

Best Practices in Health & PE

Schedule - Descriptions Only



Monday - July 28

12:00-1:00 PM	REGISTRATION
1:00-1:15	Welcome
1:15-4:15 PM	<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 PM	Social Gathering - District 1 Brewery

SPRUCE	EXPO 3	STONEFIELD
Set-up: Round Tables with chairs (6 per table?)	Set-up: Chairs around the perimeter with no tables.	Set-up: Chairs around the perimeter with no tables.

Tuesday - July 29

	HEALTH	ELEMENTARY PE	SECONDARY PE/ADAPTED PE
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		
8:40-9:35	<p>Let's Talk About Sex: Engaging Activities Sandee Ortiz</p> <p>Bio Sandee Ortiz-NBCT has dedicated 27 years to teaching high school students, with 21 years at Delavan-Darien High School and 3 years each at Sun Prairie East High School and Sun Prairie West High School.</p> <p>In 2017, Sandee became a National Board Certified Teacher, a testament to her commitment to excellence in education. Her passion for health education has earned her numerous accolades, including the 2022 WHPE Health Teacher of the Year award. Sandee served as the SHAPE America Midwest District President in 2023 and currently serves in the role of WHPE President through 2026. She was also named the 2025 MWD Health Teacher</p>	<p>PErcussion Playground Scott Weispfennig</p> <p>Bio Scott has been teaching for 15 years in a wide array of settings and schools. His focus has always been Physical Education and Health Education. He is a proud father of 2 amazing girls and married to an amazing elementary teacher. He spends his "free" time running thousands of miles throughout the woods each year, playing the drums, and creating digital</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</p>	<p>Our Journey to Clarity: Unpacking Priority Standards, Rubrics & Assessments Shannon Maly</p> <p>Bio Shannon Maly has been a dedicated Physical Education and Health educator for over 20 years, teaching at both the middle and high school levels. She currently serves as the Health, Physical Education, and Wellness Teacher Leader for the Madison Metropolitan School District in southern Wisconsin. In this role, she supports educators across 52 schools, striving to introduce innovative and engaging activities that enhance student learning and teacher effectiveness.</p> <p>Shannon's excellence in teaching has been recognized at the state and national levels. She was named the 2020</p>

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	<p>of the Year.</p> <p>In addition to her classroom work, Sandee is a strong advocate for the health and physical education profession. In 2024, She traveled to Capitol Hill for Speak Out Day, where she lobbied to promote the importance of health and physical education funding in schools.</p> <p>Outside of teaching, Sandee enjoys a variety of hobbies including kayaking, biking, cooking, reading, gardening, traveling, tennis, attending sporting events, and watching movies.</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>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>Wisconsin High School Teacher of the Year, the 2021 SHAPE America Midwest District Teacher of the Year, and most recently, the 2021 SHAPE America National High School Teacher of the Year.</p> <p>A passionate advocate for quality physical education, Shannon shares her expertise as a national presenter and OPEN National Trainer, specializing in dance, fitness assessments, and the OPENPhysEd curriculum. Additionally, she has earned administrator, principal, and director of instruction licensure for the state of Wisconsin.</p> <p>📍 Twitter: @shannonmaly ✉ Email: smmaly@madison.k12.wi.us</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	<p>Building a Community of Support for Sex Education: Educators as Advocates Dr. Meg Bartlett-Chase, Steve Chapin</p> <p>Dr. Meg Bartlett-Chase - Bio Dr. Meg Bartlett-Chase is the founder and Executive Director of Honest Sex Ed Minnesota. She works to support sex education instruction and build a louder political voice for those most affected by sex education policy: students, teachers, and families. She earned her doctorate in Education Policy from the University of Iowa where her research focused on sex education policy, implementation, and controversy.</p> <p>Stephen Chapin - Bio Stephen Chapin will begin his 30th year teaching health and physical education in rural SW MN in the fall of 2025. As the 2023 MNSHAPE Teacher of the Year, he has focused his teaching on a student choice experience and hands-on experiential learning in the health education setting. His classroom focus includes hands-on nutrition, SEL, gratitude, ATOD advocacy, data-based sexuality education to fit your community and mental health. Chapin also organizes and co-authors a monthly health and PE newsletter for over 400 teachers in the MN HPE community. A member of the nonprofit Honest Sex Ed MN, a part of the MN Health Standards development team, and a member of the MNSHAPE Board of Directors are a few of his committees and focuses on students and health education. Chapin has presented at national,</p>	<p>Bring the Energy! Instant Activities your students will love! Kelly Zerby, Gail Hartig, Ryan Regan, Jason Denk</p> <p>Kelly Zerby - Bio Kelly has been teaching at the elementary level for 26 years in the DeKalb School District in Illinois. Kelly is the 2022 Midwest Elementary PE Teacher of the Year and the 2021 Illinois Elementary PE Teacher of the Year. She is currently the Past-President of IAHPERD. She has a Masters Degree in Administration and a Masters in Literacy with a bilingual emphasis from Northern Illinois University, along with an ESL Endorsement and an Adapted PE Certification. At her district level, she is the PE Coordinator, a mentor, the Pre-Service teacher facilitator, and Evaluation team member. Check out her Zerbeats website dance and drumming choreography.....https://sites.google.com/view/zerbeats/home and her Illinois Fab 4 website at https://sites.google.com/view/illinoisfab4/home</p> <p>Gail Hartig - Bio After 34 years of dedicated service to Woodridge School District 68, Gail Hartig recently retired from her position as a teacher and PE/Health Department Chair. Her impact on physical education has been widely recognized, notably with the 2022 IAHPERD Middle School PE Teacher of the Year award. Gail's leadership within IAHPERD is extensive, having served as Northeastern District President, VP of Teenage Youth, and a member of the Curriculum, Instruction, and Assessment Committee,</p>	<p>Meaningful PE Pedagogy (K-12) Dr. Maria Pessman, Steve Paxson</p> <p>Dr. Maria Pessman - Bio I teach within the Illinois State University Laboratory Schools at University High School in Normal, Illinois. I have been at this school for 18 years and have been teaching physical education for 21 years. I completed my Doctorate Degree in Education with an emphasis on physical literacy in 2022, and I love to present and share information with colleagues. Topics of specialization for me would include assessment design, standard-based practices, curriculum design, physical literacy, and meaningful PE.</p> <p>Steve Paxson - Bio I teach within the Illinois State University Laboratory Schools at University High School in Normal, Illinois. I have taught at U-High for 12 years and am teaching currently in my 30th. I have taught at three other Illinois public schools. I have taught half my career at the k-8 level and the other half at high school. I have developed a passion for assessment and assessment design in Health and PE. My specialization surrounds Health and PE curriculum and assessment design and practice, standards deconstruction, and standards-based grading practice and implementation at all K-12 levels.</p> <p>Session Description During this session, teachers will learn the six</p>

