

2025 Best Practices in Health & Physical Education



Monday - July 28

12:00-1:00	REGISTRATION
1:00-1:15	Welcome
1:15-4:15	<p>PRE-CONFERENCE - Jordan Manley</p> <p>Developing a Pedagogy of Voice: Helping Students Build Positive Relationships with Physical Activity</p> <p>Every person has a relationship with physical activity. We develop this relationship across our lifespan as we experience and make sense of the physical activity experiences that we have. This three-hour workshop is designed to help you develop a toolkit of strategies used to help students learn how to articulate their relationship with physical activity. In hour one, we will explore ways to develop shared language with our students across all grade levels. In hour two, we will explore the ICC (Improvement, Cooperation, Competition) acronym to learn how we can set up play environments that support voice, choice, and autonomy. In hour three, we will discover an assessment system that will connect our students to their inner voice and relationship with physical activity, leading us closer to the goal of developing students with positive relationships with physical activity.</p>
5:00	Social Gathering - District 1 Brewery

SPRUCE	EXPO 3	STONEFIELD
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Tuesday - July 29

7:00-7:50	Registration/Coffee		
7:50-8:00	Welcome - Meg Whaley WHPE - Sandee Ortiz and Penny Kroening		
8:00-8:30	Keynote - LaDonda Porter		
	HEALTH	ELEMENTARY PE	SECONDARY PE/ADAPTED PE
8:40-9:35	<p>Let's Talk About Sex: Engaging Activities Sandee Ortiz</p> <p>Session Description Preparing Students for Comprehensive Sex Education" will explore the importance of providing students with a well-rounded, inclusive, and age-appropriate understanding of human sexuality. This presentation will focus on equipping educators with the tools and strategies necessary to create a safe, open, and supportive environment for discussing topics related to sex education. Attendees will learn how to address topics such as consent, relationships, and reproductive health in a way that is respectful. The session will highlight the need for comprehensive education, ensuring that students are prepared to make informed, healthy decisions throughout their lives. This session will empower educators to prepare students for a healthier, more informed understanding of sexuality, laying the foundation for healthier relationships and decision-making in the future.</p>	<p>PErcussion Playground Scott Weispfennig</p> <p>Session Description During this presentation, the focus will be on moving, dancing, drumming, personal playgrounds, and Meaningful PE. You will learn how to build confidence, connection, SEL strategies, and above all JOY in movement. You will have access to unique digital content that will have an immediate impact. Furthermore, you will be given and shown how to use the tools to create your very own Personal Playgrounds. The best part is, no equipment or setup is needed, and everyone wants to be a part of it!</p>	<p>Our Journey to Clarity: Unpacking Priority Standards, Rubrics & Assessments Shannon Maly</p> <p>Session Description Join us as we share our journey in identifying priority standards, building effective rubrics, and designing meaningful assessments. This presentation will walk through our process, highlighting key insights, challenges, and successes in creating a clear and consistent framework for teaching and learning. Attendees will gain practical strategies for streamlining their own approach to prioritizing standards, developing rubrics that drive student success, and implementing assessments that provide valuable insights.</p>
9:45-10:40	Building a Community of Support for Sex Education: Educators as Advocates	Bring the Energy! Instant Activities your students will love! Kelly Zerby, Gail Hartig, Ryan Regan, Jason Denk	Meaningful PE Pedagogy (K-12) Dr. Maria Pessman, Steve Paxson

