

**Cross Curricular & Cultural Lessons in High School PE****Title**

Time 8:00 - 9:00 am

Room Ballroom ABC

Description Demonstration of how to use Merengue or Salsa to combine individual Zumba Fitness with cultural partner dance:  
1 - teach the basic steps of either Salsa or Merengue while monitoring breathing, heart rate and muscles worked through Zumba Fitness. 2 - teach the cultural side of the dance while incorporating those same steps in partner dance.

Speaker Ginny King, Regional School District #4, CTAHPERD 2016 HS PE TOY

**Title Ramp Shot-Fun New Yard Game**

Time 8:00 - 9:00 am

Room Ballroom FGH

Description RampShot is an exciting new yard game where players toss and/or catch for points, keeping all students active and engaged!

Speaker Josh Bonventre, RampShot

**Title Get "A.M.P.E.D" (Art, Music, PE) Jump Rope for Heart**

Time 8:00 - 9:00 am

Room Kent

Description This session provides information on how to run an interdisciplinary (Art, Music, PE) Jump Rope for Heart event.  
Lisa Galske, Bristol Public Schools with Allison Kelly - Music

Speaker Educator and Walter Lewandowski - Art Educator

Presider Ally Starkey, SCSU Student

**Experience Sport Stacking- an Introduction to Activity Based****Title Stacking with Speed Stacks**

Time 8:00 - 9:00 am

Room Crowne

Description Activity session showcasing physical activities from the video based Sport Stacking with Speed Stacks Instructor Guide. Triple up Triple down relay, March Madness, and Fetch 12 are featured activities. Experience the excitement, fun and movement these activities offer every student regardless of ability. First time attendees receive FREE Instructional materials.

Speaker Glen Costello, St. Joseph School, Speed Stacks

Presider Janna Stratman, SCSU Student

**Title Taking Cooperative Games to the Next Level with BreakoutEDU**

Time 8:00 - 9 :00 am

Room Nutmeg

Description We'll explore how adding BreakoutEDU (escape room) to cooperative games can be a great way to check for content knowledge without sacrificing movement. Participants will play a survival game which integrates riddles or clues to open various locked boxes needed to earn equipment that will help finish the game.

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Speaker Mike Ginicola, Stratford Public Schools  
Presenter Amanda Amtmanis, Middletown Public Schools

**Title Practical Approaches for Individuals with ASD**

Time 8:00 - 9:00 am

Room Coach 1

Description Methods for teaching PE to individuals with ASD. Strategies and tools that support the engagement of sport, leisure and to develop skills for life long fitness.

Speaker Daniel Kahl, Benhaven School, CTAHPERD 2017 Adapted PE TOY

**Title Observation Worthy Lessons in Middle School Health Education**

Time 8:00 - 9:00 am

Room Coach 2

Description This presentation will include a variety of lessons and ideas that can be utilized in a Middle School Health Education program. We will demonstrate "All Star" lessons from the self-esteem, substance abuse, growth and development, nutrition and fitness units. We will also describe how Common Core State Standards were implemented and incorporated into the curriculum.

Speaker Karen Bosworth, Cromwell Middle Schools & Melissa Yennie, Classical Magnet Hartford

**Title To Crunch or Not To Crunch**

Time 8:00 - 9:00 am

Room Middlesex

Description This program will demonstrate a new way to think of training the abdominal muscles based on spinal health, athletic performance and of course Fun!

Speaker Mike Radlbeck & Tonya McDermott, Tolland Public Schools

**Title SESSION II - GENERAL SESSION**

Time 9:15 - 10:30 am

Room Ballroom DE

Description Annual Business Meeting  
Outstanding Future Professionals  
Keynote Address: Physical Literacy: A Vehicle for Inclusive and Connected Living - Amanda Stanec, Move Live Learn

**Title Bicycling in PE**

Time 10:45 - 11:45 am

Room Ballroom ABC

Description Practice different skills, drills and games that you could implement into your PE Program. Also, see how bicycling can open up other lifetime possibilities...fishing anyone?

Speaker Jim Arnold, Berlin Public Schools

**Title Get Em Up! Moving & Learning**

Time 11:00 am - 12:00 pm

Room Ballroom E

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Description Research has proven that movement has a direct correlation to learning. Research has proven that movement has a direct correlation to learning. This presentation is packed with easy brain breaks and tips to implement them without causing chaos. This session will cover low cost and no cost activities for physical educators and resources to pass on to classroom teachers.