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regional, state, and local conferences on various health education topics. Chapin lives with his wife Michele and dachshund Dasher in St. James, MN.

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.

as well as the Mentoring Committee. She further contributed to the development of future educators as a Student Teacher Supervisor for Illinois State University and maintained active involvement with SHAPE America. A respected state and national presenter, Gail passionately advocates for quality and meaningful physical education for all students, embodying the principles of "MARIGOLD" in her words and actions. Beyond her professional life, Gail enjoys reading, gardening, and cherishing time with family and friends.

Ryan Regan - Bio

For 25 years, Ryan Regan has passionately taught PreK-5th grade at Lake Bluff Elementary in Lake Bluff, IL, where he leads daily 30-minute Wellness classes. His dedication to elementary physical education has been recognized with the 2024 IAHPERD Elementary PE Teacher of the Year award. Ryan's commitment extends beyond the classroom, as he serves on the IAHPERD Northeastern Executive Board, acts as the Assistant Advisor for the IAHPERD Council of Future Professionals, and is a member of the IAHPERD Joint Projects Committee. A sought-after state and national presenter, Ryan advocates for the Skill Theme Approach and Standards-Based Grading. He also contributes to his school community as the Fine Arts Coordinator and a member of the Building Leadership Team. When not shaping young minds, Ryan enjoys spending his free time with family or engaging in outdoor activities such as golfing, hiking, biking, and relaxing by the fire pit.

Jason Denk - Bio

With 21 years of dedicated experience in elementary education, Jason Denk currently serves the students of Garfield Elementary School in Maywood, IL. Throughout his career, Jason has taken on diverse roles within his district, including mentor, PE coordinator, curriculum development specialist, and PBIS coach, demonstrating a commitment to holistic student growth. Beyond the classroom, Jason is actively engaged in professional leadership, currently serving as the VP-Elect of Children for IAHPERD, and as a member of the IAHPERD Curriculum, Instruction, & Assessment Committee, while also having served as past President of the Northeastern District of IAHPERD. Furthermore, Jason contributes to the broader educational community as a state and national presenter with the IL Feb 4.

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.

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.

