



CCSD Secondary Physical Education/
Adapted Physical Education Conference

January 15th, 2010



Chaparral High School
7:00 a.m.- 2:11p.m.





CCSD Secondary PE/APE Conference in partnership with NAHPERD

January 15th, 2010 Chaparral High School



TIME	SESSIONS									
Room	Computer Lab Rodeo Room (Library)	Main Gym	Auxiliary Gym	Upper Area Gym	Wrestling Room	Field Space (not the softball field)	Tennis Courts	Lecture Hall Room 116	Room 587 Near main gym downstairs on the SW Side	Blacktop B-ball Courts Outside
7:00-7:15 am	Registration (Theater Foyer) Chaparral High School									
7:15-7:40 am	Welcome & Awards Chaparral High School Theater									
7:40- 8:35 am	Keynote: Lisa Perry, Alliance for a Healthier Generation "Be an Action Hero"									
8:35-8:45 am	Xyachimal Mexican Folkloric Dancers									
8:55-9:45 am	My CCSD.net and how to design a teacher webpage Hoai-My Winder Cadwallader MS	Strategies to increase Moderate to Vigorous Activity-MVPA time in PE Lisa Perry Alliance for a Healthier Gen.	Cultural Connections Xyachimal Mexican Folkloric Dancers (Session will take place in the Theater, and not the Aux. Gym)	Skillastics@: Creative Fitness and Sport-Specific Movement for All! Sandy Slade	HOT Ideas for COOL Secondary Physical Education Bonnie Hopper 1992 NASPE Teacher of the Year	Geocaching (Double Session) Part 1 Dr. Daniel Chase and Daphne Sewing UNLV Public Lands Institute	Tennis, Badminton, and Pickleball Randy Kempke ADA Tennis	Maximizing Athletic Performance with Sports Nutrition Amy Miracle MS,MA, RD, CSSD UNLV	Autism Instructional Strategies Tracey Herstam and Cindy White APE	The DiaboloFest Christian Ruiz de Loreto
9:55-10:45 am	My CCSD.net and how to design a teacher webpage Hoai-My Winder Cadwallader MS	Introduction to Team Handball Brain Finley and Marko Brezic USA Team Handball	Cardio Kickboxing Cresen Salazar Coronado HS and Eric Swenson Smith MS	Skillastics@: Creative Fitness and Sport-Specific Movement for All! Sandy Slade	HOT Ideas for COOL Secondary Physical Education Bonnie Hopper 1992 NASPE Teacher of the Year	Geocaching (Double Session) Part 2 Dr. Daniel Chase and Daphne Sewing UNLV Public Lands Institute	Tennis, Badminton and Pickleball Randy Kempke ADA Tennis	Effective Goal Setting Techniques for Coaches: Maximizing Player Potential Ted Peetz Doctoral Student, UNLV	Appropriate Referrals for Adapted PE Katelyn Tramontana, Connie Hines and Suzanne Montabon APE	The DiaboloFest Christian Ruiz de Loreto
10:50-11:10	NUTRITION BREAK									
11:20-12:10pm	"Work-Book" in Physical Education: Increasing Motivation for Fitness by Doing and Understanding Elian Aljadeff-Abergel and Dr. Shiri Ayvazo UNLV	Introduction to Team Handball Brain Finley and Marko Brezic USA Team Handball	"Hike it, Strike it, Roll it, Control It-Secondary Version John Thomson 1991 NASPE National Teacher of the Year	Skillastics@: Creative Fitness and Sport-Specific Movement for All! Sandy Slade	Technology in the Physical Education Classroom Pam Powers NASPE Teacher of the Year 2004	Active Academics/Literacy and Math in Physical Education Shenoa Davis, Jena Crabb and Stacey Patterson Chaparral HS and Sunrise Mtn. HS	PEP Grant Update Debbie Pope, CPD Room 588 (Not the tennis courts)	Teaching Physical Education in Urban Settings Dr. Doris Watson and Sonya Walker UNLV	Fitness Arch™: "Golden Wellness" Five Metrics to Empowering Independence Leo Novsky	National Archery in Schools Activity Session (Double Session) Part 1 Chris Cheff NDOW
12:20-1:10 pm	Kan Jam Computer Lab to start and then to the field for activity Nicole Murray Johnston MS	Introduction to Team Handball Brian Finley and Marko Brezic USA Team Handball	"Hike it, Strike it, Roll it, Control it-Secondary Version John Thomson 1991 NASPE National Teacher of the Year	Quality Physical Education? Use Classwide Peer Tutoring Dr. Shiri Ayvazo UNLV	Technology in the Physical Education Classroom Pam Powers NASPE Teacher of the Year 2004	Project Adventure Activities Mary Ann Hopper Veterans Tribute CTA HS, Judy Peterson NWCTA HS and Karen Robertus Miller MS	Trikes: Carving the Curriculum Ken and Shannon Houston APE	The Impact of Bullying CCSD Safe & Drug Free Schools Mary Vaughn Silvestri JHS	Winter Olympics/Paralympics Sports Overview Barbara Chambers, APE Coordinator, Joe Shifflett and Billy Eddins, APE	National Archery in Schools Activity Session (Double Session) Part 2 Chris Cheff NDOW
1:20-1:40 pm	WRAP-UP AND EVALUATION Chaparral Gym Turn in attendance cards									
1:41-2:11 pm	Lunch on your own									