Speaker Carrie Flint, Musical PE Plus

Presider Joanna Darby, SCSU Student

**Title AHA session - Partner Play for PE**

Time 10:45 - 11:45 am

Room Ballroom FGH

Description Learn how to engage students in PE class while working with student peers as a team. Sponsored by the American Heart Association.

Speaker Marissa Greider, American Heart Association

**Title Girls on the Run is SO Much Fun!**

Time 10:45 - 11:45 am

Room Jersey

Description Girls on the Run (GOTR) is an incredible non-profit program that inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. Come to an interactive, fun program and learn more about GOTR and how you could start a program.

Speaker Jennifer Byrne, Daniel and Stacy Swartz & Nancy Woodward

**Title The What, Why, & How of Skills Based Health Education**

Time 10:45 - 11:45 am

Room Kent

Description Join us in a judgement-free discussion and you will leave feeling confident in bringing ideas back to your school.

Marissa Wengell, Glastonbury Public Schools & Kate Egan, Glastonbury Public Schools, CTAHPERD & Eastern District SHAPE

Speaker America 2016 Health Educator of the Year

**Title PLYOGA Fitness: YOUR BODY IS POWER**

Time 10:45 - 11:45 am

Room Crowne

Description PLYOGA is an internationally recognized fitness system centered around Functional PLYOMETRIC intervals, implementing fundamental YOGA as an active and fluent recovery.

Speaker **Stephanie Lauren and Christine Conti, PLYOGA Fitness**

**Title Adaptations and Modifications: Including All in Physical Education**

Time 10:45 - 11:45 am

Room Nutmeg

Description This session will provide attendees with specific adaptations and modifications that can be incorporated to include, challenge, and all students to experience success in physical education.

Michelle Ferrer, ECSU; Alex Facchini & Ryan Ferrer Windham Public

Speaker Schools

- Title** **Classroom Management: Restorative Practices for Student Success**
- Time 10:45 - 11:45 am
- Room Coach 1
- Description During this session, participants will learn about restorative and positive social-emotional practices that can be implemented in physical education to manage a wide range of students.
- Speaker Matt Martin & Amy Gagnon, CCSU
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- Title** **Teaching with Technology: Energize, educate, & motivate students. Increase MVPA w/Heart Rate Tech**
- Time 10:45 - 11:45 am
- Room Middlesex
- Description Key topics discussed related to the implementation of heart rate technology in Physical Education will include: Short term effects of HR implementation. Improve teaching effectiveness & efficiency using HR. Use HR to create an environment encouraging all students increase MVPA. FREE POLAR OH1 SENSOR to be given away during session.
- Speaker Brett Lato, Polar Electro, Inc.
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- Title** **Sport Education: Empowering your Students Toward Success**
- Time 12:00 - 1:00 pm
- Room Ballroom ABC
- Description Sport Education standards-based model improves class behavior and attendance, makes students responsible for their own learning, and adds peer, self and teacher assessments to your curriculum. Activities will be used to show these assessments and Sport Education in action. Use this model immediately in fitness, lifetime or team activities.
- Speaker Charla Tedder Krahnke, US Games, SHAPE America 2013 National HS PE TOY
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- Title** **Teaching Yoga in PE**
- Time 12:00 - 1:00 pm
- Room Ballroom D
- Description This session is for teachers with or without experience in teaching yoga from a P.E. standpoint. Yoga is very popular - even preschool children are learning about yoga! Expect tips, lesson ideas and ways to great creative with teaching yoga in the most comfortable way to make it less challenging for those without experience.
- Speaker Jessica Fumasoli, Fairfield Public Schools
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- Title** **Plickers + Magnets=Powerful Student-driven Learning and Assessment**
- Time 12:00 - 1:00 pm
- Room Ballroom E

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Description Plickers magnets are a powerful and efficient assessment system being used globally by PE teachers! By giving students a choice and voice, adding SOLO Taxonomy or progression goals/targets via rubrics, students take ownership over their own learning! Attendees will be guided through sample activities and leave with plentiful resources!

Speaker Mike Ginicola, Stratford Public Schools

**Title Ultimate Frisbee for Youth**

Time 12:00 - 1:00 pm

Room Ballroom FGH

Description This presentation will introduce educators, administrators and others to the sport of Ultimate. A high intensity athletic sport, Ultimate is distinguished by a focus on self-officiating, team play, spirit of the game, and gender equality that continues even at the highest levels of competition.