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10:50-11:45	<p>Talk it Out: Igniting Critical Thinking One Conversation at a Time Ian Lacasse, Matt Hagedorn</p> <p>Ian Lacasse - Bio Ian Lacasse is the 2021 WHPE Health Teacher of the Year and a passionate advocate for skills-based health education. He is a dedicated Health and Physical Education teacher at Madison West High School, where he focuses on empowering students with the skills they need to lead healthy lives. Ian is deeply involved in designing and implementing innovative skills-based health curricula. He is a proud father of two amazing children and the husband of an amazing educator. Beyond his classroom, he serves as the WHPE Southeast District Coordinator and is a member of the SHAPE Midwest Leadership Council.</p> <p>Matt Hagedorn - Bio Matt Hagedorn is the 2023 Ohio Health Teacher of the Year and a dedicated advocate for skills-based health education. He teaches grades 5-8 at Tallmadge Elementary and Middle Schools in Ohio, where he integrates critical thinking, technology, and student-centered learning into his health curriculum. Matt is an active SHAPE Midwest Advocacy & Communications Committee member, a frequent conference presenter, and is currently developing a K-12 comprehensive health curriculum. Passionate about engaging and empowering students, Matt focuses on innovative teaching strategies, including VR integration, inquiry-based learning, and decision-making frameworks.</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>Bio Victor Spadaro teaches physical education at the elementary level for Arlington Public Schools in Virginia. Additionally, Victor has coached at the elementary, middle, and high school levels. Along with being an OPEN National Trainer, he worked with the Chief Movement Officers (CMO) Cadres in Virginia as a mentor to provide movement opportunities and calm strategies in the classroom. Victor is well known for his knowledge of dance and the creation of instructional dance videos shared online. He is also a curriculum contributor for the state of Virginia and OPEN. Victor presents nationwide and coaches Girls on the Run for the past 3 years. His most recent recognition is being named 2025 Southern District Elementary Physical Education Teacher of the Year.</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>Bio Dr. Ann Hockett brings a wealth of experience to her role as a Physical Education Teacher Instructor at UW-Stevens Point, where she currently prepares future educators in content, methods, and application. ¹ Her extensive background includes instructing at the University of Minnesota-Duluth and the College of Saint Scholastica, as well as teaching physical and health education at various grade levels, from kindergarten through high school, in districts like Madison Metropolitan and Abundant Life Christian School. Her diverse experience spans teaching pre-professional candidates, mentoring student teachers, and instructing a variety of physical activity and health education courses, reflecting a deep commitment to both practical and theoretical aspects of physical education.</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>Bio Kevin will be joining Moses Brown School in Providence, RI as their new Middle School Health and PE teacher. He brings three years of experience teaching middle school health education in Denver, CO to his new role. Before that, he worked as a K-8 Health and PE Teacher and briefly as a Dean of Students. Kevin is deeply committed to providing students with meaningful, skills-based health education.</p> <p>Session Description</p>	<p>Tech & Play in Motion: Creating Meaningful PE Experiences Cindie Cortinas-Vogt, Kelly Zerby</p> <p>Cindie Cortinas-Vogt - Bio Cindie Cortinas-Vogt brings 28 years of diverse teaching experience, spanning from kindergarten to higher education, to her current role at Washington Elementary (K-6) in SD U-46, Elgin, IL. Her dedication to physical education has garnered significant recognition, including the SHAPE Elementary PE TOY 2024, SHAPE Midwest Elementary PE TOY 2024, and IAHPERD Elementary PE TOY 2023 awards. Cindie actively contributes to IAHPERD, serving as the Social Media Committee Chair and a member of the Grants & Awards, Technology, and Advocacy committees. She also serves her district as a</p>	<p>Part of the Game Allisha Blanchette</p> <p>Bio Allisha is a health and physical education teacher, cross-country coach, and wellness advocate for students & colleagues at DC Everest Senior High in Weston, WI. In the local community and state level she has mentored future professionals, presented mental health practices for PATCH, and several topics for Best Practices and WHPE in PE, Dance & Health. Allisha is passionate about mental/emotional health, inclusion, and trauma-informed practices and has shared nationally as a guest blogger and presenter for several organizations including INSHAPE, KYSHAPE, IAHPERD, MAHPERD, SHAPE America, and Team Lighthouse.</p>

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	<p>In this session, we will focus on the structures and practices we use to help students take ownership of the health skills. We will introduce the workshop model as a template for lesson design and individualize instruction through conferring.</p>	<p>Building Instructional Technology Coach. A sought-after state and national presenter, Cindie passionately advocates for cross-curricular and technology integration, as well as meaningful movement in physical education.</p> <p>Kelly Zerby - Bio Kelly has been teaching at the elementary level for 26 years in the DeKalb School District in Illinois. Kelly is the 2022 Midwest Elementary PE Teacher of the Year and the 2021 Illinois Elementary PE Teacher of the Year. She is currently the Past-President of IAHPERD. She has a Masters Degree in Administration and a Masters in Literacy with a bilingual emphasis from Northern Illinois University, along with an ESL Endorsement and an Adapted PE Certification. At her district level, she is the PE Coordinator, a mentor, the Pre-Service teacher facilitator, and Evaluation team member. Check out her Zerbeats website dance and drumming choreography....https://sites.google.com/view/zerbeats/home and her Illinois Fab 4 website at https://sites.google.com/view/illinoisfab4/home</p> <p>Session Description What if PE could be more than just movement—what if it was 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>In 2019, Allisha was named the WHPE health teacher of the year, and in 2020 the SHAPE America Midwest health teacher of the year. Allisha's favorite activities include spending time with her boys, Brewers baseball, running, and SUP boarding.</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>Bio Caitlin graduated from the University of Northern Iowa and began her teaching career in 2013 at Pleasant Valley Junior High teaching 7th and 8th grade health and PE. She has also earned Master's degrees in both Teacher Leadership(2017), and in Health and Physical Education (2025). Caitlin has been awarded the SHAPE Iowa Middle School Teacher of the Year in 2022 and the SHAPE America Central District Teacher of the Year in 2024. Caitlin resides in eastern Iowa with her husband and two young children and loves exploring the outdoors.</p>	<p>Take Your Fun Seriously Kim Selby</p> <p>Bio Kim Selby is currently in her 22nd year teaching physical education at Wilson Elementary School in Sheboygan, WI and her 24th year overall in the Sheboygan Area School District. She attended Xavier University in Cincinnati, OH where she earned a degree in Physical Education while also playing basketball for the Musketeers. She also holds a Masters degree in Educational Leadership from Marian University. Kim is currently serving as the WHPE Financial Committee Chairperson. She was named the WHPE Elementary Physical Education Teacher of the Year in 2020 and, most recently, the 2023 SHAPE America Midwest District Elementary Physical Education Teacher</p>	<p>Navigating CBHPE.org - a Collection of Always-Free Resources Becky Foellmer, Mark Foellmer</p> <p>Becky Foellmer - Bio Becky Foellmer has a BA in Mathematics and a BS and MS in PE. Formerly a middle school Mathematics and Computer teacher, she has most recently served as an Instructional/Technology Coach. She is the IAHPERD Technology Chair & a member of the SHAPE Midwest Leadership Council. Becky has presented numerous PD sessions, workshops and trainings and has authored Breakouts & Hyperdocs for HPE. She is the co-creator of cbhpe.org.</p>

