

# WAHPERD 2021 Convention

## Final Schedule

Saturday, November 13, 2021

Title	Brief Description of Presentation for Program	Content Area of Presentation	Primary Presenter Name	Additional Presenters	Time	Room
Registration	Registration				7:00 am - 4:00 pm	
<b>REAL Essentials Advance: Evidenced-Based Curriculum to Promote Personal, Family, And Community Health.</b>	<p>Explore the Center for Relationship Education's evidence-based curriculum.</p> <p>Establish, promote, and support health-enhancing behaviors for students:</p> <ul style="list-style-type: none"> <li>*Teaching functional health information (essential knowledge).</li> <li>*Shaping personal values/ beliefs that support healthy behaviors.</li> <li>*Shaping group norms valuing a healthy lifestyle.</li> <li>*Developing the essential skills necessary to adopt, practice, and maintain health-enhancing behaviors.</li> </ul>	Health Education	Patty Brus	Jackie Parker and Kelsey Giroux	8:00-8:50	Shoshoni Room
<b>Easily Assess SEL with IHT Software</b>	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 the state; their outcomes and impact as they interlink SEL with PE to drive their programs forward with data and student growth.	Adapted Physical Education, Physical Education, Health Education, Technology	Lois Mauch		8:00-8:50	Jackson Hole Room A
<b>Adaptive Physical Education Program Ideas</b>	Two adaptive physical education teachers from NCSD would like to present the peer partner program which is done at the elementary level as well as motor skill warm up ideas, inclusion and adapting ideas, and challenge day which highlights community and school integration.	Adapted Physical Education	Jennifer Hudson		8:00-8:50	Ballroom D
<b>CrossFit Kids Ages 5-9</b>	Westy Guill, Owner of Oil City CrossFit, will give you a quick introduction as well as hands on experience to his CrossFit Kids class. He will provide new and/or modified functional movements and activities for you to bring to your students and players.	Physical Education	Westy Guill		9:00-9:50	Jackson Hole Room C

<b>Interactive PE Space</b>	Have students that are obsessed with video games and less interested in practicing physical education skills? Want to increase the participation and engagement of all students, not just the physically blessed ones? Only have access to a few pieces of technology? This session focuses on how to create an interactive wall or space within your education space. While there are companies out there that provide entire systems to create interactive walls and challenges and can cost quite a bit. Learn how to develop your own basic interactive wall and use it to leverage your students interest in video games and such. Within this session you will learn to develop and use an interactive space with the tools currently available to you.	Physical Education, Health Education, Technology	Ben Wells		9:00-9:50	Ballroom C
<b>Connecting Dance and Social Emotional Learning</b>	Teach dance in your PE program and get students engaged in activity while providing a positive impact on their social-emotional well-being. Dance is an essential part of quality physical education. It offers social, cultural, technique and health related skills essential to a well-rounded program. In this session participants will learn, practice and gain comfort in a variety of dance forms and explore how dance addresses the social-emotional health of their students	Physical Education	Deb Stephson		10:00-10:50	Ballroom D
<b>Help Meet your P.E. Program Needs through Grant Funding</b>	Need additional support providing more engaging curricula and new technologies? Do you need additional equipment for your students? Have you considered cross-curricular partnerships in your school or community? Grant funding is a great way to support your P.E. program. Come learn about grant funding opportunities to fit your needs!	Physical Education	Angela Simonton	Kelly Simonton	10:00-10:50	Shoshoni Room
<b>CrossFit Kids Ages 10-13</b>	Westy Guill, owner of Oil City CrossFit, will give a quick introduction and a demonstration to his CrossFit Kids class.He will provide functional movements and activities to use in various teaching and coaching methods. Attendees will get to participate in the workout as well.	Physical Education	Westy Guill		11:00-11:50	Jackson Hole Room C
<b>Special Olympics Unified Sports</b>	What is Special Olympics Unified Sports and how it benefits all students with socialization, teamwork, leadership skills, and fitness.	Adapted Physical Education, Physical Education	Amanda Ward		11:00-11:50	Ballroom C
<b>Lunch and Buisness Meeting</b>	<b>Lunch and Buisness Meeting</b>				12:00-1:15	Ballroom A & B
<b>SEL in Physical Education</b>	This session will cover the 5 CASEL components of Social - Emotional Learning and how they fit into Physical Education. *Participants will identify the 5 components of SEL. *Participants will experience activities that support Social -Emotional learning in Physical Education	Physical Education	Chris Strater		1:30-2:20	Ballroom D

