

DESCRIPTIONS FOR CONVENTION WORKSHOPS

Fee and Pre-Registration for All Pre-Convention Workshops due November 1st

AM 8:00 a.m. – 12:00 p.m.

PM 1:00 – 5:00p.m.

AD 9:00 a.m. – 5:00 p.m.

THURSDAY, NOVEMBER 11, 2010

AD1: Paddle PA

Presenter: Carl Richardson, Pennsylvania Fish and Boat Commission

The course is designed to teach beginners or novices without any formal training how to paddle a canoe or kayak safely. Participants will learn terminology, basic stroke and navigation, about the regulations that apply to these boats, as well as simple rescue techniques. Participants will get wet as this is a hands-on training! All participants should possess basic swim skills and be comfortable on, in and around the water. Activities from the PFBC's paddling curriculum will also be reviewed in order to provide teachers a way to introduce students to water safety and basic paddle sports. **(20 person limit, box lunch provided, participants eligible for mini-grant, additional fee of \$45 plus Convention Registration)**

AD2: Go Teach 101: A Cross Curricular Connection

Presenter: Miranda Crotsley, Pennsylvania State Parks

Hiking is a lifelong recreational activity that can increase one's overall health. Learn to enable your students to discover Penn's Woods through interdisciplinary lessons. **(20 person limit, box lunch provided, participants eligible for mini-grant, additional fee of \$45 plus Convention Registration)**

AD3: Let's Have Fun in Health Class Today

Presenter: Melanie Lynch, State College Area High School

This session will be filled with exciting activities for teaching high school Health. This will include PowerPoint, activities, games, assignments and a whole lot more. Packets will be provided to the participants. All of the lessons and activities are based on the National Standards and are HEAP compatible. The lessons are easily adapted to students in the middle grades. This session is a must for any teacher who wants to put some fun into the learning process. **(Additional fee of \$25 plus Convention Registration)**

AM4: The First Tee National School Program

Presenters: Benna Cawthorn, Director, The First Tee National School Program; Lana Peterson

Join us in an interactive session to learn about a positive youth development program for elementary physical education taught through an engaging GOLF program based on NASPE standards! Launched in 2004, The First Tee National School Program instructs elementary physical educators on how to successfully introduce children to the sport of golf and its values including honesty, integrity and perseverance during regular physical education classes.

AM5: Everything I Need to Know I Learned in PE: Meeting the Affective PA Standard 10.4.F

Presenters: Suzanne Mueller and Caroline Kuchinski, East Stroudsburg University

This half-day workshop will engage practitioners in "unpacking" PA standard 10.4F (Affective Domain). The "Understanding By Design" framework by Wiggins and McTighe will provide the foundation for "unpacking" the essential content and the development of appropriate assessments. To process the positive and negative interaction concepts, participants will experience a variety of activities from sample benchmarks at the 3rd, 6th, 9th and 12th grade levels.

AM6: SPARKfamily.org "A Website You Can't Refuse"

Presenter: Paul Rosengard, Executive Director, SPARK Program

Attend this session and enjoy a guided tour of the new, SPARKfamily.org website: Video clips, assessments, skill/task cards, and more! Leave with a FREE membership!

PM7: Teaching the Content Behind the Standards: What Successful Physical Educators Do and Don't Do

Presenter: George Graham, State College

This will be a pre-conference afternoon workshop designed to help participants put together curricular content and learning activities to meet the standards in an effective manner. This program is based on George Graham's Master Teacher workshops and packaged in a way that is relevant for today's beginning and veteran teachers.

PM8: Take it Outside! Purposeful Play and Meaningful Movement

Presenters: Beth Almeras, Head Start Body Start Trainer

A four-hour interactive session providing information, resources and activity ideas necessary to engage young children in increased purposeful and meaningful outdoor play. *Take It Outside!* combines lecture, demonstration, videos and small group work. **(Additional fee of \$45.00 for PSAHPERD members. Please see enclosed flier for more details) You may also download a registration form at www.pсахperd.org by clicking the "Early Childhood" link.**

PM9: Make Wellness Part of Your School's Game Plan with Fuel Up to Play 60

Presenter: Suzanne Woods, Mid-Atlantic Dairy Association

Fuel Up to Play 60 is a school-based program designed to improve school wellness by implementing sustainable Healthy Eating and Physical Activity Action Strategies.