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	<p>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!</p>	<p>of the Year. Kim believes strongly in quality physical education programming, especially at the elementary level where the seeds for the joy of movement are planted. She enjoys a variety of outdoor activities such as camping, skiing, hiking, fishing, and biking with her husband and two children.</p> <p>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 the joy in movement while feeling seen, heard, and understood.</p>	<p>Mark Foellmer - Bio Mark has a BA in PE and his MA in Sport Management and was a middle school PE teacher for over 20 years before retiring. He serves in many leadership roles, including as the SHAPE Midwest District Director and the IAHPERD hnm/Joint Projects Chair and was the 2019 IAHPERD President. He has presented at numerous state conventions and conferences, the National PE Institute, and SHAPEAmerica national conventions. Mark was the 2018 SHAPE Midwest District MS TOY and is a co-creator of CBHPE.org.</p> <p>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.</p>
2:40-3:35	<p>Incorporating Children's Literature into Health Education Jessica Matheson</p> <p>Bio Jessica is the 2022 SHAPE America National Health Education Teacher of the Year and 2020 MNSHAPE Health Education Teacher of the Year. She received her Bachelor of Science degree in Physical Education, School Health, and Developmental/Adaptive Physical Education from Minnesota State University, Mankato, and her Master of Education degree in Positive Coaching and Athletic Leadership from the University of Missouri, Mizzou. Jessica has presented and is an active participant in workshops and conferences across the country. Jessica thrives on writing curriculum and has developed eight different courses in high school health and physical education as well as online physical education. Jessica is on the 2025 Minnesota Health Standards Review Committee, was on the 2017 Minnesota Physical Education Standards Review Committee, and is a Minnesota Active Schools trainer. She is very active in social media, sharing lessons, assessments, and curriculum suggestions. Jessica resides in Chanhassen, Minnesota with her husband and three children. Twitter/Blue Sky → @CoachMatheson</p> <p>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.</p>	<p>Move, Play, Flourish: The Magic in Meaningful Physical Education Dr. Kristi Mally</p> <p>Bio Dr. Kristi Mally is passionate about creating meaningful movement and purposeful play for all students, which she sees as essential for fostering lifelong physical activity. Having taught early childhood through 8th grade, Kristi developed a deep love for working with children and advocating for the profession. Through her scholarly work, she is committed to bridging research, theory, and practice, and she brings this same dedication to her role as a professor at Winona State University.</p> <p>Since earning her Ph.D. from the University of Minnesota in 2003, Kristi has prepared future physical education teachers. She strives to inspire the next generation of educators to embrace the importance of movement and its role in fostering meaningful experiences for all students. Additionally, Kristi values her time with in-service physical education teachers, as it allows her to serve the profession while remaining current with developments in PK-12 schools.</p> <p>Outside the classroom, Kristi enjoys being physically active, spending time with her family, gardening, and reading.</p> <p>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'</p>	<p>Inclusive Adapted Physical Education Blake Higley</p> <p>Bio Blake Higley went to college at UW-La Crosse for Physical Education and Adapted P.E. He started off working in Special Education with students with emotional and behavioral disabilities for three years before transitioning to being an Adapted P.E. teacher for the past seven years in Sun Prairie, WI.</p> <p>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.</p>

