**Dr. Hayley Watson** is a clinical psychologist with a PhD in bullying prevention. She has been creating and delivering intervention programs for youth and practitioners in the US, UK, Canada and Australia for the past 15 years. She is the founder of Open Parachute, a video-based middle and high school mental health curriculum program that uses documentary stories of real teens sharing their experiences of overcoming struggle as a platform for building resilience and reducing stigma in students. She has a research partnership with Columbia University and her programs are being delivered in schools across the US, Canada, and Australia. Hayley runs teacher trainings all over the world to empower educators with practical tools for wellbeing and for managing student mental health and behavior concerns in the classroom. **Hayley will present at the keynote luncheon on Tuesday, March 31.**

**Dr. Dean Kriellaars** is an associate professor at the University of Manitoba, Winnipeg, Canada. He is also a scientist at the Children’s Hospital Research Institute. Dr. Kriellaars has been awarded two major university teaching awards, as well as national and international awards for scientific research and innovation. He was awarded the Healthy Living Award for his outstanding activities in building community wellness in the province of Manitoba. He works with Canadian Sport for Life, Aspen Institute (Project Play), Canadian Centre for Substance Abuse, the National Circus School and Cirque du Soleil. He is an original designer of the PLAY Tools for assessment of physical literacy used across the world. **Dean will present at the keynote luncheon on Monday, March 30.**

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**Cindi Parise Dance**

**Creating an Efficient and Fun Class Using the Elements of Dance**
Session attendees will learn how to incorporate the elements of dance in a creative dance lesson while connecting mind and body while using space, time and energy. Join in on this fun, informational session that will highlight favorite dances.

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**Megaera Regan Elementary PE**

**PE Teachers as Change Agents - Get Your School Moving**
Are your students getting their 60 minutes of physical activity a day? Are they learning “from the feet up, not the seat up”? Explore how we, as physical educators, can support the entire school community to get and keep our students moving!

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**Allison Relyea High School PE**

**Backyard Games - Olympic Style!**
Backyard games are a great way to end the school year as you head into the summer months in order to encourage students to get outside and stay active. This session will highlight 13+ backyard games that are taught by the high school students using a peer to peer teaching model. Student assessments, the Olympic tournament structure, and even playing some of the games will all be addressed in this session.

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**Joint presentation by Cindi, Megaera & Allison: SEL for Elementary-High School Physical Education and Dance**
This session will explore activities and games at the elementary level to highlight how students may further develop their self-regulation skills. This session will also show how is used at the high school level to help support students in their social-emotional development. Finally, participants will think about the connections to culture and dance and how to utilize the creative elements of dance and social dances to encourage social-emotional growth in and out of the classroom.
It’s Kratom, Madam - A Look at Supplements, Ergogenics, and Herbals
Speaker: Rick Russotti (Bishop Kearney HS)
Kratom and Cannabidiol (CBD) are joining the already packed shelves of the retail marketplace alongside an ever-growing list of supplements and ergogenic products. These products are consumed by teens at an alarming rate with little or no insight into the risks and long-lasting side effects. Health educators, coaches, and personal trainers often lack resources to educate their students and athletes about the dangers posed by these products. In a world of conflicting health and dietary information, “It’s Kratom, Madam”, will unravel the impact on teen physiology of everything from energy drinks to Kratom and CBD.

Full Class Participation Games
Speaker: Sean Backus (Libson CS)
The speaker will present several games at the middle school and high school level that get full inclusion and movement. Most games are teamwork and partner-based to work on communication and cooperativeness. These games are great for the start of a new year, the day before a break or at the conclusion of a unit.

Make it Work: Creative Solutions for Secondary Physical Education
Speakers: Brendan Quest, Diana Stein & James Jansen (NYC Department of Education)
Session participants will learn strategies to provide quality, standards-based physical education that directly address barriers faced by urban city physical education teachers: non-traditional and/or limited space, large student groups, maximizing available equipment, and more. Realistic solutions to a variety of common challenges are modeled, practiced, and reflected upon. Participants explore strategies and structures to motivate and engage students in a wide range of fitness, skill application, and life-time physical activities that promote physical literacy. Teachers will leave this session with several ready-to-use activities that are aligned to state and national standards and grade level outcomes.

Critical Health Skills and Activities
Speaker: Jessica Wright (Monroe-Woodbury HS)
This session will showcase skills-based, hands-on activities to engage your students in your health classroom. A variety of topics will be covered and participants will leave the session with lesson plans ready for classroom implementation. Come prepared to participate!

Instant Activities to Maximize Moderate to Vigorous Physical Activity
Speaker: Dr. Chris Mekelburg (Rockville Centre UFSD)
This session will focus on standards based instant activities which can be adapted for any level. Attendees will be introduced to an MVPA lesson design, to maximize student engagement and provide objective student data. The presenter will explore the capabilities of heart rate monitors and their impact on lesson design.