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	<p>Dr. Meg Bartlett-Chase, Steve Chapin</p> <p>Session Description As sex educators continue to do amazing work in classrooms, the heightened hostility around reproductive rights, LGBTQIA+ freedoms, and access to books and resources in schools creates a difficult and divisive context for great sex education. Presenters, Dr. Bartlett-Chase and Stephen Chapin have been working to build community support for sex education and sex educators, and are eager to share what has been effective and provide tangible tools and resources to help others build a more positive and empowering context for sex education.</p>	<p>Session Description Get your students in the gym and moving right away with some of these fun and simple instant activities. These student-approved "in-the-door" activities have improved listening and engagement. Stop in and see some of this instant fun.</p>	<p>Session Description During this session, teachers will learn the six components of the Meaningful PE Pedagogy and how to implement them into their curriculum. In addition, participants will discover assessments and how the SHAPE Standards apply. Attendees will also leave with valuable resources to utilize.</p>
10:50-11:45	<p>Talk It Out: Igniting Critical Thinking One Conversation at a Time Ian Lacasse, Matt Hagedorn</p> <p>Session Description Ready to empower your students to become critical thinkers about their health? This session will provide practical strategies and innovative activities to cultivate these essential skills in your skills-based health education classroom. Gain practical strategies to engage students in deeper thinking while exploring ways to create a classroom environment that fosters inquiry, reflection, and meaningful discussions.</p>	<p>Ringmaster of Creativity: I See You Victor Spadaro</p> <p>Session Description Come one, come all, and join me in an engaging session filled with endless possibilities!!! Allow your students to clown around with Circus arts! Juggle, create, and perform during this active session!</p>	<p>SEL-ebrate: Lessons that MOVE Dr. Ann Hockett</p> <p>Session Description Physical Education is more than just movement—it's an opportunity to develop lifelong social and emotional skills. This session explores how PE teachers can seamlessly integrate Social-Emotional Learning (SEL) not only into daily routines but also directly into gameplay and activities. Participants will discover practical strategies to foster self-awareness, teamwork, resilience, and responsible decision-making through active learning. Walk away with ready-to-use activities, reflection techniques, and game modifications that make SEL an active and engaging part of every PE class.</p>
11:45-12:30	LUNCH and Exhibitors		
12:30-1:25	<p>Designing Skills-Based Health Lessons Using the Workshop Model Kevin Mason</p> <p>Session Description In this session, we will focus on the structures and practices we use to help students take ownership of their health skills. We will introduce the workshop model as a template for lesson design and individualize instruction through conferring.</p>	<p>Tech & Play in Motion: Creating Meaningful PE Experiences Cindie Cortinas-Vogt, Kelly Zerby</p> <p>Session Description What if PE could be more than just movement—what if it were an adventure? In this interactive session, we'll explore how game-based learning, gamification, and technology can bring the Fun and Challenge pillars of the Meaningful PE framework to life. From leveling up student engagement with interactive apps to creating movement-based challenges that spark motivation, you'll gain hands-on strategies to make PE both exciting and purposeful.</p> <p>To enhance participation, we'll be using Padlet, Canva, and ClassroomScreen—three powerful tools to support engagement and instructional design in PE. If possible, download the Padlet app in advance or access it via a web browser. We also encourage you to explore Canva and ClassroomScreen before the session to familiarize yourself with their features.</p> <p>Walk away with ready-to-use activities, instructional tools, and digital resources that empower students to take ownership of their learning—all while having a blast!</p>	<p>Part of the Game Allisha Blanchette</p> <p>Session Description Playing Team Sports in PE can help develop biomechanical & motor skills in youth, but an inclusive Team Sports model can also support mental/emotional health & social development, in addition to honing 21st Century Career skills such as communication, collaboration, creativity & critical thinking. In this session, we will pull from Spirit of the Game (SOTG), the Meaningful PE Framework & Cooperative Learning practices to develop a class culture where students will work to ensure their classmates are Part of the Game.</p>
1:35-2:30	<p>Confident Communication in Health Class Caitlin Schoville</p>	<p>Take Your Fun Seriously Kim Selby</p>	<p>Navigating CBHPE.org - a Collection of Always-Free Resources Becky Foellmer, Mark Foellmer</p>

