

**Title** **Tire Me Out!**  
**Time** 8:00 - 9:00 am  
**Room** Ballroom ABC  
**Description** Games and fitness circuits that use an assortment of golf cart, lawn tractor and car tires will drive your elementary classes to get their hearts racing. Teach your students the components of fitness while they stomp on the gas , spin out and change tires around a flat race track.  
**Speaker** Rich Keegan & Niko Zimmitti -Simsbury Public Schools  
**Presider** Renee Baker, SCSU Student

**Title** **Find What FITs" - The HS PE Student's Fitness Discovery**  
**Time** 8:00 - 9:00 am  
**Room** Ballroom FGH  
**Description** Learn how a PE teacher could branch out to become a certified instructor in ZUMBA, POUND, SHOCKWAVE, or Tabata, Pilates, Yoga, Barre, etc. and incorporate these into your high school program. The speaker will discuss how teachers can reach out into the community (NEASC—Community Support and Involvement) to have guest instructors lead these fitness mini sessions for FREE!  
 Ginny King, Regional School District 4, CTAHPERD 2016 HS PE TOY  
**Speaker**  
**Presider** Amanda Oberly, SCSU Student

**Title** **EZ Scan! The New Lap Counting App**  
**Time** 8:00 - 9:00 am  
**Room** Jersey  
**Description** It's fast, it's EZ and it fits your budget. It's EZ Scan®. No more entering data by hand; kids scan their cards and the data syncs to your computer. Bonus! EZ Scan® verbally interacts with and encourages your kids. What fun! A win for everyone. Works with iPads or Android tablets.  
 Amanda Amtmanis, Middletown Public Schools, CTAHPERD 2014  
**Speaker** Elementary PE TOY  
**Presider** Tara Dering, SCSU Student

**Title** **History Comes Alive In Physical Education**  
**Time** 8:00 - 9:00 am  
**Room** Nutmeg  
**Description** All sports have a history and all of them have a story to tell about how they evolved from historical events and games from the past. This session will focus on games from the American Revolution and how they helped create the games of badminton, baseball, handball, hockey, and bowling.  
**Speaker** Denise Raymond, Suffield Public Schools  
**Presider** Tessa McNaboe, SCSU Student

**Title** **So You Have a Job? Now What?**  
**Time** 8:00 - 9:00 am

Room Middlesex  
 Description A compilation of K-12 strategies and knowledge we wish we had going into our first teaching experiences. We will share our most successful and favorite practices to integrate and include diverse learners into your classroom. This session will include specific focuses on Inclusive settings, trauma-affected students, and diverse classroom settings.  
 Speaker Stephanie Grande, Courtney Bonneau, Samantha Greco, Manchester Public Schools  
 Presider Bob Nothoit, SCSU Student

**Title Technology Gallery: Walk with Future Professionals**  
 Time 10:45 - 11:45 am  
 Room Ballroom ABC  
 Description This station-style session provides options for learning about technology that can be utilized in PE, Health & Dance. Various types of technology that can enhance instruction, assist with class management and organization, enhance assessment and assist with student data collection, and/or be utilized as informational resources will be available to explore.  
 Speaker Jan Bishop, CCSU & Cathy Berei, SCSU and their students  
 Presider Justin Pandolfe, SCSU Student

**Title Spring Starts Here!**  
 Time 11:00 am - 12:00 pm  
 Room Ballroom D  
 Description Learn how to play the English games of Cricket and Rounders.

Speaker Catherine Morris, Pear Tree Point School, Darien  
 Presider Steven Eszenyi, SCSU Student

**Title Fitness for the Body & Brain**  
 Time 11:00 am - 12:00 pm  
 Room Ballroom E  
 Description Yes, fitness can be fun! SHAPE America even recommends that fitness should be a product of play. This presentation is packed with quick and easy activity ideas, music suggestions, and teaching tips that will get your students moving and having fun, not even realizing that they are actually exercising.  
 Speaker Carrie Flint, Musical PE Plus  
 Presider Samantha Soto, SCSU Student

**Title Teaching Badminton Skills- Big Numbers, Small Spaces**  
 Time 10:45 am - 11:45 am  
 Room Ballroom FGH  
 Description Ideas for teaching badminton skills and activities to beginners when confronted with large numbers in small spaces.  
 Speaker Mike Bantle, Cheney Technical HS, Manchester  
 Presider Peter Lanais, SCSU Student

**Connecting Students with Technology to Enhance Assessment & Learning**

**Title**

10:45 am - 11:45 am

**Time**

Jersey

**Room**

**Description**

Participants will learn about various applications to incorporate into their P.E. and Health classes. Examples of some apps that will be discussed are Plickers, Hudl, iMovie, and YouTube. Technology not only relates to your students and creates a more positive and fun learning environment, but also makes our job easier!