Empathy Activation is an Essential Element in Education
Speaker: Jason Spector (Sweethearts and Heroes)
Physical education provides the perfect space to activate empathy in young people. There are four ways to instill compassion and build real skills for kindness and care in our students. A focus on empathetic fitness can save and change lives.

Making Fitness FUN-ctional
Speaker: Dr. Lisa Pleban (Castleton University)
Our goal as professionals is to lead children into a lifelong pattern of physical activity. Providing opportunities to gain confidence and competency through individualized challenges helps to encourage learners of all levels of ability. Functional fitness exercises use various muscles in the upper and lower body at the same time while also emphasizing core stability. This session will provide you with the background behind functional exercise as well as how to incorporate activities safely into your classroom. Be prepared to take part in the games and exercises presented in this session so you can add FUN and FITNESS into your program.

Social Emotional Learning through Activity
Speaker: Jordan Stolp (Gopher)
Physical education teachers are at the forefront of Social Emotional Learning (SEL) within a school setting. Come explore how our activities help demonstrate to students how to manage emotions, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

The Physical Literacy Engine for “A” Game PE!
Speaker: Dr. Dean Kriellaars (University of Manitoba)
This will be a highly interactive, and active session that will illustrate a quality physical literacy experience by providing numerous, unforgettable examples that will immediately impact your pedagogy. Participants will feel and understand the do’s and don’ts of pedagogy based upon physical literacy as an engine, not as a definition. Participants will leave with a true understanding of the role of physical literacy in physical education.

Raising the Bar: Mental Health Literacy for All
Speakers: Sophia Lookretis & Sue Wollner (Mental Health Association in NYS, Inc.)
The Mental Health Association in New York State, Inc. (MHANYS) has established the School Mental Health Resource and Training Center to support mental health instruction for students grades K-12. The Center helps identify resources, develop mental health curriculum, and establish community partners to support mental health education and services, while engaging and empowering families along the way. The speakers will share basic principles for creating a classroom environment that promotes mental health and wellness.
RED-S in Black and White
Speaker: Rick Russotti (Bishop Kearney HS)
We will look at the Female Athlete Triad and Relative Energy Deficiency in Sport from perspective of coaching and training young athletes. This program is designed to increase awareness of the fueling needs of all athletes in addition to highlighting the dangers of discorded eating. We will discuss the consequences of low energy states and risks of dietary supplementation and ergogenics.

Porn Literacy: Incorporating this Hot Topic into your Sex Ed curriculum
Speaker: Meg Falby (Washington Central Unified Union SD)
Phones, laptops, tablets...most of our students own them and many of our students use them to access sexuality explicit materials. Through our time together, we will define what porn literacy is, as well as discuss methods to unpack and discuss the messages that our students receive about sexual consent, safer sex practices, healthy communicative relationships, gender roles and body image in a porn-centric world.

History Comes Alive in Physical Education
Speaker: Denise Raymond (Suffield PS)
This is an active, interdisciplinary session that demonstrates how games from the American Revolution led to the games and sports we play in today's day and age. Games will include trap ball, stool ball, battledore and shuttlecock, fives, nine pins and more! You will leave with an entire unit of games from the past and see how you can connect them to current games and even the games of our future.

Traditional Social Dances for All Ages
Speaker: Jacqueline Laufman (Musician/Dance Caller)
Think of the Virginia Reel, combine a group of kids and/or adults, add live fiddle music, give a few directions and voila! A sense of community is created as we hook elbows and swing around one another, then do-si-do and sashay. Coming from a centuries old tradition that is still danced around the country, social dancing persists because it is fun, easy-to-do, and for all ages which resonates on the physical, mental and emotional aspects of both individuals and communities.

Mentoring Today’s Athlete
Speaker: Dr. Jim Wright (South Huntington UFSD)
In the past, we called it coaching but that has changed. We now expect young coaches to provide leadership, motivation, and direction to athletes and to deal with the politics that exist with parents and school administration. This session will offer the attendee a template for developing a philosophy to make them a better mentor and ultimately a leader in their respective school community.

Fishing (in the Bronx)
Speaker: Brian Rosa (NYC Department of Education)
Participants will be provided with information to teach a fitness-based unit on fishing. Participants will be actively engaged in the lesson. The session will improve participants professional learning and instructional practice through the integration of social/emotional wellness and provide an example of a non-team sport unit.

Assessments using Google Sheets
Speaker: Ashley Chapple (City School District of Albany)
Come learn about how you can efficiently assess your students using Google Sheets. This session is primarily tailored to physical education teachers, however others will benefit from learning how to use Google Sheets for their own tracking purposes. The session will include a work portion so a laptop is preferable but a tablet or cell phone can be used to get you started. All participants will leave with access to instructional videos!

