Conference Program

7:00 am to 8:00 am
Registration & Packet Pick-up
Light breakfast fare will be available.

8:10 am to 9:10 am
Session I

Fostering Creative Problem Solvers: Using the Divergent Teaching Style
Presenters: Christie Gonzalez-Toro & Dr. Shawn Ladda (Manhattan College)
Location: Gymnasium 1
During this session, participants will explore the divergent teaching style and how to guide their students to discover many solutions to a problem. This session will provide a brief PowerPoint discussion that will include an overview of the teaching style, including the roles of the teacher and student. Participants will then be involved in sample activities taught in a divergent teaching style.

How to Implement a Globally Popular Sport, Netball, Into Your Curriculum
Presenters: Sonya Ottaway, Jonee Billy & Jazmine Wallace (Netball America)
Location: Gymnasium 2
Netball, the original women’s basketball, is now played by over 20 million people in over 70 countries. There is no backboard or dribbling and is a true team sport, as the ball must be passed between players in order to move it down the court. It’s also an inclusive sport as everyone on the team is involved in the game and gets to touch the ball. An introduction to the rules, skills, tactics and strategies of this sport will be presented. This practical session will be useful to physical education teachers looking for innovative ways to engage students. Handouts will be provided.

Technology in the PE Classroom
Presenters: Maryanne Ceriello (Beacon City School District) & Margaret Robelee (Hyde Park Central School District)
Location: Gymnasium 3
This presentation will provide the user with an understanding of how utilizing a variety of apps and technology tools can enhance physical education classes, and bring the PE program current with 21st century learners. Participants in this session will learn by doing as they explore a variety of iPad apps and other technology that has the potential to aid in classroom management, increase student activity time and add to student knowledge. In addition, participants will be introduced to Google Forms and Plickers as valuable assessment tools that can be used for formative as well as summative assessment.

Cross Training in Dance
Presenter: Melinda Wilson (2017 SHAPE America Dance Education Teacher of the Year, Chicago)
Location: Gymnasium 4
Wonder how the timing of an arm movement can earn extra height in a jump? How about considering the use of core strength in gaining speed? What about those inner thigh muscles adding dexterity and coordination? Dance and related disciplines can give you all of this and more! Dance gives you the coordination and technique that makes even the weekend jock a super human. Cross train in this session by learning basic ballet floor barre, yoga and Pilates.
Physical Literacy in Physical Education: How to Create Quality Physical Literacy Experiences
Presenter: Dr. Dean Kriellaars (University of Manitoba, Winnipeg)
Location: Auditorium
This session will describe how quality physical literacy experiences can be woven into your PE lesson plans. Physical literacy is not simply a new name for what we have always been doing - it is so much more - it can empower the PE teacher to reach so many more children, and not only provide MVPA but new movement competencies and confidence at the same time! Examples will be provided to illustrate. Dr. Kriellaars is a faculty member of the College of Rehabilitation Sciences, Department of Physical Therapy. He is a member of the Spinal Cord Research Centre and a scientist of the Children’s Health Research Institute. The staff of his Human Performance Laboratory are directed to undertake research on physical literacy, physical activity and durability. He also undertakes extensive research performance enhancement and injury prevention in the high performance circus setting at the National Circus School and Cirque du Soleil. He is one of the original designers of two physical literacy assessment tools, Passport for Life and the PLAY tools.

New Student Assessments for Teacher Evaluation in Physical Education
Presenter: Dr. Sarah Doolittle (Adelphi University)
Location: Classroom 248
Looking for assessments you can use for teacher or program evaluation? Efforts are underway to provide valid student assessments that reflect national standards for middle and high school physical education. In this session, review new national assessments being developed to provide evidence of student learning in secondary physical education.

Take Action: Healthy School Celebrations and Fundraisers
Presenter: Jessica Schaeffer (Alliance for a Healthier Generation)
Location: Classroom 246
Join this session and learn how healthier celebrations and fundraisers can be successful and benefit the health of your school community. Discover new celebration and fundraising ideas, and develop a plan to take action.

Healthy Habits: Health Education Strategies at Your Fingertips!
Presenter: Dr. Kristie Lynch (Manhattanville College)
Location: Classroom 250
Come learn numerous health education strategies and instructional ideas for implementation into your health classroom! This informative, skills-based presentation will explore health in the school, community and home environments. Specific examples will be provided as ready to use resources for your next health lesson!