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	Session Description Do you want to increase conversation and engagement in health class? Participation is key to developing communication skills, critical thinking, and personal advocacy. This interactive session will explore strategies to engage students in meaningful discussions, including the use of talking cue cards, scenario-based activities, and refusal skills practice. Participants will leave with practical tools to create a classroom environment where students feel comfortable and confident expressing their thoughts. Be ready to participate and take home activities you can incorporate immediately!	Session Description Let's just say it...our job is FUN! When that fun is taken seriously, we create a culture in our classroom where students feel truly connected to us and each other. Regardless of the age, audience, or circumstances of the students you teach, you can learn how to use intentional and purposeful play to help your students find joy in movement while feeling seen, heard, and understood.	Session Description CBHPE.org is a collection of ALWAYS FREE K-12 resources from across the US and the world, shared by passionate and talented HPE creators. These resources have been shared with the ultimate goal of helping students learn in your Quality PE and/or Skills-based Health classes. This session will help you understand how to navigate the site and acquaint you with the newest and most impactful resources available; including many resources to help with curriculum work utilizing the new SHAPE National Health and PE standards.
2:40-3:35	Incorporating Children's Literature into Health Education Jessica Matheson Session Description Are you looking for tools and strategies needed to effectively incorporate children's literature into your curriculum? Discover how stories can support your curriculum for teaching health concepts while promoting health and well-being. Participants will explore a curated selection of children's books through hands-on activities and interactive discussions, which will provide innovative ways to create impactful lessons that resonate with students of all ages.	Move, Play, Flourish: The Magic in Meaningful Physical Education Dr. Kristi Mally Session Description Meaningful Physical Education (MPE) is a powerful framework that guides intentional decision-making and encourages ongoing reflection. Together, we will explore MPE's features and discuss how democratic and reflective teaching practices can transform students' experiences in physical education. Whether you're already familiar with MPE or new to the concept, this session will provide a dynamic space to explore, reflect, and engage in conversations about prioritizing meaningful movement experiences for all students.	Inclusive Adapted Physical Education Blake Highley Session Description Learn about the pros and cons of fully inclusive Adapted Physical Education, along with what common strategies and equipment we use with our students and some favorite games at the elementary and secondary levels. Also included will be a deeper look at our Unified P.E. class for high school students.
3:45-4:40	Every Middle School Teacher Is a Puberty Education Teacher Emily Zien Session Description "Puberty is awkward. Middle School is horrible." But what if they did not HAVE to be? Middle School Health Education is an opportunity for more than just learning about body parts and puberty changes. This workshop will overview designing skill-based and student-centered learning activities that promote curiosity and identity-centered learning. We'll take a look at the 'how' of teaching middle school learning objectives, to provide an inclusive and engaging learning experience that emphasizes self-exploration and social-emotional competencies.	Helping Kindergarten THRIVE Mike Chamberlain Session Description If you teach Elementary, you know Kindergarten can make you squirm. Kindergarteners are a unique bunch and are hard to predict year after year. There is also no greater discrepancy in skill levels due to a wide range of developmental levels. The purpose of this presentation will be to share a variety of fun, quick, limited equipment games and activities, along with some tips and tricks that will keep your kinders excited and wanting more.	We Got Game! Katrina Haynes, Gail Hartig, Ryan Regan, Jason Denk Session Description In this session, participants will learn several innovative non-traditional, small-sided games, skill development activities, and strategies that help students develop problem-solving skills and promote teamwork. While at the same time maximizing participation, movement, and success for all students. All activities are standards-based and designed to be used or modified for grades K-12. This high-energy session is sure to get you and your students quickly moving with a purpose!
5:00-?	SOCIAL - School Health Picnic		

Wednesday - July 30

	HEALTH	ELEMENTARY PE	SECONDARY PE/ADAPTED PE
8-8:55	Using Standards-Based Grading to Improve Classroom Management and Success in Learning Lynn Marie Peterson Session Description This presentation will provide you with hands-on examples of how	PErsonal Playgrounds: Everyone can play! Scott Weispfennig Session Description In this session, we will dive into the concept of personal playgrounds. We will take a page from Meaningful PE and	The Power of Play: Transforming PE Experiences through Identity and Connection Jordan Manley Session Description