Owen Butler, Trevor Charles, Zach Putney & James Sweney, CT

Speaker Ultimate Club

**Title Pokemon Move! Gamification of CSPAP**

Time 12:00 - 1:00pm

Room Jersey

Description This workshop will explore how different parts of a CSPAP can be connected by an overall theme and incentivized by becoming part of a game. Participants will examine the benefits of this approach for creating buy-in and enthusiasm among students and teachers. We will look at some of the free/low cost resources available through LMAS and see how they have been woven into the game. Amanda Amtmanis, Middletown Public Schools, CTAHPERD 2014

Speaker Elementary PE TOY

**Title Using Mini-Grants to Enhance your Adapted PE and PE Programs**

Time 12:00 - 1:00 pm

Room Kent

Description This sessions will go over how Mini-grants can enhance your adapted and physical education programs. How to write a grant proposal will be discussed along with what is required of the teacher to submit when the grant project is being implemented.

Speaker Michael Pietruszka, River Street Autism Program, CREC

**Title Integration/Differentiation/Higher Order Questioning Part 2**

Time 12:00 - 1:00 pm

Room Nutmeg

This session will focus on integrating other subjects into elementary PE lessons. Ways to differentiate and include higher-order questioning in activities also will be included in this presentation.

This presentation is a continuation of last year's presentation here at CTAHPERD.

Description

Speaker Mike Fraioli, Sarah Wiedemann, Ridgefield Public Schools

**Title LBGTTQA: What does it all mean anyway?**

Time 12:00 - 1:00 pm

Room Coach 1  
 Description There's so many terms that we are expected to know and cover in Health classes related to sexuality! Come explore a doctoral students' research findings on CT Health & FCS Teachers experiences with teaching sexual orientation & gender identity. Leave with some great age appropriate hands-on activities to use in your classroom tomorrow for these timely topics!  
 Speaker Martha Goldstein-Shultz, Killingly Public Schools

**Title Exercise Physiology Concepts Applied to Fitness for the High School PE Teacher**

Time 12:00 - 1:00 pm  
 Room Coach 2  
 Description This session will cover current topics in exercise physiology and its practical application to fitness in a high school setting. Both health-related and skill-related concepts of fitness will be discussed using current scientific evidence to help the high school physical education teachers administer a physical fitness unit of instruction.

Speaker David Harackiewicz, CCSU

**Title Using Data & Experience to Give Your Health Education Standards Prevention Power**

Time 12:00 - 1:00 pm  
 Room Middlesex  
 Description Schools partners with global leader in substance abuse prevention services, FCD Prevention Works, to create comprehensive approaches to prevention tied to decreased risky behavior by Farmington High School students and increased readiness for healthy transitions for Robbins Middle Schoolers. Join Farmington and FCD as they explore the development of a train-the-trainer course seeking to tailor their data-driven experience into a workshop for health educators across the state.

Speaker Desirae Vasquez, FCD Prevention Works; Edward Manfredi, Farmington Public Schools

**Title Ultimate Frisbee for Youth**

Time 1:15 - 2:15 pm  
 Room Ballroom ABC  
 Description This presentation will introduce educators, administrators and others to the sport of Ultimate. A high intensity athletic sport, Ultimate is distinguished by a focus on self-officiating, team play, spirit of the game, and gender equality that continues even at the highest levels of competition.

Speaker Owen Butler, Trevor Charles, Zach Putney, & James Sweney, CT Ultimate Club

**Title Still Beating Boredom with Drums Alive!**

Time 1:15 - 2:15 pm  
 Room Ballroom D

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**Description** Motivate your students with a high-energy, all-inclusive fitness and academic program. This session will highlight activities from Drums Alive's Fit Clix, Drumtastic and Stomp & Drum programs. See how easily adaptable Drums Alive is for all students and spaces!

**Speaker** Andrew Bevilaqua, Jenna Caccia, Brian Kampper, Christina Peterson, Pawtucket Public Schools, Rhode Island

**Title** **Inclusive PE Strategies for ALL!**

**Time** 1:15 - 2:15 pm

**Room** Ballroom E

**Description** Learn how PE Teachers can adapt skill-building activities and games to include students with disabilities. Create an inclusive environment, general and activity specific adaptations, and engage all students in a general PE setting. Receive resources on how to create an inclusive PE environment.