Your Students Can Become Certified Lifeguards in NYC!
Presenters: Srecko Mavrek (KAPPA International High School) & Jesus Gonzalez (HS for Media and Communications)
Location: Classroom 255
There are several ways to become a certified lifeguard in New York City. During this session, participants will learn about the options available for high school students, lifeguard course prerequisites, requirements and materials. Get the opportunity to network with the Project Guard NYC lifeguard instructors!

E-I-E-I-O! Enhancing Inclusion, Participation, and Performance for Every Student
Presenter: Karen B.K. Chan (Fluid Exchange)
Location: Auditorium
You work hard to ensure classrooms are engaging, and playing fields are opportunities for growth. But often, there are a few students who resist, pull back, or count themselves out. They miss the chance to participate, and we miss having their contributions. Packed with striking visuals and funny stories, this talk will offer solid tools from the field of Emotional Intelligence to connect with them so we can all shine. Karen B. K. Chan is a sex and emotional literacy educator in Toronto with 20 years of clinical and training experience. Karen (aka BK) is dedicated to education that is plainly spoken, emotionally honest, and grounded in justice. Known for her accessible style and easy sense of humor, BK speaks internationally in classrooms and at conferences, to students, parents, and professionals. BK integrates curriculum content into stories, and theory into practice. In addition to her content expertise, BK has training in Creative Facilitation, Productive Thinking, Non-Violent Communication, and is a facilitator for YES!, which hosts intensive gatherings for social changemakers worldwide. BK is currently working on a series of children’s books about feelings, and a series of mini books about cultural competence.

Real Skills for Hard Times: Cultivating Emotional Strength and Resilience
Presenter: Karen BK Chan (Fluid Exchange)
Location: Auditorium
Just like a strong core and back, emotional resilience does not come from rigidity; it comes from flexibility and strength. How do you cultivate your students’ emotional resilience so they can get through disappointment, momentary setbacks and pain? In this participatory session, you’ll practice the scripts and skills needed.

Inspire. Motivate. Ignite: Rockout with POUND
Presenter: Sharonda Carter-Hamilton (13K301)
Location: Gymnasium 1
Are you looking to energize your physical education classes? Join in this session to learn more about the fastest growing group fitness phenomenon, inspired by the sweat-dripping, infectious, energizing fun of drumming! POUNDfit is a full-body, cardio, jam session that combines light resistance with constant simulated drumming. POUND fuses cardio, Pilates, isometric movements, plyometrics and isometric poses. Learn how you utilize POUND in your classes; limited equipment needed!
Spikeball Presents the Sport of Roundnet: How to Play, Teach & Adapt  
*Presenters: Ryan Delaney & Jack Scotti (Spikeball)*  
*Location: Gymnasium 2*  
During this session, participants will learn the rules of Roundnet. Presenters will demonstrate the skills (e.g., hand-eye coordination, defensive positioning, over-hand strike) required to play and various modifications to adapt the sport to any age group or skill set. We’ll round the session out with some competitive play. Come learn the skills of Roundnet: America’s next great sport!

Project Adventure... Is it time for some CPR?  
*Presenter: Jamie Fishlow (Huntington UFSD)*  
*Location: Gymnasium 3*  
This session is designed to get a new generation of teachers excited about bringing Project Adventure back to their students. Through participation in cooperative games and problem solving initiatives, you’ll see how easy it is get something started in your school. It’s time to “step out of your comfort zone” and join in on a fun, active session that will leave you hungry for more.

Gotta Dance  
*Presenter: Melinda Wilson (2017 SHAPE America Dance Education Teacher of the Year, Chicago)*  
*Location: Gymnasium 4*  
Get your groove on in this all-inclusive fun jazz class for all levels. Jazz dance includes several dance styles all connected to common roots, including tap, ballet, musical theatre and African American rhythms of dance. Participants will receive a gentle warm-up and choreography with varied music from around the world.

How to Teach Weight Training and Fitness Class Effectively and Efficiently in an Urban Setting  
*Presenter: Anna Markova (Stuyvesant High School)*  
*Location: Classroom 244*  
Session attendees will be provided with tools and ideas required to implement a weight training class that engages large class sizes of 30-50 students effectively and efficiently. Classroom management will be addressed as well as how to incorporate literacy in your physical education classes.

Present, Share, and Pay It Forward!  
*Presenter: Ryan Fisk (Manhattanville College)*  
*Location: Classroom 246*  
Conferences bring us all a little bit closer together professionally, but as you participate in the many sessions offered, are you ever wondering how you can best share the great things you’re doing too? Let’s step out of those “silos” and learn how to develop, refine, and share the creative and innovative things we’re ALL doing. Leveraging our unique strengths, we can make our schools a collaborative and positive environment where we can learn as much from each other as our students learn from us!