**Conference Program
January 15th, 2010**

**7:00-7:15 a.m. Registration in the Chaparral High School
Theater Foyer**

7:15-7:40 a.m.  Presentations and Awards

CCSD Middle and High School PE Teacher of the Year Awards

Community Partners Awards

Presented by Hayden Ross, Secondary Physical Education Facilitator

Adapted PE Teacher of the Year Award

Presented by Barbara Chambers, Adapted PE Coordinator

President's Challenge Demonstration School Awards

Presented by Partners for a Healthy Nevada

**7:40-8:35 a.m. Keynote Speaker: Lisa Perry, Alliance for a
Healthier Generation: "Be an Action Hero"**

8:35-8:45 a.m. Xyachimal Mexican Folkloric Dancers

8:55-9:45 a.m.



- **My CCSD.net, Hoai-My Winder, Cadwallader Middle School.** Participants will learn how to create and use their myccsd.net accounts. Come and learn how to build a teacher web page.



- **Increasing Moderate to Vigorous Physical Activity in Physical Education Classes, Lisa Perry, Alliance for a Healthier Generation.** Engaging students in activities and games that lead to an active class. Objective: Providing techniques, tips and teaching strategies that will lead to students in physical education classes being moderately to vigorously physically active (MVPA) for more than 50% of class time.



- **Celebrating the Dance of Diversity, Xyachimal, Mexican Folkloric Dancers.** Come and learn how to increase cultural proficiency in your classes. Learn about the history and dances from Mexico, and how to teach these dance to your students, while enhancing class climate.

Thank you to  **THE SMITH CENTER** for providing us with this opportunity!



- **Skillastics: Creative Fitness and Sport-Specific Movement for ALL!** *Sandy Slade.* Participants will learn about Skillastics®, the series of standards-based fitness games that allow 1 to 100 children of varying ages and fitness levels to participate and enjoy being active at one time. Participants will also learn how Skillastics® can fit into an existing physical education or after-school curriculum, and what the benefits are to students. These benefits include understanding body movement and its underlying principals by the use of fitness and sport specific skills in a way that is non-competitive, differentiates according to abilities and is consistent with the National Physical Education Standards and NASPE appropriate practices.



- **Hot Ideas for “Kool” Secondary Physical Education,** *Bonnie Hopper, 1992 NASPE Teacher of the Year.* This activity-based session will share ideas that will “move” your students to improve their daily lifestyles. Loaded with innovative activities AND related concepts, don’t miss this session!



- **Geocaching,** *Dr. Daniel Chase and Daphne Sewing, UNLV Public Lands Institute.* (This is a double session and will last from 8:55-10:45 a.m.) Geocaching is an exciting, technology-based physical activity which can be easily integrated into physical education curriculums. Geocaching combines physical activity with problem solving, while presenting opportunities for teamwork and multidisciplinary learning. Geocaching also offers an excellent platform for promoting stewardship of our surrounding lands. Find out how Geocaching can span a variety of disciplines and help promote increased physical activity. This two part session will engage participants in a Geocaching event and include information and ideas on how to set up a course to integrate other disciplines into this novel physical activity.