PreK-Grade 4 Developmentally Appropriate Progressions: Making Movement Stick!
Speaker: Dr. Helena Baert (SUNY Cortland)
We are in the business of enhancing movement for all children. When we learn how to analyze movement, we can provide appropriate movement tasks and teaching cues that address the diverse needs of our students. Come learn how to analyze fundamental movement skills, highlight appropriate teaching cues, and prescribe developmentally appropriate progressions; participants will leave with 16 posters to guide you in your future practice.

Skills-Based Health Education: Concept, Design, & Assessment
Speaker: Lindsay Armbruster (Burnt Hills-Ballston Lake CS)
As health educators, our job is to teach our students to set goals, communicate, make decisions, practice healthy behaviors, analyze influences on health, access accurate information, and advocate for the health of self and others; these are our national standards and they are focused on what students should learn to DO. However, many health educators are much more comfortable using a content-based approach to health education; this focuses on what students KNOW. During this session, participants will learn the concept of skills-based health education, as well as explore ideas for curriculum design, implementation and assessment in their own teaching practice from an experienced K-12 (& graduate level) health education teacher who actually implements skills-based health education with kids.
How to Teach Stress Management Techniques in your Health and Physical Education Classes  
**Speakers:** Christina Collins & Ashley Hughes (Blind Brook Rye UFSD)  
This session will teach both health and physical education teachers how to easily incorporate student-centered mindfulness instruction and practices and stress management techniques into their classes immediately. The session will provide guidance, ready to use materials and hands-on practice of each technique.

Addiction...the Kid Next Door and on Your Team  
**Speaker:** Kym Laube (HUGS, Inc.)  
As today’s society finds itself in the throes of an opiate crisis, school district personnel, coaches teachers and administrators find themselves faced with unprecedented conversations, situations and challenges. This session will give clear, accurate information about the scope of addiction and its impact on the local community, school athletic teams, individual student, families, and coaches. Join us as we work together to bring about change by identifying risk factors and exploring ways to strengthen protective factors to ultimately prevent our kids from dying.

National Board for Professional Teaching Standards Awareness Session  
**Speaker:** Kathleen Young (Newburgh Enlarged CSD)  
Session participants will receive an overview of the National Board Process; how and why NBPTS began, the five Core Propositions, the parts of the NBC process, who is eligible to pursue the process and how teachers are being supported during their journey through the process. Participants will be able to discuss how teachers, students, and schools benefit from this process and how it fits into current initiatives including teacher evaluation and continuing education hours (including CTLE hours). The presenter will answer other questions pertaining to the NBCT process as time allows.

How to be the Wiper and Not the Bug on Your Windshield  
**Speaker:** Maria Melchinoda (MAHPERD Executive Director)  
Connections with colleagues are a necessity in any quality health or physical education program to make improvements in curriculum, instruction and assessment. This session will assist teachers in developing their own advocacy folders and becoming pro-active to tackle the needs of their programs in collaboration with members of the school community.

Net Generation Tennis and Schools, the Perfect Match!  
**Speaker:** Chuck Russel (United States Tennis Association)  
As part of our mission to promote and develop the growth of tennis, USTA Eastern is looking to support physical education teachers as they introduce the lifetime sport of tennis to children of all ages. This fun, interactive session will include parts of the full, 3-hour Net Generation School Workshop that USTA Eastern Clinicians can deliver at no cost in school districts throughout New York State. We will showcase the comprehensive Net Generation curriculum for physical education teachers designed in conjunction with SHAPE America, as well as the free equipment and other benefits/resources available, all free to partnering schools.

Bring Back Ballroom  
**Speaker:** Karen Renaud (Hopkinton Public SD)  
Acquire the skills to perform and teach three, basic-step patterns in both Merengue and the Hustle. This session will introduce educators to the fun and lifelong skill of partner dancing and provide them with a new tool to use in their K-12 physical education classes. Successful teaching strategies and suggestions for curriculum implementation will be shared.

Providing an Effective Student Teaching Experience  
**Speakers:** Dr. Lisa Pleban (Castleton university) & Carol Ciotto (Central Connecticut State University/SHAPE America Eastern District Executive Director)  
Both teacher-preparation programs as well as their K-12 partners are responsible for ensuring that graduates demonstrate adherence to performance standards established by national, state, and local credentialing bodies. The effort to facilitate student teacher development is substantial and represents an era in teacher preparation different than that experienced by many of the professionals currently providing support. Challenges to mentoring and supervising student teachers include the ability to provide different kinds of support and feedback to “millenial learner” candidates, the employment of standard-based assessment tools, and assisting candidates in the preparation of portfolio-based evidence for licensure. This round-table session will bring together university teacher education faculty and supervisors, and field-based cooperating partners, with the intent of bringing forward best practices and fostering discussion about student teaching. Recent graduates are encouraged to lend their experiences to this conversation.

