnist, presenter and media expert shares how she has taught thousands of young women to stop competing and proudly raise their hands.

The Science and Practice of Youth and Exercise..... Room 183 - 185

Jim Bell, Ph.Dc.

Levels: K – 12, Health

President, International Fitness Professionals Association

Host:

Tampa, FL

Our nation’s youth may or may not be interested in becoming world class athletes, but you still need to lead them to the fitness lifestyle – their development and possibly their lives depend on it.

(Session III continued on next page)

(Session III continued)

Information Communication Technology in Physical Education.....Room 184

Frank Marik, Consultant
Dartfish, USA

Levels: 6 - 12
Host:

Physical Education is the only subject where the student can't see their own work. When it comes to learning a P.E. skill or movement, 65% of what students learn is visual. Dartfish Software is a concept for fully integrating digital video and computers in Physical Education for the benefit of students and teachers. In the United Kingdom, over 500 schools have incorporated Dartfish into their Physical Education programs to provide immediate visual feedback, assess skill and progress, and encourage student to think more critically about movement. Teachers use Dartfish for lesson plans, assessments, better communication, and share video analysis with students on CD's, e-mail or school website. This same software can be incorporated into computer labs, science classes and more. Seeing is believing!

Outrageous Teaching Techniques in Health

Education in the 21st Century Room 187-188

Deborah Tackmann, B.S., M.E.P.D.
North High School
Eau Claire, WI

Levels: Health
Host:

This highly interactive and hands-on session will help you empower students with the knowledge and skills they need to make healthy decision in the 21st century. Many activities that work with kids will be demonstrated in the curricula areas of physical wellness, emotional wellness, alcohol/tobacco and much more! Come on in and join the fun!!

Authentic Assessment in PERoom 198

Todd Lawler
Polar Electro, Inc.

Levels: All
Host:

This presentation explains the benefits of using technology, such as heart rate monitors, fitness assessment systems and hand-held computers in physical education. They will discover how to use this technology to objectively assess student and class fitness levels while exploring ways to track progress and gain improvement recommendations.

**Defending Your Program – Maintaining Your
Quality Driver Ed Program**

Room 258

Scott Cumming
Mark Andrews
Downers Grove South High School
John Liston
Judy Busse
Downers Grove North High School
Downers Grove, IL

Levels: Drivers Ed.
Host:

In this session we will describe the process that evolved that enabled us to protect the District 99 Driver Education Program from reduction in staff, changing the quality of our delivery model, or incorporation a before or after school BTW phase.

Session IV

12:15 – 1:15 p.m.

***Physical Exercise is Really a Workout for the Brain* Auditorium**

John J. Ratey, MD

Levels: All

Associate Professor of Psychiatry

Host

Harvard Medical School

Of all the new brain optimizing activities nothing begins to compare to the magical changes that physical activity brings. Dr. Ratey will detail the latest studies from Neuroscience supporting his seemingly outrageous claim. Exercise improves mood, vitality, motivation, and most importantly it actually makes nerve cells ready to bind together.

***MyStationPE.com – Teaching G.Y.M. (Great Young Minds)* Small Cafeteria**

Aaron Hart

Levels: K - 5

Jim DeLine

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GYM (Great Young Minds) Activities – empower you to better answer the increasing demands of academic integration. *Balance Literacy, Math In Motion, Exer-Science, and Bon-a-PE* are activity units with innovative elementary physical education content from MyStationPE.com that kinesthetically integrate core academic concepts without compromising standards – based physical education or instructional best practices. This hands-on “move-and-do” workshop is suitable for anyone working in movement environments, and will demonstrate how you can nurture and support the academic learning of all your students. Each participant will receive a free 30-day membership to MyStationPE.com.

***Nutrition/Hydration Updates* Library**

Tom House, Ph.D.

Levels: All

Absolute Performance Group:

Host:

National Pitching Association

This session will provide the participant a nutrition/hydration “tool kit” for proper metabolic management.

A New Paradigm: P.A.T. (Postural Awareness Training)

***The Foundation for Physical Fitness* Faculty Lounge**

David Geslak, B.S. C.S.C.S. Proprietor, Right Fit Education

Levels: K - 12

Suzanne Gray, M.S., Proprietor, Right Fit Education

Host:

Right Fit Education L.L.C.

P.A.T. is a supplemental physical education program that utilizes an easily administered, innovative computer program to analyze a student's posture and its relationship to physical fitness. This three-step P.A.T. program includes Up-Right Photos, Up-Right Assessment and the Right Fit prescription which will provide awareness and education of posture and body symmetry. The P.A.T. program is currently being implemented at the LaGrange Highlands School, District 106. Right Fit has been invited to share their innovative program at Slippery Rock University, Hinsdale District 181, Argonne Laboratory and Oak Lawn Hometown, District 123.

***Teaching Paddle and Ball Activities* Gyms 3 -4, Field house**

Howie Sokol, Retired

Levels: K - 12

Glenbard South High School

Host:

Pick-A-Paddle, Inc.

Park Ridge, IL

Learn why and how to include paddle and ball activities in your curriculum. Participants will be introduced to skills, drills and games that can be utilized with paddles and different striking implements. Demonstration and participation will allow session participants an opportunity to try out what they have just been introduced to!

(Session IV continued on next page)

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***The Athletic Edge; Rope Jumping for Improved Athletic Performance* Gyms 5-6, Contest Gym**

Rene Bibaud Levels: K - 8
Ropeworks Host:

Old school meets new school as Rene trains athletes and coaches on how to put the most reliable of training tools to use with innovative, challenging and exciting techniques that absolutely will enhance athletic performance. Everyone knows that rope training works, but employing it to maximize results is the challenge. The medical and sports evidence has been in for years and continues to mount. Rope training works because it demands foot speed, enhances agility, engages the upper and lower body simultaneously, builds the skills required in team sports, challenges athletes and produces superior conditioning results.