- **Tennis, Badminton, Pickleball and Disc Golf,** *Randy Kempke, ADA Tennis.* This session will empower teachers to work with students on teaching tennis, badminton, pickleball, and disc golf. Come out and enjoy!



- **Maximizing Athletic Performance with Sports Nutrition, Amy Miracle, MS, MA, RD, CSSD and UNLV Doctoral Student.** This presentation will focus on identifying key nutritional issues of high school athletes and what you, as a coach, can do to help your team perform their best. Topics discussed will include pre and post-competition eating, hydration needs, fueling sport/muscle development, and how to encourage proper nutrition behavior among your athletes.



AUTISM SPEAKS™

- **Autism Instructional Strategies, Tracey Herstam and CindyWhite, Adapted Physical Education.** More and more students with autism, emotional disturbances and behavior disorders are being included into general education classes with no proactive plan on how to deal with their many behaviors. Our presentation will provide you with the tools to ensure your success by using positive reinforcement. We will arm you with the do's and don'ts when dealing with behaviors. We will have examples of data collection forms for you to record your documentation.



- **The DiaboloFest, Christian Ruiz de Loreto.** Participants will learn how to use and incorporate one of the most ancient forms of juggling in the world “the Diabolo” into a physical education class. This is an exciting and fun way to get students active outside of class too and gets them moving while having a great time.

9:55-10:45 a.m.



- **My CCSD.net, Hoai-My Winder, Cadwallader Middle School.** Participants will learn how to create and use their myccsd.net accounts. Come and learn how to build a teacher web page.



- **Introduction to Team Handball, Brian Finley and Marko Brezic.** Introduction to Team Handball-USA Team Handball staff will demonstrate the Olympic Sport of Team Handball. Team Handball combines many basic skills such as throwing, running, dribbling and teamwork. It is a simple game to teach and is appropriate for ages 5 and up with simple modifications.



- **Cardio Kickboxing, Cresen Salazar, Coronado High School.** Come and learn how to teach cardio kickboxing to your students. High intensity movement utilizing full body exercise, with kid friendly music.



- **Skillastics: Creative Fitness and Sport-Specific Movement for ALL!** *Sandy Slade*. Participants will learn about Skillastics®, the series of standards-based fitness games that allow 1 to 100 children of varying ages and fitness levels to participate and enjoy being active at one time. Participants will also learn how Skillastics® can fit into an existing physical education or after-school curriculum, and what the benefits are to students. These benefits include understanding body movement and its underlying principals by the use of fitness and sport specific skills in a way that is non-competitive, differentiates according to abilities and is consistent with the National Physical Education Standards and NASPE appropriate practices.



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- **Tennis, Badminton, Pickleball and Disc Golf**, *Randy Kempke, ADA Tennis*. This session will empower teachers to work with students on teaching tennis, badminton, pickleball, and disc golf. Come out and enjoy!



- **Effective Goal Setting Techniques for Coaches: Maximizing Player Potential**, *Ted Peetz, UNLV Doctoral Student*. Athletes can reap tremendous benefits from setting goals-but only if coaches help them learn to do it well. This presentation will present techniques coaches can implement to help their athletes set goals effectively. Topics such as motivation, feedback, and communication will be discussed. The lecture will be presented by a UNLV Sport Education Leadership doctoral student who has six years experience coaching collegiate golf. The presentation will be lecture based, but open discussion of issues and topics is encouraged.



- **Appropriate referrals for Adapted Physical Education**, *Katelyn Tramontana, Connie Hines, and Suzanne Montabon, APE*. What exactly IS Adapted Physical Education? Who, how, and why do students receive Adapted PE services? What are the legal parameters and liability to having students with disabilities in your PE class? What is the time “process” in having a student identified as needing APE intervention? Find out how important the General Physical Education teacher is in this process.