The Opioid Epidemic has Exploded! Friends, Colleagues, Family Members and our Students have been Affected. Be Prepared to Save a Life through Naloxone Education  
*Presenter: Dr. Nayyera Malik (Office of Alcoholism and Substance Abuse Services)*  
*Location: Classroom 250*  
This session will describe what naloxone is, how to diagnose an opiate overdose and how to treat the individual in an attempt to save a life. You will receive a naloxone kit at the conclusion of the session.

The Growth Mindset Coach, Teacher & Athlete  
*Presenter: Christopher Trieste (White Plains City School District)*  
*Location: Classroom 255*  
During this presentation, we will discuss the power of a growth mindset. We will define what the growth mindset is and isn’t, discuss how to model it and encourage it in your coaching and teaching environments, and examine positive and negative examples from the real world.

11:40 am to 12:40 pm  
**SPECIAL! 2 Hour Training**

**PLYOGA: Your Body is Power**  
*Presenter: Christine Conti (PLYOGA Fitness)*  
*Location: Weight Room*  
PLYOGA® is a 4-part high intensity interval training system using accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. PLYOGA® uniquely focuses on utilizing all exercise planes evenly. PLYOGA® is an equipment-free format that caters to every participant through balance, agility, power and endurance work. It allows each person to shine in their comfort zone while pushing them to excel where challenges present themselves. This workshop will give you an updated understanding of reactive movement and exercise mechanics for use as an educator. You will also leave with comprehensive options for bringing PLYOGA to your physical education environment.

11:40 am to 12:40 pm  
**Session IV**

**United States Tennis Association (USTA): Redefining Tennis in High Schools**  
*Presenters: Gustavo Loza & Chuck Russell (USTA)*  
*Location: Gymnasium 1*  
Staff from the United States Tennis Association share techniques teaching basic and advanced tennis and fitness skills in non-traditional spaces, and the brand new curricula from their Net Generation platform. Participants will learn strategies for organizing and supervising large groups using kid-friendly equipment and benefits of registering their school and program in Net Generation.

**Sport Education Model, Increasing Student Engagement**  
*Presenters: Matthew Pringle & Ashlee Austin (11X508 - Bronxdale High School)*  
*Location: Gymnasium 2*  
Participants will engage in a Pickleball lesson delivered using the Sport Education Model. The Sport Education Model utilizes roles or duties within teams to maximize student participation with large class sizes and limited supplies.
Movement Preparation: The Foundation for Developing Physically Literate Athletes  
**Presenter:** Dr. Dean Kriellaars (University of Manitoba, Canada)  
**Location:** Gymnasium 3  
Movement preparation is the new term, that is replacing the concept of warm-up. Movement preparation was designed to enhance performance at the same time as enhancing durability & safety (injury prevention). This session will introduce this relatively new concept and demonstrations will be provided to illustrate how it is different than a dynamic warm-up. An e-copy of the movement preparation guide will be handed out in the session.

DXF - A Group Fitness Program That's Fun and Effective  
**Presenter:** Drew Andrews (Dance Xross Fitness-DXF)  
**Location:** Gymnasium 4  
DXF is a group fitness program incorporating four disciplines: Dance, Kickboxing, Strength training and Soul line dance. Our mission is to inspire a lifestyle of wellness from the inside out: one movement, one person, one community at a time. Set to fantastic music, DXF has easy to learn moves appropriate for all ages and ability levels. DXF is fun, effective and there is something in it for everyone.

‘Apps’ for Health & Physical Educators  
**Presenter:** Ryan Fisk (Manhattanville College)  
**Location:** Classroom 246  
With the proliferation of lower-cost laptops, smartphones, and other portable devices, more students, teachers, and schools are equipped with advanced technology at their fingertips. Through active participation, live demonstrations, and plenty of visuals, attendees will discover several quick and easy ways to put these devices to use to better engage students and juggle administrative tasks with ease.

Pedometers in NYC Physical Education - a Non Fiction Story  
**Presenters:** Christopher Belhoff & Ellen Brenner (11X189)  
**Location:** Classroom 248  
Attendees will learn about the presenters’ journey to implementing pedometer use in their physical education program. Information will be shared on how they received funding, implementation strategy, and ongoing efforts to use pedometer data to drive their program. If you are interested in a better way to assess students more frequently, this is the program you have been waiting for!