***Core Training*.....Wrestling Balcony**

Jim Ferguson Levels: 6 - 12
ATC, CSCS Host:

This presentation will answer the following questions; what is the core, how does it work and how to train it?

***Having a Ball on the Exercise Ball* Gymnastics Room**

Mary French Levels: All
Aerobic Instructor, 5th Grade Teacher Host:
Indian Trail School

Downers Grove, IL
Using exercise balls during gym class is a true ball. They can be used for strength training, games, balance, and yoga and Pilates.

***Thumbs Up for Healthy Living*.....Dance Room**

Charlie Foxman Levels: 6 - 12
Revgear/Midwest Martial Arts Host:

An exciting and interactive wellness program featuring the EZRope and workbook that includes exercises, games and healthy nutrition – a total wellness program that any school can adapt. Self funding!

***Introduction to Kayaking*.....Pool**

Kurt Johns Levels: 9 - 12
John Pour Host:

Naperville North High School

This session will introduce Kayaking basics, and how you can implement this unit in your Aquatics or Adventure Education curriculum. Participation in the pool is welcomed.

***On the Move with Speed Stacks: Sport Stacking and Fitness Fun!*.....Room 163**

Lori Bissell Levels: K-12, Health
Clay and Kelly Demelio, Student Stackers Host:
Speed Stacks, Inc.

Englewood, CO 80112

Activity-based session: Learn the basic skills of **Sport Stacking** AND participate in a variety of **fitness and movement challenges**. Learn how sport stacking can enhance your PE curriculum all year long! Experience the benefits of *sport stacking* through increased hand-eye coordination, ambidexterity, focus, concentration and bilateral proficiency. Designed for both “experienced” stacking instructors and “New-to-the-sport-Instructors!” Receive a FREE set of Speed Stacks, Instructional DVD, and ‘On the Move with Speed Stacks’ Activity Guide!

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Between a Rock and a Hard Place

***Dealing With the Conflicting Goals of Politics in Education* Room 170 - 171**

Isobel Kleinman

Levels: All

Author: *Too Dangerous to Teach*

Host:

Complete Physical Education Plans for Grades 7-12

In a world where education is politicized, it is no longer good enough to be a good teacher. You have to be a teacher who is able to accommodate everyone – administrators, parents, students – while trying to fulfill your professional responsibilities. Often this leads to conflict. This session will explore the conflicts, the consequences and discuss possible solutions.

***Childhood and Adolescent Depression and Anxiety*Room 181**

Rebecca Hamilton, LCSW

Levels: 6 12, Health

Metropolitan Family Services, fund by Naperville United Way

Host:

The session will cover the following topics:

1. Signs and Symptoms of Depression, Suicide and Anxiety
2. Depression and Anxiety in the Classroom
3. Classroom Management Strategies

***Dance Round Table*Room 182**

Margie Chambers

Levels: 6 - 12

Neuqua Valley High School

Host:

This class will be a sharing of ideas and curriculum that you feel make your dance program successful. We will break into small groups part way through K-5, 6-8, 9-12. This will be beneficial to schools that would like to start dance programs.

Is Your Class Like the DMV? Using Definitional Grading for

***Student Accountability*..... Room 183 - 185**

Jenny Parker, Ed.D.

Levels: All

Marilyn Looney, P.E.D.

Host:

The licensed driver must demonstrate minimum levels of knowledge, vision, and practical skills. Should we demand any less from our students? Come and see how definitional grading holds students accountable for all class components.

Developing Teacher Radar:

***Understanding the View from the Front of the Class*Room 184**

Dr. Lynn M. Owens

Levels: All

Montana State University

Host:

Why is it that some teachers are able to maintain class control and others are not? Why is it that some teachers are able to hold students accountable for class behavior and learning and others are not? Why is it that novice teachers struggle with class management so much? The purpose of this session is to understand the concept of “teacher radar”. Information will be shared to help teachers utilize specific strategies for enhancing their “teacher radar”. Among others, these will include early intervention radar techniques and comprehending signals sent by students, their meanings, and ways to proactively react to these signals.

(Session IV continued on next page)

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KIN-BALL® sport =Cooperation-Accessible-Aerobic-Fair PlayRoom 198

Omnikin

Levels: 3 - 12

Louis Grondin

Host:

Physical Education Teacher, Canada

Director of International KIN-BALL® Sport Federation (IKBF)

OMNIKIN and IKBF

The International **KIN-BALL® sport** Federation is a worldwide association which includes 10 countries. Learn to play **KIN-BALL® sport** with 3 teams at the same time using a very light 4 foot ball. This session will focus on the rules of the game as well as developing good sportsmanship and teamwork while participating in the game. This game also improves aerobic capacity, reduces obesity because of continuous motion and helps to develop hand and foot coordination. In addition to learning and participating in the non-traditional games, participants who attend this session will be eligible to win an 18 inch ball valued at \$50.

Driver Education and the Special Needs ChildRoom 258

Anne Hegberg, M.S., OTR/L

Levels: Drivers Ed.

Certified Driver Rehabilitation Specialist

Host:

Marianjoy Rehabilitation Hospital

The Driver Rehabilitation process will be presented including who is appropriate and when. Which students need specialized instruction and/or training and whose needs can be addressed in "standard" Driver Education? Specific strategies to prepare the special education student for driving will be discussed.