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		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.	
3:45-4:40	<p>Every Middle School Teacher Is a Puberty Education Teacher Emily Zien</p> <p>Bio Emily Zien (M.Ed) is a licensed PE and Health Educator, dedicated to helping her students gain the knowledge and skills needed to grow into happy and healthy adults. Originally from Oregon (USA), Emily has taught at international schools in Qatar, Singapore, and Italy.</p> <p>Emily co-led the 'Inclusive Practices in Health Education' task force for SHAPE America and has presented at state, national, and international conferences. A former Division I water polo student-athlete, Emily is a lifelong mover and loves to spend time lifting weights, reading books, and adventuring in her campervan.</p> <p>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.</p>	<p>Helping Kindergarten THRIVE Mike Chamberlain</p> <p>Bio Physical Education Teacher at Diamond Path Elementary, in Apple Valley, Minnesota, and the MN SHAPE Elementary PE Teacher of the Year for 2024. He previously spent 11 years teaching elementary P.E. in Minneapolis, Minnesota. Mike graduated from Saint Cloud State University with K-12 P.E., as well as, from the Saint Mary's University of Minnesota with a Master's in Educational Leadership. He also holds the role of Elementary P.E. Coordinator for ISD 196 - Rosemount, Apple Valley, Eagan, which consists of 20 elementary schools and 29 Physical Educators.</p> <p>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.</p>	<p>We Got Game! Katrina Haynes, Gail Hartig, Ryan Regan, Jason Denk</p> <p>Katrina Haynes - Bio Katrina is a National Board Certified Physical Education Teacher and 2016 IAHPERD Middle School Physical Education Teacher of the Year. She has taught at Clinton Elementary School in the Chicago Public School District for the past 20 years. Katrina has a master's degree in School Administration and an ESL endorsement that she obtained to help better serve the needs of her students. Katrina mentors new teachers in her school district as well as teachers going through the National Board process. She is the current President of the Illinois Association of Health, Physical Education, Recreation and Dance and is the chairperson of the National Board Committee. Katrina is also a member of the Shape America Physical Education Council and the Shape Midwest Awards Committee Chairperson.</p> <p>Gail Hartig - Bio After 34 years of dedicated service to Woodridge School District 68, Gail Hartig recently retired from her position as a teacher and PE/Health Department Chair. Her impact on physical education has been widely recognized, notably with the 2022 IAHPERD Middle School PE Teacher of the Year award. Gail's leadership within IAHPERD is extensive, having served as Northeastern District President, VP of Teenage Youth, and a member of the Curriculum, Instruction, and Assessment Committee, as well as the Mentoring Committee. She further contributed to the development of future educators as a Student Teacher Supervisor for Illinois State University and maintained active involvement with SHAPE America. A respected state and national presenter, Gail passionately advocates for quality and meaningful physical education for all students, embodying the principles of "MARIGOLD" in her words and actions. Beyond her professional life, Gail enjoys reading, gardening, and cherishing time with family and friends.</p> <p>Ryan Regan - Bio For 25 years, Ryan Regan has passionately taught PreK-5th grade at Lake Bluff Elementary in Lake Bluff, IL, where he leads daily 30-minute Wellness classes. His dedication to elementary physical education has been recognized with the 2024 IAHPERD Elementary PE Teacher of the Year award. Ryan's commitment extends beyond the classroom, as he serves on the IAHPERD Northeastern Executive Board, acts as the Assistant Advisor for the IAHPERD Council of Future Professionals, and is a member of the IAHPERD Joint Projects Committee. A sought-after state and national presenter, Ryan advocates for the Skill Theme Approach and Standards-Based Grading. He also contributes to his school community as the Fine Arts Coordinator and a</p>

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			<p>member of the Building Leadership Team. When not shaping young minds, Ryan enjoys spending his free time with family or engaging in outdoor activities such as golfing, hiking, biking, and relaxing by the fire pit.</p> <p>Jason Denk - Bio With 21 years of dedicated experience in elementary education, Jason Denk currently serves the students of Garfield Elementary School in Maywood, IL. Throughout his career, Jason has taken on diverse roles within his district, including mentor, PE coordinator, curriculum development specialist, and PBIS coach, demonstrating a commitment to holistic student growth. Beyond the classroom, Jason is actively engaged in professional leadership, currently serving as the VP-Elect of Children for IAHPERD, and as a member of the IAHPERD Curriculum, Instruction, & Assessment Committee, while also having served as past President of the Northeastern District of IAHPERD. Furthermore, Jason contributes to the broader educational community as a state and national presenter with the IL Fab 4.</p> <p>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!</p>
5:00-?	SOCIAL - School Health Picnic		

Wednesday - July 30

8:00-8:45	Coffee/Breakfast/Networking		
	HEALTH	ELEMENTARY PE	SECONDARY PE/ADAPTED PE
8-8:55	<p>Using Standards-Based Grading to Improve Classroom Management and Success in Learning Lynn Marie Peterson</p> <p>Bio Lynn Marie Peterson is the 2024 MNSHAPE Health Teacher of the Year, recognized for her dedication and impact in health education. With a teaching career spanning nearly three decades, Lynn has been teaching health since 1996 and has served in St. Paul Public Schools since 2000. Currently, she teaches Health and Stress Management at Como Park Senior High School. In addition to her classroom work, Lynn mentors health teachers across the district, contributes to curriculum writing for St. Paul Public Schools, and frequently presents to staff on best practices in health education. Her leadership and collaborative efforts help shape the future</p>	<p>PErsonal Playgrounds: Everyone can play! Scott Weispenning</p> <p>Bio Scott has been teaching for 15 years in a wide array of settings and schools. His focus has always been Physical Education and Health Education. He is a proud father of 2 amazing girls and married to an amazing elementary teacher. He spends his "free" time running thousands of miles throughout the woods each year, playing the drums, and creating digital</p> <p>Session Description In this session, we will dive into the concept of personal playgrounds. We will take a page from Meaningful PE and honor our student's passion for playing. How do you build</p>	<p>The Power of Play: Transforming PE Experiences through Identity and Connection Jordan Manley</p> <p>Bio Jordan Manley is a Health and Physical Educator from Lexington, KY. A graduate of the University of Kentucky and the University of the Cumberlands, Jordan has a decade of experience in the classroom and delivering professional development for teachers. Jordan is the 2023 SHAPE America National Physical Education Teacher of the Year, a published author in JOPERD, and the founder of the fastest-growing online learning platform for HPE Teachers (The HPE Collective). When he is not teaching, Jordan enjoys days off with his family (Kelly, Olivia, and Greyson), playing disc golf, and running. Join Jordan this week to learn innovative approaches to designing your PE</p>