**Speaker**

Michael Pasqua, East Granby Public Schools

**Let's Have Fun In Health Education Class**

**Title**

10:45 - 11:45 am

**Time**

Kent

**Room**

**Description**

Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class.

**Speaker**

Melanie Lynch, Keynote Speaker, SHAPE America 2016 Health

Educator of the Year

**Presider**

Christie Cardinale, Westport Public Schools

**Educational Floor Gymnastics**

**Title**

10:45 - 11:45 am

**Time**

Crowne

**Room**

**Description**

This session encourages teachers to teach by theme rather than by specific skill. In place of forward rolls and cartwheels the students are taught themes such as: balancing, springing, rotating, etc. This way every child can participate. Experienced gymnasts can successfully work alongside students with no experience at all.

**Speaker**

Sanford Pilz, Newington Public Schools, CTAHPERD 2016 MS PE TOY

**Presider**

TJ Adams, SCSU Student

**Learn & Teach Circus Right Away!**

**Title**

10:45 - 11:45 am

**Time**

Nutmeg

**Room**

**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

**Presider**

Kevin Gaudio, SCSU Student

**Keeping it Cool: A Mindful Pathway to Emotional Self-Control**

**Title**

2017 CTAHPERD Fall Conference  
Thursday, November 16, 2017

Time 10:45 - 11:45 am  
Room Coach 1  
Description Many of society's health problems, e.g., violence, drug and alcohol addiction, obesity, smoking, stem from an inability to control one's impulses. This presentation will explore the neurobiological processes underlying emotional regulation, and how mindful movement, body awareness, and meditation can strengthen neural circuits for self-awareness, attention, and inhibitory control.  
Speaker James Malley, CCSU Associate Professor Emeritus  
Presider Jake Lahiff, SCSU Student

**Title Prepare Your Students to Live Their Best Life**

Time 10:45 - 11:45 am  
Room Coach 2  
Description 50 Million Strong by 2029 is SHAPE America's ongoing initiative to put all children on the path to health and physical literacy through effective health and physical education programs. Attendees will learn about the characteristics of a 50 Million Strong teacher, the long-term goals of 50 Million Strong, and the steps needed to achieve those goals. Get inspired to make a life-changing impact on your students!  
Speaker Carol Ciotto & Ellen Benham, CCSU  
Presider Kris Radtke, SCSU Student

**Assessment for Learning Best Practices to increase student learning and enjoyment**

Time 10:45 - 11:45  
Room Middlesex  
Description Assessment should never be an add-on as it is necessary to guide our instruction. That said, assessment shouldn't be a drag or boring either! In this session, learn practical ways to use assessment to meet the needs of your learners and increase their motivation.  
Speaker Amanda Stanec, Move Live Learn, Keynote Speaker Friday

**Title Implementing Formative Assessments in your Daily PE Program**

Time 12:00 - 1:00 pm  
Room Ballroom ABC  
Description Standards based lessons utilizing fitness activities; sports and games are used to implement assessments into your daily physical education program. Formative assessments do not have to be difficult for teachers or students. Join us to find some easy solutions to this common problem. (Activities will be used to show how simple it is to add assessments and assist in meeting the standards and student learning.  
Speaker Charla Tedder Krahnke, Sponsored by US Games

**Title Cooperative Activities with Giant Games**

Time 12:00 - 1:00 pm  
Room Ballroom D

This activity session will involve participants in cooperative and group problem solving activities using giant games including giant buckets, giant tower Jenga, Connect the Dots, Pizza (a version of Spoons), extra long jump ropes, and variations on the super sized

Description Tic-Tac-Toe.

Speaker John Smith, Flaghouse

Presider Amanda Amtmanis, Middletown Public Schools

**Title Developmentally Appropriate PRE K Activities**

Time 12:00 - 1:00 pm

Room Ballroom E

Description It is often discussed that play is real learning for children ages 3-5. The focus of this session is to provide attendees with teaching strategies and ideas for teaching pre-K physical education that promotes cognition. Be prepared to move, play and learn.