<b>Get Active with Fitness Games Featuring IHT Wrist Heart Monitors</b>	Getting your heart rate up through moderate-to-vigorous physical activity has proven to increase higher cognitive function. This session will show you how to empower students to reach and understand their target heart rate zone with the IHT ZONE heart rate monitor. See how easy it is to add heart rate technology to your program, the data you'll harness.	Physical Education, Recreation, Technology	Lois Mauch	Mike Bradley	1:30-2:20	Jackson Hole Room A
<b>Increasing Youth Body Confidence and Self-Esteem</b>	Dove Self-Esteem Project's Confident Me! is a 1 & 5 lesson self-esteem program. Using skills-based health education it focuses on challenging unrealistic sociocultural ideals of appearance, media literacy with respect to these ideals, reducing appearance comparisons, and appearance conversations, while encouraging body activism and positive behavior change.	Physical Education, Health	Shawna McInay		1:30-2:20	Shoshoni Room
<b>Technology Tools for Enhancing Learning Environment</b>	There is a saying that states "If they can't learn the way we teach, maybe we should teach the way they learn." With how the current landscape of education is changing and attempting to adapt it is important that health and physical education change and adapt as well. While the focus of physical education is on authentic skill demonstration, development, game situations, skill understanding, healthy active lifestyle, and such how we go about doing that can and should change and adapt. With the amount of devices and technology tools that are available for tracking fitness levels, health, form, targeting, and sports and skill development it is important for educators to provide understanding. This session will go over the different types of technology tools that can be used within the physical education and health learning environment. These technology tools will be software, hardware, free, paid and more.	Physical Education, Health Education, Technology	Ben Wells		2:30-3:20	Jackhole Room B
<b>Learning and Loving Lacrosse</b>	One of the fastest growing sports in the US, you will leave this session able to teach your students the basic skills of lacrosse and utilize them in active lead up games where all students have success. Cues like "push pull" and "high to catch, low to throw" will assist you in assessing students from grades 3-12 on standards while having FUN!	Physical Education	Brian Devore		2:30-3:20	Ballroom C
<b>What is health. moves. minds.</b>	As educators, we embrace the responsibility to inspire healthy and active habits in mind and body teaching skills to thrive throughout our students' lives - physically and emotionally. This session will introduce attendees to SHAPE America's service-learning program, health. moves. minds. In this program students can learn how to have healthy physical and emotional wellness and be empowered to be part of a Team positively impacting their school and community.	Physical Education, Health Education	Briana Fuller	Annette Ice	2:30-3:20	Cheyenne Room
<b>Outdoors Adventures and Orienteering</b>	Get your students active (In your gym, on your Campus, and around the Community!) with Outdoor Adventures and Orienteering! Lesson ideas and community challenges for K-12	Physical Education, Recreation	Eric Urlacher		3:30-4:20	Jackson Hole Room A

<b>Wyoming Physical Education and Physical Activity Policy Survey: Preliminary Results</b>	Preliminary results of the first ever Wyoming Physical Education and Physical Activity Policy (WPEPAP) survey are presented. Highlights include current quantities of PE and recess provided to Wyoming students and school policies that affect teachers' ability to provide quality PE instruction such as scheduling, class sizes, exemptions, and outsourced credits.	Physical Education	Ben D. Kern	Paul Malinowski, Kim Hunt, Shawna McInay, Brian Powell, Deb Stephenson	3:30-4:20	Jackson Hole Room C
<b>Social, Silent Auction, Dinner &amp; Awards</b>					5:30	Ballroom A & B
<b>Dinner &amp; Awards</b>					6:30	Ballroom A & B