Physical Literacy Enriched Games, Exercise and Physical Activity  
**Speaker:** Dr. Dean Kriellaars (University of Manitoba)  
This practical session will demonstrate how to use physical literacy to enrich games, exercise and physical activity for children and youth of any age, in or at school. Participants will learn how to 1) adapt TGFUs using PL, 2) to create a physical literacy enriched moderate/vigorous physical activity experience that maximizes confidence and motivation to engage in PA, and 3) how to employ PL to enrich classic strength and conditioning exercises to achieve simultaneous brain and muscle benefits.
Action! Team Games
Speaker: Jordan Stolp (Gopher)
Fast paced, energetic, non-traditional activities provide fun and excitement for your programs. These all-inclusive Gopher games will provide everything you need for a variety of game variations and are designed for large class sizes!

Plug-In And Play
Speaker: Maureen White (OPEN PE)
Come “Plug-In and Play” with the presenter using the Plug and Play Fitness Module. Participants will journey through a variety of secondary activities to increase moderate to vigorous physical activity in your students, develop knowledge in health related fitness and find the overall joy that physical literacy and wellness can bring into students lives.

Get the Ball Rolling with your Very Own Bowling Unit
Speaker: Jim Hambel (NYC Department of Education #9)
Bowling is an excellent indoor recreation sport and lifelong activity. Led by a National Bowling Hall of Famer with over 25 years of experience, this session will introduce how to incorporate a bowling unit. Participants will explore basic bowling skills and progressions, implement technology in physical education and examine several instructional strategies that will maximize movement time in their physical education class. Participants will also learn how to differentiate strategies they learn to transfer to other units of instruction. This session will teach effective methods of assessment. Come and get bowled over!

Getting to the Next Level with Strength and Conditioning
Speaker: Corey Crane (Port Chester SD/Manhattanville College)
This presentation outlines the five main goals behind a proper strength and conditioning program. It includes specific methods and techniques to address and maximize each goal. It also includes strategies of how to incorporate strength and conditioning into a traditional physical education program.

New York State Physical Education Learning Standards 2.0
Speaker: Dr. Clancy Seymour (Canisius College)
The New York State Physical Education Learning Standards are in revision and soon to be approved! Through the collaboration of the New York State Education Department (NYSED) and NYS AHPERD, a diverse representation of physical education professionals was assembled to complete this important initiative. Updates and progress will be shared and discussed.

PK-6 Quality PE: Developmental Progressions OPEN Now!
Speaker: Dr. Helena Baert (SUNY Cortland)
Do you need developmentally appropriate activities to actively engage young students? Attend this session ready to be immersed in physical education activities that can easily be taken back to school and utilized immediately. This session will provide you with activities to engage grade school children in a purposeful and sequential physical education experience sampling a variety of units from the openphysed.org free, online curriculum.

Teaching Jump Rope From the Ground UP
Speaker: Maryanne Ceriello (Beacon CSD, Retired)
This presentation outlines a pedagogical approach to introducing jump rope skills in kindergarten and progressing through grade 5. Basic footwork patterns are introduced while moving over and around ropes on the floor, then in hands, and finally turning and jumping. The use of checklists, how self and peer assessment are incorporated, as well as adding media and technology to boost student achievement. The use of jump sticks and long jump ropes are also incorporated in the sequence.

Making Sex Ed Fun!
Speaker: Drew Miller (Bard High School Early College Manhattan)
Comprehensive sexuality education is an essential part of a child’s growth and development, and should be something that is celebrated rather than dreaded. Like the title says, you will have fun in this session! From movie clips, games, kinesthetic activities and more, you will leave this session energized and empowered to revitalize your sexuality education curriculum. This session will provide educators with sexuality education lessons that are interactive, skill-based, and address the various learning styles in which our students learn. All lessons are easily modifiable based on age or skill level and are aligned with the National Health Education Standards, National Sexuality Education Standards, and New York State Standards. In addition to leaving with ready-to-implement lesson plans, participants will also explore best practices for sexuality education in the public school setting.

It’s Not Me, it’s You... Staying Together for the Kids
Speaker: Craig DeAngelis (Manhattanville College)
When we started our educational journey we never anticipated all of the difficult people we’d encounter. If only THAT administrator or THAT co-teacher could see things our way, everything would be so much better... right? During this session, we’ll explore challenges, individual accountability, and the importance of working together for the sake of our learners.

... and more to come!