Speaker Daniel Swartz, SCSU & Amy Gagnon, CCSU & Darren Robert, ECSU

**Title Changing School Culture Through Unified Sports**

Time 12:00 - 1:00 pm

Room Ballroom FGH

Description Unified sports is a unique opportunity for students with and without disabilities to compete in interscholastic athletics. It is both an inclusion and leadership opportunity.

Speaker Robert Bajoras & Nick Barbieri, Cuginchaug High School

**Title Physical Literacy and Youth Sports: Connections & Challenges**

Time 12:00 - 1:00 pm

Room Jersey

Description Physical Literacy and the five national standards for K – 12 Physical Education will be highlighted. Connections between these standards and concepts and strategies discussed in the Aspen Institute’s Project Play publications: Sport for All, Play for Life: A Playbook to get every kid in the game (2015) and State of Play 2016: Trends and Developments (2016) will be discussed along with the role that a professional can play in sharing this information with the youth sports community.

Speaker Charlie Chatterton, ECSU

Presider Jacob Weisslender, SCSU Student

**Title Fun, Throwing & Hand Striking Games**

Time 12:00 - 1:00 pm

Room Crowne

Description This session will focus on highly engaging elementary striking and throwing/catching activities being used around the country, such as Tableball, Slam-ball, Hula Spikeball and Net 2 & 4-Square. We'll also discuss the power of student choice, differentiation and self-assessment made easy!

Speaker Mike Ginicola, Stratford Public Schools

Presider Josh Poisson, SCSU Student

**Title CT Red Ribbon PASS Recognition Program**

Time 12:00 - 1:00 pm

Room Coach 1  
Description This session will inform participants about the Red Ribbon Pass award program. What the criteria is? How to apply for the award and what the benefits of PASS are. We will also provide both strategies and activities to get your school started! Be the first to receive this prestigious award from the State of Connecticut!!  
Speaker Marybeth Fede, SCSU & Carol Ciotto, CCSU

**Title Teens Taking Charge of Their Health**  
Time 12:00 - 1:00 pm  
Room Coach 2  
Description Teens survey their health and improve physical, mental, or spiritual health for 6 weeks Teens use the 7 Habits of Highly Effective People to implement a project correlating with class objectives Teens select a story with health issue, research, and present information.  
Speaker Cathy Hamill & Tina **Bengermino**, Fairfield Public Schools

**Title LBGTTQA: What does it all mean anyway?**  
Time 12:00 - 1:00 pm  
Room Middlesex  
Description There are 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-Schultz, Killingly Pubic Schools

**Title P.E. Pediatrician: Learn prescriptions for the elementary child's mind, body, and soul**  
Time 1:15 - 2:15 pm  
Room Ballroom ABC  
Description This session will provide a variety of strategies the elementary physical educator can use to manage behaviors, focus students and provide an environment that allows for ALL students to leave feeling accomplished, valued, and competent. Join us to learn new techniques and share your knowledge regarding how to use your PE class as a prescription for success.  
Speaker Amy Gagnon, CCSU & Rich Keegan, Simsbury Public Schools

**Title Teaching Yoga in PE**  
Time 1:15 - 2:15 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

**Title Creative Movement in Every PE Unit**

Time 1:15 - 2:15 pm  
 Room Ballroom E  
 Description Are you looking for ways to vary how you introduce a new skill or unit? This session will demonstrate how to embrace creativity outside of a dance unit. Join in for some fun with a student-centered approach to spice up your P.E. program!  
 Melissa Patterson, Plainville Public Schools, CTAHPERD 2016  
 Speaker Elementary PE TOY

**Title Self Defense**

Time 1:15 - 2:15 pm  
 Room Ballroom FGH  
 Description Participants will be taught the importance of mental awareness, physical preparation and knowledge of vital target areas, methods of fighting back, prevention and many other safety tips. The workshop will be a mixture of discussion, demonstration and hands-on practice. Suitable for any age or physical condition.  
 Speaker Andrew Chasse, [Hansoo Taekwondo Academy, Glastonbury](#)  
 Presider Bernard Brantley, SCSU Student