updated 11/10

# WAHPERD 2021 Convention

## Final Schedule

Sunday, November 14, 2021

Title	Brief Description of Presentation for Program	Content Area of Presentation	Primary Presenter Name	Additional Presenters	Time	Room
<b>Bridging the Gap in Physical Education</b>	Students returning to school in the Fall will bring unprecedented challenges to physical education teachers. Isolation, quarantines, virtual learning, and screen time have all contributed to a lack of physical activity across all grade levels. These barriers have created a regression in body control, skill development, and personal fitness levels that physical educators will need to overcome. This session will share a variety of new K-12 outcomes-based lessons from OPEN that will help physical educators bridge the gaps created by life during the pandemic.	Physical Education	Brian Devore		8:00-8:50	Ballroom D
<b>Creating/implementing a Model PE program</b>	In Hot Springs County School District we have developed a PE program that is aligned K-12 and fostered through collaboration in our vertical team of PE teachers. Our program consists of a progression of activities that range from strider bikes for our elementary students, to mountain bikes for our 5-12 students. We take an approach of taking out traditional ball sports for 7/8 and involving lifetime activities that involve taking many field trips to show our students our beautiful Wyoming landscape!	Physical Education	Shannon Hill	Brandon Deromedi; Boone Bowker; Matt McPhie	8:00-8:50	Shoshoni Room
<b>Elementary Health Standards: What Resources are Being Used in Wyoming?</b>	What resources, assessments and curriculum are being used in Wyoming schools to meet K-5 Health Standards? How is your district accountable for instruction and assessment of elementary health standards? How does your district formally assess elementary health standards? Are you able to share your common formal assessments?	Health Education	Rob Black	Annette Ice, Eric Urlacher	8:00-8:50	Cheyenne Room

<b>UW Students - Teaching Episodes</b>	The purpose of this session is to provide the UW senior physical education students an opportunity to each present a 20 minute teaching episode that cover a wide variety of different PE content that they have learned in the PETE program. Participants will have an opportunity to experience multiple teaching episodes including dance, fitness, games and much more during the session.	Physical Education	UW Students	Maggie Clerkin Braydon Cortney Kassidi Garbutt Kyle Grant Heidi Henderson Corey Henschel Kaden Hillibush Damon Murdock Tim Nolan Braydon Preston Kendall Spohr Mak Stevenson Blaine Teers Brigitta Venetta Trentn Weiss Matt Williams Dalton Young	9:00-10:30	Ballroom A & B
<b>Building lessons with a TARGET to improve motivation and mastery</b>	Developing student motivation and skill competencies are two important outcomes of Physical Education. However, achieving those goals isn't always easy! In this presentation we focus on using the TARGET Framework to design motivating elementary lessons. This framework helps develop a mastery-oriented climate which improves student motivation through autonomy and choice.	Physical Education	Kelly L. Simonton	Nolan Carey, & Angela Simonton	10:40-11:30	Ballroom C
<b>Wyoming's 2021 P. E/Health Standards</b>	We will preview the draft of the proposed 2021 PE and 2021 Health Content and Performance Standards, the first update to the standards since 2014. Revisions to the Performance Level Descriptors (PLDs) and differences between Content and Performance Standards will be discussed, along with an overview of the review process.	Dance, Physical Education, Health Education, Recreation	Rob Black		10:40-11:30	Cheyenne Room
<b>Not Your District's Tech PD</b>	Formative assessment tricks with technology to help reduce stress and increase engagement. Please bring a device to this session.	Physical Education, Health Education, Technology	Chris Babb		11:40-12:30	Shoshoni Room
<b>Overcoming Adversity and Building Resilience</b>	Practical, hands-on lessons explore the effects of adversity and toxic stress along with the healing process. Activities will build resilience and increase hope. The skills are designed to be practiced over a lifetime. Lessons inspire, uplift, and set young people on the journey of healing as they cultivate deeper resilience.	Health Education	Patty Brus		11:40-12:30	Cheyenne Room
						updated 11/10