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	<p>of health education in the district. Outside of teaching, Lynn spends her free time being active in the outdoors. She enjoys rock climbing, mountain biking, hiking, kayaking, camping, and more. She cherishes time with her husband and three sons, sharing adventures and making lasting memories together.</p> <p>Session Description This presentation will provide you with hands-on examples of how 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>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>class to foster meaningful movement experiences for young people.</p> <p>Session Description 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>Jessica Matheson - Bio Jessica is the 2022 SHAPE America National Health Education Teacher of the Year and 2020 MNSHAPE Health Education Teacher of the Year. She received her Bachelor of Science degree in Physical Education, School Health, and Developmental/Adaptive Physical Education from Minnesota State University, Mankato, and her Master of Education degree in Positive Coaching and Athletic Leadership from the University of Missouri, Mizzou. Jessica has presented and is an active participant in workshops and conferences across the country. Jessica thrives on writing curriculum and has developed eight different courses in high school health and physical education as well as online physical education. Jessica is on the 2025 Minnesota Health Standards Review Committee, was on the 2017 Minnesota Physical Education Standards Review Committee, and is a Minnesota Active Schools trainer. She is very active in social media, sharing lessons, assessments, and curriculum suggestions. Jessica resides in Chanhassen, Minnesota with her husband and three children. Twitter/Blue Sky → @CoachMatheson</p> <p>Matt Hagedorn - Bio Matt Hagedorn is the 2023 Ohio Health Teacher of the Year and a dedicated advocate for skills-based health education. He teaches grades 5-8 at Tallmadge Elementary and Middle Schools in Ohio, where he integrates critical thinking, technology, and student-centered learning into his health curriculum. Matt is an active SHAPE Midwest Advocacy & Communications Committee member, a frequent conference presenter, and is currently developing a K-12 comprehensive health curriculum. Passionate about engaging and empowering students, Matt focuses on innovative teaching strategies, including VR integration, inquiry-based learning, and decision-making frameworks.</p> <p>Session Description Buckle up for a high-energy session packed with</p>	<p>RPE & MPE: A Real Fine Place To Start Will Westphal</p> <p>Bio Will is a veteran elementary PE teacher who presents on the Meaningful Physical Education framework across the country. Additionally, Will has a background in Human Motor Learning, research, sports coaching, and strength & conditioning. All these experiences put together give Will a unique ability to make movement science practical. Come see how Will gets students "Moved to Move".</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>Bio Ms. LaDonda Porter is a physical education teacher at Beaumont Middle School in Lexington, KY where she has been teaching for over 15 years. She is a graduate of the University of Kentucky with a Bachelors in health and physical education (K-12). She holds a master's degree from Eastern Kentucky University in Library Science. She currently serves on the Kentucky Society of Health and Physical Education board as president. In 2018, she was named KYSHAPE middle school teacher of the year and in 2020, she was named Southern District middle school teacher of the year. She has served as the 2023 KYSHAPE president and currently holds the board position as awards chair. Her time at Beaumont middle includes duties of serving as the student trainer for their WEB (Where Everybody Belongs) mentoring program. She has also been serving as the intramural director for over 10 years and as the athletic director for over 8 years. When she is not teaching, she is spending time with her children, 3 boys and 1 girl or helping out her husband with their family owned BBQ food truck.</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>