**Speaker** Naomi Hartl, Sportime

**Title** **Learn & Teach Circus Right Away!**

**Time** 1:15 - 2:15 pm

**Room** Ballroom FGH

**Description** Juggling, plate spinning, devil stick and diabolo manipulation, object balancing, stilt walking and more. A hands-on primer in circus skills - including techniques, teaching tips, progressions and age/grade level applications with plenty of personal skills development time. Learn to do circus and take home proven teaching strategies for your students.

**Speaker** Greg Milstein, National Circus Project

**Title** **Learning that Sticks! - Performance Based Learning in Health Education**

**Time** 1:15 - 2:15 pm

**Room** Kent

**Description** Health Education activities that engage the senses, allowing students to create a meaningful, memorable, useful tasks that address multiple intelligences. Get ideas for activities that maximize the learning experience, motivate students in order to create engagement and nurture a greater depth of knowledge.

**Speaker** Amanda Torres, Milford Public Schools

**Title** **Happy Feet! Fun, Creative & Easy Dance Activities**

**Time** 1:15 - 2:15 pm

**Room** Nutmeg

**Description** Learn how to challenge and motivate your students with these simple and fun dance activities! You will leave our workshop feeling energized and with lesson plans for your PE program!

**Speaker** Marissa Wengell, Glastonbury Public Schools & Kate Egan, Glastonbury Public Schools, CTAHPERD & Eastern District SHAPE America 2016 Health Educator of the Year

**Title** **Special Needs: Functional Fitness for Life**

**Time** 1:15 - 2:15 pm

Room Coach 1  
 Description Thirty plus years of Adapted Physical Education Teaching Experience shared with focus on creating low cost adapted equipment, customizing programs to fit the exerciser, facilitating communication and motivational tips, incidental teaching to incorporate cognitive skill building and daily living skills, and creating a love for fitness to last a lifetime.

Speaker Sandra Miles, Southbury Training Center

**Title Protect Your Brain: An overview of brain injury prevention tool kits for middle & high school students**

Time 1:15 - 2:15 pm

Room Coach 2

Description The Protect Your Brain series was developed as a tool to be utilized by schools and communities to aid in raising awareness about the incidence and preventability of brain injury. The series is broken up by various age groups and grades, and focuses on the risks of brain injury for those age groups. The workshop will provide an overview of this free online resource, as well as elicit feedback from attendees regarding the usefulness of the tool kits.

Speaker Rene Carfi, Brain Injury Alliance of Connecticut

**Title ConneCT to healthier!!**

Time 2:30 - 3:30 pm

Room Ballroom ABC

Description Participants will learn a variety of learning strategies and lessons which will foster healthier connections for elementary physical education classes.

Speaker Lisa Galske, Anthony Lowell - Bristol Public Schools

**Title Still Beating Boredom with Drums Alive!**

Time 2:30 - 3:30 pm

Room Ballroom D

Description Motivate your students with a high-energy, all-inclusive fitness and academic program. This session will highlight activities from Drums Alive's Fit Clix, Drumtastic and Stomp & Drum programs. See how easily adaptable Drums Alive is for all students and spaces!

Speaker Andrew Bevilaqua, Jenna Caccia, Brian Kampper, Christina Peterson, Pawtucket, Rhode Island

**Title Broom Shaka Laka... Its QUIDDITCH**

Time 2:30 - 3:30 pm

Room Ballroom E

Description Learn how to teach quidditch to your middle and high school students. Game play includes strategy, teamwork and agility.

Speaker Eliza Poulos, CES Trumbull

Presider Christie Cardinale, Westport Public Schools

**Title Mindfulness**



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Time 2:30 - 3:30 pm  
Room Jersey  
Description Mindfulness is a powerful tool for teachers to utilize in order to manage stress and help prevent burnout. This session will explain what mindfulness is and how to practice it. Participants should wear comfortable clothing.  
Speaker Frank Auletta, Meriden Public Schools

**Title Interviews**

Time 2:30 - 3:30 pm  
Room Crowne  
Description Screening interviews will be conducted by teacher leaders and administrators actively working in the field. This will be an excellent opportunity for students to practice skills and share knowledge with other professionals.  
Speaker Anne Marie Colebrook, Glastonbury Public Schools