- **The DiaboloFest**, *Christian Ruiz de Loreto*. Participants will learn how to use and incorporate one of the most ancient forms of juggling in the world “the Diabolo” into a physical education class. This is an exciting and fun way to get students active outside of class too and gets them moving while having a great time.

10:50-11:10 a.m.



Nutrition Break- Food/drinks will be available for purchase in front of the main gym.

11:20-12:10 p.m.



- **“Work-Book” in Physical Education: Increasing motivation for fitness by doing and understanding. *Elian Aljadeff-Abergel and Dr. Shiri Ayvazo, UNLV.*** One of the goals of Physical Education is to assist students to develop knowledge, skills and motivation to accept responsibility for personal fitness. A practice that may increase engagement in fitness activities during physical education and beyond is a physical education “work-book.” In this session participants will engage in power walking-for-fitness activities using a workbook. Some of the components included in the workbook are the unit plan outline, homework, and active use of knowledge resources. The session will illustrate how to use a workbook in a middle school fitness unit to increase active learning, cognitive knowledge and after school activity. An example of the learning materials will be provided, advantages will be discussed and specific suggestions for effective implementation will be made.



- **Introduction to Team Handball, Brian Finley and Marko Brezic.** Introduction to Team Handball-USA Team Handball staff will demonstrate the Olympic Sport of Team Handball. Team Handball combines many basic skills such as throwing, running, dribbling and teamwork. It is a simple game to teach and is appropriate for ages 5 and up with simple modifications.



- **“Hike it, Strike it, Roll it, Control it” Secondary Version, John Thomson, Director of Educational Services-US Games and 1991 NASPE National Teacher of the Year.** Secondary ideas and activities that promote 100% success and 100% participation. There will be drills to thrill-not drills to kill, plus competition to improve-not competition to prove. Practical, adaptable, and two tons of fun!



- **Skillastics: Creative Fitness and Sport-Specific Movement for ALL! Sandy Slade.** Participants will learn about Skillastics®, the series of standards-based fitness games that allow 1 to 100 children of varying ages and fitness levels to participate and enjoy being active at one time. Participants will also learn how Skillastics® can fit into an existing physical education or after-school curriculum, and what the benefits are to students. These benefits include understanding body movement and its underlying principals by the use of fitness and sport specific skills in a way that is non-competitive, differentiates according to abilities and is consistent with the National Physical Education Standards and NASPE appropriate practices.



- **Technology in the Physical Education Classroom, Pam Powers, Director of Educational Services-Sportime, NASPE Teacher of the Year 2004.** Using technology in Physical Education class is a great way to engage students and get them excited about fitness. Come try out the latest in wireless DDR and watch your heart rate on the big screen.



- **Active Academics: Literacy and math integration in Physical Education, Shenoa Davis and Jena Crabb, Chaparral High School and Stacey Patterson, Sunrise Mountain High School.** Come and learn how to play the Flag Frenzy Game, Run for the Money Game, and learn how to use MVPA (Moderate to Vigorous Physical Activity) pedometers. Participants will learn how they can reinforce math and literacy skills while students are active and having fun.



- **"Be Fit, Get Healthy" PEP Grant Update, Debbie Pope, PEP grant facilitator, Curriculum and Professional Development Division.** A required session for PEP grant teachers. Participants will discuss what is working and what isn't with the PEP Grant Family, Fitness and Food Nights. Data collection weeks will be discussed, as will the implementation of the Fitnessgram and effectiveness of the new PEP grant equipment.



- **Teaching Physical Education in Urban Settings, Dr. Doris Watson and Sonya Walker, UNLV.** Explore issues surrounding teaching in an urban setting. Participants will have an opportunity to generate strategies for best practices.



- **Five Metrics to Empowering Independence, Leo Novsky.** If you are challenged when designing effective strength, cardio, flexibility and balance programs for kids with physical or mental limitations, this workshop is a must. Leo Novsky, inventor of Fitness Arch™ and an experienced trainer and therapist, will discuss the physical, mental, and emotional challenges of working with kids with developmental disabilities. You will learn about the 5 key metrics to consider before purchasing any fitness equipment and find out about the Fitness Arch--new fitness equipment that has already revolutionized the Adaptive PE at Valley High, and empowered independence in kids of every physical ability.