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	<p>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>		
10:10 - 11:05	<p>Advocating for Brain Health: Brain Health & Aging Through the Years Josh Repovsch, Kimberly Jaeger</p> <p>Josh Repovsch - Bio Josh Repovsch is an enthusiastic lifelong learner of all things Health and Physical Education. With over 15 years of teaching experience and encouraging others to participate in lifelong health and physical fitness. Josh has been lucky enough to share his passion through presenting at multiple events, including Best Practices and WHPE Convention.</p> <p>Other than teaching, Josh has a zest for cultivating relationships with other professionals, planting a yearly garden large enough to feed a small community, spending time with his wife, Mary, and five-year-old daughter, Avynn, traveling to National Parks, and coaching basketball.</p> <p>Kimberly Jaeger - Bio Kimberly Jaeger is a dedicated Health and Physical Education teacher with over 25 years of experience in promoting healthy living and physical fitness. With a passion for education and student well-being, Kimberly has shared expertise as a guest presenter at several notable events, including the Adolescent Health Symposium, Best Practices, and the WHPE Convention.</p> <p>Outside of the classroom, Kimberly is deeply committed to community service, volunteering with Mr. Bob's Under the Bridge to support homeless outreach efforts. An avid competitor, she participates in a variety of endurance events, including triathlons, half marathons, and DEKA Strong competitions.</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! Ron Malm</p> <p>Bio Ron Malm is a passionate speaker and expert in the field of physical activity and youth, with over 25 years of experience in motivating and educating individuals throughout the educational landscape.</p> <p>Drawing from his vast background in education, exercise science, and youth behavior, Ron possesses a deep understanding of what youth desire during activity. Through his engaging storytelling and practical insights, he can connect with audiences on an authentic level, leaving a lasting impression that sparks personal growth and transformation.</p> <p>Ron's presentations are known for their energy, humor, and ability to make exercise science concepts easily understandable. His interactive style encourages active participation, creating an immersive and memorable experience for every attendee. Whether he is addressing a room full of physical educators, early learning specialists, afterschool instructors, or students, Ron's messages are universally relatable and applicable to various aspects of life and work.</p> <p>Ron's impact extends far beyond presenting and providing Professional Development. He is also an accomplished author, sharing his wisdom and insights through evidenced-based curriculum and developing industry-leading educational software.</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>Cindie Cortinas-Vogt - Bio Cindie Cortinas-Vogt brings 28 years of diverse teaching experience, spanning from kindergarten to higher education, to her current role at Washington Elementary (K-6) in SD U-46, Elgin, IL. Her dedication to physical education has garnered significant recognition, including the SHAPE Elementary PE TOY 2024, SHAPE Midwest Elementary PE TOY 2024, and IAHPERD Elementary PE TOY 2023 awards. Cindie actively contributes to IAHPERD, serving as the Social Media Committee Chair and a member of the Grants & Awards, Technology, and Advocacy committees. She also serves her district as a Building Instructional Technology Coach. A sought-after state and national presenter, Cindie passionately advocates for cross-curricular and technology integration, as well as meaningful movement in physical education.</p> <p>Katrina Haynes - Bio Katrina is a National Board Certified Physical Education Teacher and 2016 IAHPERD Middle School Physical Education Teacher of the Year. She has taught at Clinton Elementary School in the Chicago Public School District for the past 20 years. Katrina has a master's degree in School Administration and an ESL endorsement that she obtained to help better serve the needs of her students. Katrina mentors new teachers in her school district as well as teachers going through the National Board process. She is the current President of the Illinois Association of Health, Physical Education, Recreation and Dance and is the chairperson of the National Board Committee. Katrina is also a member of the Shape America Physical Education Council and the Shape Midwest Awards Committee Chairperson.</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>Mini Golf in PE! Let's Make it a Hole Lot of Fun! Kent Hamilton, Mike Chamberlain</p>	<p>Choice-Driven PE: Boosting Motivation & Engagement Caitlin Schoville</p>

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	<p>Bio Chloe Allen is a full-time high school health teacher in Fond du Lac, WI. She is also the WHPE Health Vice President. Chloe also coaches one of the only high school Olympic Weightlifting teams in the state of WI.</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>Kent Hamilton - Bio Kent Hamilton is a K-4 Physical Education Teacher in the Plain Local Schools in Canton, Ohio. Recently, he was selected as the 2024 Ohio (OAHPERD) Elementary PE Teacher of the Year. He has been recognized as a "Community Playmaker" by the Cleveland Cavaliers, a Stark County "Person of Character" and a YStark "Twenty Under 40" recipient. He was honored as the OAHPERD Young Professional of the Year and also as the Plain Local Schools Teacher of the Year. Kent serves on the OAHPERD Board of Directors and on the SHAPE Midwest Advocacy and Communications Committee. He recently presented at the 2024 SHAPE America National Convention and has had PE activities featured on local, state, national, and international news outlets such as ABC News, Fox News, NBC Nightly News, Yahoo, The Today Show, BBC World News, and more!</p> <p>Mike Chamberlain - Bio Physical Education Teacher at Diamond Path Elementary, in Apple Valley, Minnesota, and the MNSHAPE Elementary PE Teacher of the Year for 2024. He previously spent 11 years teaching elementary P.E. in Minneapolis, Minnesota. Mike graduated from Saint Cloud State University with K-12 P.E., as well as, from the Saint Mary's University of Minnesota with a Master's in Educational Leadership. He also holds the role of Elementary P.E. Coordinator for ISD 196 - Rosemount, Apple Valley, Eagan, which consists of 20 elementary schools and 29 Physical Educators.</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>Bio Caitlin graduated from the University of Northern Iowa and began her teaching career in 2013 at Pleasant Valley Junior High teaching 7th and 8th grade health and PE. She has also earned Master's degrees in both Teacher Leadership (2017), and in Health and Physical Education (2025). Caitlin has been awarded the SHAPE Iowa Middle School Teacher of the Year in 2022 and the SHAPE America Central District Teacher of the Year in 2024. Caitlin resides in eastern Iowa with her husband and two young children and loves exploring the outdoors.</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>
12:15-1:00	Lunch		
1:00-1:55	<p>Simple, High-Impact Instructional Strategies for Health Ed. Sarah Cirilli</p> <p>Bio Sarah Cirilli has been a middle school health teacher in Rhinelander since 2014, where she focuses on skills-based health education. She has also shared her expertise by presenting at the WHPE Fall Convention.</p> <p>Session Description In this session, health teachers can learn low-burden, high-impact instructional strategies to improve interpersonal skills and help students think deeper about how health topics are interconnected as well as listen to and understand other perspectives. In addition to a few favorite instructional strategies, leave with comprehensive unit plan templates and simple target-based assessment rubrics. (Repeat of WHPE 2024)</p>	<p>Move, Groove, and Improve: Making Dance as Easy as 5, 6, 7, 8! Auburn Cain</p> <p>Bio Auburn Cain is a passionate elementary physical education teacher and OPEN National Trainer from South Louisiana. She has 13 years of experience and is currently pursuing her Master's degree in Educational Leadership. Auburn was named the 2019-2020 Teacher of the Year at her local school, has presented all across the United States, and was featured in QuaverEd's "Leaders in Education" series. She is enthusiastic about cross-curricular learning and developing content that reaches the whole child.</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!</p>	<p>Increase Engagement, Leadership, and Learning in Your Volleyball Unit Courtney Lukasavitz</p> <p>Bio Courtney Lukasavitz is an innovative Physical Education and Health Teacher from the Milwaukee, Wisconsin area. She is passionate about creating a safe and inclusive environment where students take ownership of their learning and develop a lifelong appreciation for physical activity and Physical Education. She is a National Board Certified Teacher, 2024 WHPE Middle School Physical Education TOY and 2025 SHAPE Midwest TOY. Connect with her on Facebook, Instagram, and TikTok @PlayWithPurpose60</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</p>