Project ALY (Accept LGBTQ Youth)  
**Presenter:** Roslyn Campbell (CAMBA)  
**Location:** Classroom 250  
CAMBA's Project Accept LGBTQ Youth, or simply Project ALY, utilizes stories of acceptance from supportive parents and families of lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth and teens in Brooklyn in order to change underlying causes of HIV infection amongst this highly at-risk group. To promote parental and familiar acceptance of LGBTQ youth, thus increasing self-esteem and self-worth and decreasing risk of future health or mental health problems, including HIV infection and substance abuse. Project ALY offers free workshops for staff and teachers at Brooklyn schools, faith institutions and community groups. Workshops cover: LGBTQ cultural competency topics; how to make your school or agency more LGBTQ-inclusive; and ways to support LGBTQ youth and their parents.

Aquatic Roundtable Meet & Share  
**Presenter:** RaLuca Gruin (Kappa International Baccalaureate World School)  
**Location:** Classroom 255  
This session will open the opportunities for all city Water Safety Instructors & Lifeguards to network, share best practices and learn about new requirements, safety operations, and teaching trends, like formative assessments in swimming. We will discuss how to best acquire equipment for your unique programs/units that will make the swimming experience for all students accessible and unique. Let’s make every voice count and build a strong “wave” in the city!

**12:50 pm to 1:50 pm**  
**Session V**

Introduction to Mavball  
**Presenter:** Srecko Mavrek (Kappa International High School)  
**Location:** Gymnasium 1  
Participants will explore and learn Mavball - the new sport created by Srecko Mavrek, 2015 SHAPE America Eastern District High School Physical Education Teacher of the Year. Mavball is an enjoyable activity for middle and high school students that integrates volleyball, tennis and soccer skills. Challenging and dynamic playing Mavball will increase your student participation in physical education.

Rugby for High Schools  
**Presenters:** Jozef Mackie (West Side High School), Ryszard Chadwick (Play Rugby USA) & Harold Delucia (Columbia HS)  
**Location:** Gymnasium 2  
During this session, the presenters will introduce and inspire high school physical education teachers to teach rugby; the fastest-growing, global inclusive sport in the US. Learn about instilling basic skills, rules and knowledge and understanding of the game, with the vision to integrate with the invasion games curriculum and potentially build a school team, to expand the current PSAL rugby tournament.

Teaching Social (Ballroom, Latin, Partner) Dancing To Teens  
**Presenter:** Aaron Ferguson (75K077 PSK077)  
**Location:** Gymnasium 3  
This program is meant to inform teachers how to communicate basic lifelong social dancing instruction to their students. A practical group dance lesson will be demonstrated, as well as finding and utilizing the resources needed for a social dance program. This workshop will be focusing on how to use professional dance instructional methods in the classroom to bring dances, such as Waltz, Tango, Salsa, Swing, and other cultural partner dances, to teens.

DRUMBATA – Athletic Functional Interval Training with Drums Alive  
**Presenter:** Christina Peterson (Curvin-McCabe/Henry J. Winters Schools)  
**Location:** Gymnasium 4  
DRUMBATA is a “Total Body Challenge” workout that combines cutting edge athletic functional interval training with the power and passion of Drums Alive®. This NEW exciting cardio and strength interval workout is designed to increase the heart rate, respiration rate and caloric expenditure and tone the body. DRUMBATA is a powerful exercise program for strength, balance, coordination and helps improve neurological health and fitness by stimulating the pathways between left and right brain hemispheres.
Directions for obtaining Continuing Teacher and Leader Education (CTLE) Hours

1. Complete all items of Section I below (you must print legibly).
2. Print the title of each session you attend on the tracking sheet (backside of this page); you must attend each session in its entirety.
3. Obtain a signature at the immediate conclusion of each session you attend to verify your attendance.
4. Tear this page out of your conference program and turn your completed form in at the conference registration area, prior to departure.
5. Your certified form will be emailed to you for your records in the coming weeks.

Completion of Approved Continuing Teacher and Leader Education (CTLE) Hours

CERTIFICATE

CTLE Activity Title: NYC Health & Physical Education Conference
Activity Location: Progress High School for Professional Careers, 850 Grand Street, Brooklyn, NY 11211
Activity Date(s): January 29, 2018
Instructor: Various
Areas of Activity: X Pedagogy
X Content

Section I: Participant Information

First Name: __________________________ Last Name: __________________________ Middle Initial: ________
Date of Birth: ______________________ Last 4 Digits of your Social Security Number: __________
School District Name: __________________________
Email Address: __________________________
NYS AHPERD Member Number: ________________

I certify that I attended the professional development hours recorded on this form.

Participant's Signature: __________________________

Section II: For Office Use Only

I certify that the individual listed in Section I completed the CTLE cited above pursuant to Subpart 80-6 of the Regulations of the Commissioner of Education.