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	<p>I use rubrics to improve classroom management and increase student participation. I will also share some examples of rubrics for summative assessments. Participants will leave with a deeper understanding of how to implement rubrics into their classroom and have an opportunity to create or update rubrics based on new learning.</p>	<p>honor our students' passion for playing. How do you build joy into lessons? How do you build success and confidence? How do you play instead of compete? How do you provide choice, challenge, and most importantly JOY?</p>	<p>Connection is the content. How can we facilitate meaningful experiences for students by giving them opportunities to connect with themselves, others, and their environments? In this session, participants will learn about play personalities, a set of identities that direct play preferences, and how to introduce them to students through various play-based strategies. Learn how we transform our units of instruction and engage our learners by personalizing activities to the attributes of different play personalities. Don't miss out! We can't wait to unleash the power of play and spread the joy of cultivating identity and connection in the PE classroom.</p>
9:05-10:00	<p>The Fast and the Functional: Rapid-Fire Strategies for Maximum Impact in Your Skills-Based Classroom Jessica Matheson, Matt Hagedorn</p> <p>Session Description Buckle up for a high-energy session packed with actionable strategies to elevate your health classroom! In this rapid-fire presentation, you'll gain a treasure trove of ready-to-use tools, tech hacks, and creative engagement strategies designed to maximize student learning in a skills-based framework. With three dynamic presenters bringing diverse expertise, expect a fast-paced, fun, and functional experience that will leave you with ideas you can implement tomorrow!</p>	<p>RPE & MPE: A Real Fine Place To Start Will Westphal</p> <p>Session Description Plenty of people like the idea of the Meaningful Physical Education (MPE) Framework. Many say they don't know where to start. This presentation will look at how Rating of Perceived Exertion (RPE) can be a way to connect with MPE. To help students see what gets them "Moved to Move".</p>	<p>Don't Pull the Plug on Fitness LaDonda Porter</p> <p>Session Description Ever struggle getting your students excited about fitness? Looking for ways to make fitness more fun for your students? This session is designed to disguise fitness in a way that students will learn about fitness concepts in engaging and fun ways from K-12.</p>
10:10-11:05	<p>Advocating for Brain Health: Brain Health & Aging Through the Years Josh Repovsch, Kimberly Jaeger</p> <p>Session Description This presentation explores the essential aspects of brain health, highlighting the differences between normal aging, dementia, and Alzheimer's disease. Attendees will gain insights into how the brain changes over time, what cognitive changes are considered a normal part of aging, and how to distinguish them from the early signs of dementia and Alzheimer's. We will discuss risk factors, prevention strategies, and available treatments to promote lifelong brain health. By the end of the session, participants will have a clearer understanding of cognitive aging and practical ways to support brain function at any stage of life.</p>	<p>Active Minds, Active Bodies: Cross-Curricular Fun with BRAINball and More! Kelly Zerby</p> <p>Session Description Get ready to energize your PE classes with activity-based, cross-curricular learning tools! In this interactive session, discover how to use the original BRAINball, BRAINball Mini, and versatile equipment like Alphabet Bean Bags, Numbers Bean Bags, The Zone™ Cannon Launchers, and A to Z Poly Spots to integrate academic concepts into physical education. Backed by over 20 years of research, these tools boost math, reading, grammar, spelling, and more while enhancing motor skills, cooperation, and cognitive development. Perfect for PK-5 students, including those with disabilities, these innovative strategies will inspire lifelong learning and movement. Come prepared to play, learn, and take away practical ideas for your classroom!</p>	<p>Purposeful Play Cindie Cortinas-Vogt, Katrina Haynes,</p> <p>Session Description Come play with us in this fast-paced and exciting activity-based session that will showcase quality instructional strategies that are inclusive for all students. We will share differentiated, equitable, and diverse learning experiences in movement and play-based learning, and how we analyze the instructional design process in a way that leads to purposeful instruction. You will leave this session with a repertoire of planned and purposeful strategies that your students will love!</p>
11:15-12:10	<p>Lead-up Activities in Health Education Chloe Allen</p> <p>Session Description We hear of lead-up activities in PE, but why not in health education?! As teachers, we are always looking for a way to engage our students, but to also work on skills/content. In this session, we will discuss how to incorporate lead-up activities to start your class or introduce skills. Ideas and lessons will be given, and there will also be time for teachers to develop their own.</p>	<p>Mini Golf in PE! Let's Make it a Hole Lot of Fun! Kent Hamilton, Mike Chamberlain</p> <p>Session Description The 2024 Ohio and Minnesota Elementary PE Teachers of the Year meet in Wisconsin for an interactive mini-golf session! Join us as we share creative putting activities that can be done with everyday PE equipment! Leave with tools, confidence, and inspiration to bring the course to your classroom!</p>	<p>Choice-Driven PE: Boosting Motivation & Engagement Caitlin Schoville</p> <p>Session Description Are you looking for ways to boost motivation and engagement in junior high PE? Do some students hold back because they fear failure in front of their peers? Discover how student choice can be a game-changer in increasing effort and enthusiasm in PE. This session will explore practical strategies for structuring your program and lessons to empower students, build confidence, and foster resilience. Walk away with actionable ideas to create a choice-driven PE environment where students feel motivated, take risks, and develop lifelong movement confidence!</p>