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		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!	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!
2:05-3:00	<p>WI Active Schools Core 4+: Building a Culture of Movement for Student Success Eileen Hare</p> <p>Bio With over 32 years of experience, Eileen is a seasoned education leader dedicated to advancing school and district health. Her local and statewide expertise drives impactful change, advancing the WSCC model (Whole School, Whole Community, Whole Child) and promoting evidence-based policies and practices. In her leisure time, she enjoys traveling, finding the perfect balance in experiences that combine exploration with the beauty of nature.</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>Bio For 17 years, I've been dedicated to elementary physical education. I am currently teaching at the Alma Center-Humbird-Merrillan School District and actively contribute to the field as the WHPE Southwest District Coordinator and through state convention presentations.</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 within each other.</p>	<p>Maximize Your Impact: Enhancing Your Weight Training Courses Through PLT4M Ian Lacasse sponsored by PLT4M</p> <p>Bio Ian Lacasse is the 2021 WHPE Health Teacher of the Year and a passionate advocate for skills-based health education. He is a dedicated Health and Physical Education teacher at Madison West High School, where he focuses on empowering students with the skills they need to lead healthy lives. Ian is deeply involved in designing and implementing innovative skills-based health curricula. He is a proud father of two amazing children and the husband of an amazing educator. Beyond his classroom, he serves as the WHPE Southeast District Coordinator and is a member of the SHAPE Midwest Leadership Council.</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>Bio Stephen Chapin will begin his 30th year teaching health and physical education in rural SW MN in the fall of 2025. As the 2023 MN SHAPE Teacher of the Year, he has focused his teaching on a student choice experience and hands-on experiential learning in the health education</p>	<p>Wellness Night and Bike Rodeo Implementation - CSPAP Josh Tebo</p> <p>Bio Josh Tebo brings over 27 years of diverse educational experience to his role as an elementary physical education teacher. Having also served as an athletic director, dean of students, and aquatics director across various grade levels (PK-12), his passion lies in fostering positive relationships with students, parents, and staff.</p>	<p>Net Gains: Games & Activities for Using Nets in Physical Education Ron Malm</p> <p>Bio Ron Malm is a passionate speaker and expert in the field of physical activity and youth, with over 25 years of experience in motivating and educating individuals throughout the educational landscape.</p>

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setting. His classroom focus includes hands-on nutrition, SEL, gratitude, ATOD advocacy, data-based sexuality education to fit your community and mental health. Chapin also organizes and co-authors a monthly health and PE newsletter for over 400 teachers in the MN HPE community. A member of the nonprofit Honest Sex Ed MN, a part of the MN Health Standards development team, and a member of the MN SHAPE Board of Directors are a few of his committees and focuses on students and health education. Chapin has presented at national, regional, state, and local conferences on various health education topics. Chapin lives with his wife Michele and dachshund Dasher in St. James, MN.

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 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.

Josh prioritizes creating a nurturing educational community where students feel supported in their learning and are held to high standards of behavior and academic achievement. He continually strives to improve his instruction to meet the individual needs of his students. Outside of school, Josh enjoys hiking with his pugs, Oliver and Wilfred, and embraces his inner child by actively participating in class activities and sharing lighthearted moments with his students. His personal interests include cooking, baking, photography, and building Lego projects.

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 successful programs at Huegel Elementary School.

Drawing from his vast background in education, exercise science, and youth behavior, Ron possesses a deep understanding of what youth desire during activity. Through his engaging storytelling and practical insights, he can connect with audiences on an authentic level, leaving a lasting impression that sparks personal growth and transformation.

Ron's presentations are known for their energy, humor, and ability to make exercise science concepts easily understandable. His interactive style encourages active participation, creating an immersive and memorable experience for every attendee. Whether he is addressing a room full of physical educators, early learning specialists, afterschool instructors, or students, Ron's messages are universally relatable and applicable to various aspects of life and work.

Ron's impact extends far beyond presenting and providing Professional Development. He is also an accomplished author, sharing his wisdom and insights through evidenced-based curriculum and developing industry-leading educational software.

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 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!