Name of Authorized Certifying Officer: Colleen C. Corsi, NYS AHPERD Executive Director
Signature of Authorized Certifying Officer: __________________________

NYSED Continuing Teacher & Leader Education (CTLE) Approved Provider #: 23199 (NYS AHPERD, Inc.)
Date: __________________________ Total number of CTLE Hours Earned: __________________________
## Completion of Approved Continuing Teacher and Leader Education (CTLE) Hours

**TRACKING SHEET**

<table>
<thead>
<tr>
<th>Session I Program Title:</th>
<th>(8:10 am to 9:10 am, 1 hour)</th>
<th>Association Leader or Presenter Signature:</th>
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<tr>
<th>Session II: Keynote Presentation:</th>
<th>Karen B.K. Chan, <em>E-I-E-I-Oh! Enhancing Inclusion, Participation, and Performance for Every Student</em></th>
<th>Association Leader or Presenter Signature:</th>
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<tbody>
<tr>
<td>Session III Program Title:</td>
<td>(10:30 am to 11:30 am, 1 hour)</td>
<td>Association Leader or Presenter Signature:</td>
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<tr>
<td>Session IV Program Title:</td>
<td>(11:40 am to 12:40 pm, 1 hour)</td>
<td>Association Leader or Presenter Signature:</td>
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<tr>
<td>Session V Program Title:</td>
<td>(12:50 pm to 1:50 pm, 1 hour)</td>
<td>Association Leader or Presenter Signature:</td>
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CTLE Hours Earned for Monday, January 29, 2018: __________________

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*Please tear this CTLE Form out of this program and turn it in to the registration staff near the main entrance on your way out.*  
*CTLE Forms cannot be accepted after you have left the conference.*  
*Be sure all information is printed legibly.*

*If you have questions about your CTLE Form after you leave the conference, please contact Pat Fraizer at the NYS AHPERD Central Office at 315-823-1015 or pfrazier@nysahperd.org.*
Cultivating Awareness of Racial Microaggressions  
**Presenter:** Jaymie Campbell (AccessMatters)  
**Location:** Classroom 248  
During this session, participants will explore the impact of implicit racial bias on teachers and students of color. Using lecture, media and experiential activities, the facilitator will guide participants through effective recognition of subtle, often unintentional negative racial messages, also known as microaggressions.

Character and Interscholastic Athletics  
**Presenter:** Andy DiDomenico (The Coaches Platform)  
**Location:** Classroom 244  
We will present a comprehensive overview of a character-based, co-curricular athletic program. The session will provide an overview and rationale for implementing character-based athletics, the building blocks for creating a sustainable culture, and interactive activities directed at discovering core program values and methods to infuse them in your program. We will explore relationship building, empowering leaders, rewarding and reinforcing positive action, and creating opportunities to serve others off the fields of play.

Recognizing and Responding to Human Trafficking Indicators  
**Presenter:** Selina Higgins (NYC Administration for Children’s Services)  
**Location:** Classroom 246  
January is “National Slavery and Human Trafficking Awareness Month,” but every month and every day is equally important for the awareness and prevention of trafficking. This one-hour session will provide an overview of human trafficking recruitment dynamics, identify vulnerable populations, highlight red flags that may indicate exploitation and explain who to contact for guidance and help. The training will also feature a viewing of “I am Little Red,” a new animated 10-minute video developed to teach children ages 11-14 how to spot recruitment tactics used by sex traffickers. The video, written by ten survivors of child sex trafficking along with the writer of the film “Toy Story,” is narrated by actress Jessica Chastain.

Tips for Motivating High School Runners  
**Presenter:** Stephanie Herrick (New York Road Runners)  
**Location:** Classroom 250  
New York Road Runners will provide useful tips to high school coaches for keeping their runners motivated. In addition, we will discuss building a strong community on your team and helping students set realistic goals. Information will be gathered and shared from local high school coaches.

Innovative Ways to Teach Health and Introduce Health/Medical Careers  
**Presenter:** Dr. Allecia McLeod (Central Islip School District)  
**Location:** Classroom 255  
During this session, participants will learn new ways to introduce social media and visual aides into the classroom. The presenter will discuss the use of music, dance, theater, skits and health-related role plays, while building character and literacy. Additional information will be shared about forming partnerships with local health/medical institutions and universities.

2:00 pm  
Continuing Teacher & Leader Education (CTLE) Hours

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Please take the time to visit and thank our exhibitors for supporting quality health and physical education programs.

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