**Movement is Learning: Action Based Learning and PE Academics and Kinesthetic Classrooms for Schools**

**Title**  
 Time 1:15 - 2:15 pm  
 Room Jersey  
 Description The session will provide practical information to implement movement programs to enhance academics and teach the concepts for Physical Education- movement and Academics; Movement/Action Based Learning Labs and Kinesthetic classrooms. The neurosciences connecting mind/body principles will be reviewed along with the DATA to support programs and funding opportunities.  
 Speaker John Rutigliano, Action Based Learning  
 Presider Melissa D'Agostino, SCSU Student

**Title Hook, Line & Thinker: Super Starters for Health Classrooms**

Time 1:15 - 2:15 pm  
 Room Kent  
 Description Captivate and engage learners as they enter the door to your health lessons by using a variety of time-tested strategies designed to tap knowledge and increase student interest in any health topic. This session will present assorted interactive and collaborative ways to engage all learners right out of the gate.  
 Speaker Patricia McDiarmid, WCSU and students

**Title PLYOGA Fitness: Your Body is Power**

Time 1:15 - 2:15 pm  
 Room Nutmeg  
 Description PLYOGA is an internationally recognized fitness system centered around Functional PLYOMETRIC intervals, implementing fundamental YOGA as an active and fluent recovery. A format complete with modifications, PLYOGA has been designed to help everyone "Find their inner athlete". \*YOUR BODY IS POWER\*

Speaker Christine Conti, Stephanie Lauren, PLYOGA

**Jump & Hoops Programs Align with Charlotte Danielson's**

**Title Framework for Teaching**

Time 1:15 - 2:15 pm

Room Coach 1

Description Learn the teaching responsibility as defined by Danielson's Framework for Teaching. Plus, a brief overview of how the JRFH/HFH programs help fulfill portions of the domain and therefore enhance teacher effectiveness.

Speaker Marissa Greider, AHA

**Title Inclusive and Connected - Outstanding Programs Panel**

Time 1:15 - 2:15 pm

Room Coach 2

Description Learn about how these unique and innovative programs have impacted their school and/or community.

Speaker Outstanding Program Award Recipients

Presider Connie Kapral, CTAHPERD

**Title Inclusive PE Strategies for All Students**

Time 1:15 - 2:15 pm

Room Middlesex

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

Presider Amanda Amtmanis, Middletown Public Schools

**Title 8th Annual Dee Perrelli College Bowl**

Time 2:30 - 3:30 pm

Room Ballroom E

Description This event is designed to be a fun, non-pressurized, collegial event where audience, students, and faculty alike gather to test their knowledge in areas important to the profession in a highly interactive manner. Which campus will the "cup" end up at this year?

Speaker Cathy Berej, SCSU & Darren Robert, ECSU

**Title Bicycling in PE**

Time 2:30 - 3:30 pm

Room FGH

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 Healthy Heroes Challenge: Making Fitness Fun**

Time 2:30 - 3:30 pm

Room Jersey

Description This program will highlight the “Healthy Heroes Challenge”- a new program Glastonbury Health and Physical Education teachers offer to all students in Grades K-5. The primary purpose of this initiative is to encourage students to be active beyond the school day to improve fitness and overall health.

Janice Skene, Glastonbury Public Schools, CTAHPERD 2007

Speaker Elementary PE TOY

**Title RampShot-Fun New Yard Game**

Time 2:30 - 3:30 pm

Room Crowne

Description RampShot is an exciting new yard game where players toss and/or catch for points, keeping all students active and engaged! With various ways to play, RampShot can be used for Middle School and High School students as well as in the Elementary Schools. Learn more at RampShot.com!

Speaker Josh Bonventre, RampShot

**Title t's All about the Foam, The Foam, The Foam**

Time 2:30 - 3:30 pm

Room Nutmeg

Description There is Foam everywhere! There are long noodles, short noodles, sliced noodles, foam balls, and foam rings. Foam is everywhere! In this active participation session we will be involved in activities and games with a “foamy” theme. Join us for some creative and educational foamy fun.

Speaker John Smith, Flaghouse

**Title Special Needs- Functional Fitness**

Time 2:30 - 3:30 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 School

**Title Assessment for Learning Best Practices to increase student learning and enjoyment**

Time 2:30 - 3:30 pm

Room Middlesex

Description Assessment should never be an add-on as it is necessary to guide our instruction. That said, assessment shouldn't be a drag or boring either! In this session, learn practical ways to use assessment to meet the needs of your learners and increase their motivation.

Speaker Amanda Stanec, Move Live Learn, Keynote Speaker Friday