- **National Archery in Schools Program, Chris Cheff, Nevada Department of Wildlife.** (This is a double session and lasts from 11:20-1:10 p.m.) Come and learn about the hottest new physical education curriculum opportunity for Nevada. Learn about implementing NASP in your classroom, and as an afterschool program. Get your hands on the equipment to learn and practice safe and successful archery skills. Find out about the 1st Annual Nevada Archery in the Schools Program State Championships that your students can compete in! Don't miss this...5 million kids can't be wrong.

12:20-1:10 p.m.



- **KanJam, Nicole Murray, Johnston Middle School.** Looking for an exciting new game to add to your physical education class? KanJam is the perfect indoor/outdoor activity and encourages exercise, improved coordination skills and friendly competition without physical contact. KanJam emphasizes enjoyable and safe participation in physical activity and offers an alternative to traditional team sports that may alienate some young people. KanJam keeps your students moving and fosters cooperation and teamwork.



- **Introduction to Team Handball, Brian Finley and Marko Brezic.** Introduction to Team Handball-USA Team Handball staff will demonstrate the Olympic Sport of Team Handball. Team Handball combines many basic skills such as throwing, running, dribbling and teamwork. It is a simple game to teach and is appropriate for ages 5 and up with simple modifications.



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- **Quality Physical Education? Use Classwide Peer Tutoring, Dr. Shiri Ayvazo, UNLV.** Physical Education (PE) Teachers are faced with many challenges, one of which is increased numbers of students in a PE class. Large class sizes often impede the teachers' ability to provide frequent and prompt feedback and a quality physical education experience. A method that can address these challenges is Classwide Peer Tutoring (CWPT). In this session participants will engage in hands-on activities that illustrate how to implement CWPT in a middle school volleyball instructional unit. Physical education teachers who struggle with large class sizes, who are interested in improving the quality of their PE program, or who seek effective methods for teaching volleyball at the middle school level, are welcome to join this hands-on experience. Specific training procedures will be discussed and practiced, and handouts with pertinent information will be shared.



- **Technology in the Physical Education Classroom, Pam Powers, Director of Educational Services-Sportime, NASPE Teacher of the Year 2004.** Using technology in Physical Education class is a great way to engage students and get them excited about fitness. Come try out the latest in wireless DDR and watch your heart rate on the big screen.



- **Project Adventure Activities, CCSD Project Adventure Grant Recipients-** *Mary Ann Hopper, Veterans Tribute CTA HS, Judy Peterson, NWCTA HS, and Karen Robertus, Miller MS.* Come and learn how to build a climate in your class that respects diversity, teaches teamwork and cooperation, and builds trust. Try some of the favorite activities and games as chosen by some of the CCSD Project Adventure grant recipients in both middle and high school.



- **Carving the Curriculum, Ken and Shannon Houston,** *Adapted Physical Education.* Participants will learn the benefits and ease of use incorporating a Trikke Carving Vehicle. Participants will be encouraged to try riding a Trikke CV and discuss how Trikke CV's are used in a physical education curriculum. Learn from our own CCSD Trikke certified trainers.



- **The Impact of Bullying, Mary Vaughn, Silvestri Middle School and Safe and Drug Free Schools.** Current bullying information and its impact on our schools and students will be provided at this informational session.



- **Winter Olympics/Paralympics Sports Overview, Barbara Chambers,** *APE Coordinator, Billy Eddins, Joe Shifflett, Paralympic Sport Club-Las Vegas and the Adapted PE Department.* Overview of the Winter Olympics and Paralympics. Winter Sports in the Desert Town: Introduction to winter Paralympic Sports, including sled hockey, and curling beginning December 2009, first time in Las Vegas. Winter Olympics and Paralympics are in our “time zone!”

1:20-1:40 p.m.

Wrap Up/ Evaluations

Turn in Attendance Cards in Main Gym

1:41-2:11: Lunch on your own

A huge thank you to Niketown Las Vegas Staff for volunteering to help us during the conference!