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12:15-1:00	Lunch		
1:00-1:55	<p>Creating Safe and Inclusive Spaces for LGBTQ+ Youth in Wisconsin Schools Meg Whaley</p> <p>Session Description Creating safe and inclusive environments for LGBTQ+ youth is essential to student well-being, academic success, and a sense of belonging. This session offers educators, school staff, and administrators across Wisconsin the opportunity to deepen their understanding of the unique challenges faced by LGBTQ+ students and explore actionable strategies to foster affirming school climates. Together, we'll examine state-specific considerations, legal protections, and best practices for supporting LGBTQ+ youth, both in policy and daily practice. Whether you're new to this work or looking to expand your toolkit, you'll leave with practical resources and a stronger foundation to advocate for all students.</p>	<p>Move, Groove, and Improve: Making Dance as Easy as 5, 6, 7, 8! Auburn Cain</p> <p>Session Description Ready to integrate dance into your PE program but have 2 left feet? This session is designed to help K-12 PE teachers integrate dance comfortably and effectively by focusing on strategies for engaging all skill levels, including those who may be hesitant to put on their dancing shoes! Discover creative ways to introduce dance using basic movement patterns, simple dance steps, jump ropes, and more that accommodate diverse abilities. Gain practical tips for making dance accessible for every student and teacher! Participants will leave with ready-to-use resources and strategies for fostering an inclusive environment where dance enriches physical education, supports cognitive development, and enhances overall student engagement. Join me to dance through a variety of examples, hands-on activities, and collaborative discussions, and leave with actionable ideas to invigorate your PE program with the energy and excitement of dance!</p>	<p>Increase Engagement, Leadership, and Learning in Your Volleyball Unit Courtney Lukasavitz</p> <p>Session Description In this session, we will discuss effective practices to help students build confidence, skills, and knowledge in volleyball. We will explore instructional, transition, and classroom management strategies that empower students to take ownership of their learning, develop leadership skills, and cultivate a growth mindset. Using the teaching games for understanding (TGfU) model, see how you can flip your unit for student success!</p>
2:05-3:00	<p>WI Active Schools Core 4+: Building a Culture of Movement for Student Success Eileen Hare</p> <p>Session Description Schools play a vital role in shaping students' physical activity habits, helping them stay healthy and thrive academically. The WI Active Schools Core 4+ strategies provide practical, sustainable ways to increase student physical activity with minimal resources. Adapted from the CDC's Comprehensive School Physical Activity Program, these strategies create the conditions for lifelong movement and well-being:</p> <ol style="list-style-type: none"> 1. Active Physical Education – Engaging students in dynamic, high-quality PE lessons 2. Active Classrooms – Incorporating movement into daily learning 3. Active Recess & Open Gym – Encouraging free play and activity during breaks 4. Before & After School Activity – Expanding opportunities beyond the school day 5. Family & Community Physical Activity – Promoting movement beyond the classroom <p>Discover how these strategies can transform your school environment and support student success!</p>	<p>It Takes 2 to Make A Thing Go Right Dustin Ambort</p> <p>Session Description Come find out how partner activities can enhance and improve your culture in the gym. Students will build social skills through competitive and cooperative activities that you can easily implement into your curriculum. Learn how to incorporate skills such as resilience, compassion, and patience to improve the connections with each other.</p>	<p>Maximize Your Impact: Enhancing Your Weight Training Courses Through PLT4M Ian Lacasse sponsored by PLT4M</p> <p>Session Description Level up your weight training program! This session unlocks PLT4M, revealing its dynamic features and how it fuels student success. We'll cut through the clutter, showcasing how to use its tools for measurable results and personalized workouts. Then, get ready for a rapid-fire showcase of my top student-approved assessments and activities.</p>
3:10-4:05	<p>Creating a Student Health Fair - Student Choice, Voice, and Advocacy Steve Chapin</p> <p>Session Description This session will give teachers the tools to create a student-led project-based learning experience, allowing them to pick a topic that is in some way a passion, something that resonates with their interests and involves them directly in their learning. Connecting their learning to a community-based event and engaging local</p>	<p>Wellness Night and Bike Rodeo Implementation - CSPAP Josh Tebo</p> <p>Session Description Wellness nights, bike rodeos, and other similar events speak to the Comprehensive Schools Physical Activity Program model, a framework for planning and organizing opportunities for students to be physically active within their learning communities. Attendees will be brought through the planning and implementation process of two</p>	<p>Net Gains: Games & Activities for Using Nets in Physical Education Kelly Zerby</p> <p>Session Description This session will introduce K-12 physical educators to The Zone™ 4-Way Adjustable Net and the PALOS™ Maxi-Net Portable Game Net, versatile and innovative nets designed to enhance multi-sport play in PE. Whether you are teaching pickleball, volleyball, or soccer, this system allows you to easily</p>

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healthcare in the process will be a priority.

The goal is to connect student learning to self, community, family, and the professional medical community. From this, students are empowered to advocate on a larger scale for focused attention to their topic.

All digital resources needed to complete this work will be shared.

successful programs at Huegel Elementary School.

adjust the net height from 30" to 58" to 64" to 99" to accommodate various sports and abilities, all in just minutes. Leave with practical strategies and takeaways for making physical education classes more dynamic, versatile, and fun with The Zone™ 4-Way Adjustable Net and the PALOS™ Maxi-Net Portable Game Net!