When you scan the red QR codes next to each session, you will find a specific evaluation for that session. To enable us to provide you with the best possible professional development we need and we value your opinion. We respectfully request you take the time to evaluate each session you attend. Thank you!

7:00 am to 8:15 am
Registration & Packet Pick-up
Light breakfast fare will be available.

8:15 am to 8:30 am
Conference Welcome
Location: Auditorium

8:40 am to 9:40 am
Session I
A Coach’s Guide to Mitigate Liability and Negligence
Presenters: Michael Gulino (3 Dimensional Leadership) & Rod Mergardt (SUNY Cortland)
Location: Classroom 248
Based on the 14 legal duties of athletic administrators and coaches, participants will learn how to mitigate negligence and liability and understand their legal responsibilities as a coach in New York State. Special emphasis will be placed on child protection, social media, supervision strategies, medical issues and professional ethics. This presentation will expose issues that are not part of a conventional risk management plan.

Aquatic ABC for School Leaders
Presenter: RaLuca Gruin (KAPPA International High School/American Red Cross Metro NY)
Location: Classroom 250
Safety is the priority #1 when it comes to teaching Learn-to-Swim, aquatic programs and/or coach swimming at NYC public schools. The question is how best to facilitate the tools for effective and safe management, maintenance, facility operation, and at the same time engaging students in learning and maximizing their aquatic experience? Participants will receive the Aquatic Guidebook for Aquatic Management and School Leaders.

Fundamentals of Teaching Consent
Presenter: Rachael Gibson (NYCDOE Office of School Wellness Programs)
Location: Classroom 244
The goal of this presentation is to build foundational content knowledge, examine values and introduce the Teaching Affirmative Consent supplement from HealthSmart. Teachers will engage in discussion and activities that build pedagogy surrounding the topic of consent. At the end of the session, teachers will be encouraged to attend the full-day training in June.

IMPORTANT
Your CTLE form/session tracking sheet can be found in this conference program on pages 5 & 6. Please complete all sections legibly. Print the title of each session you attend on the tracking sheet and obtain a signature at the conclusion of each session.
8:40 am to 9:40 am
Session I (con’t)

"Othering" in PE - Queerness
Presenter: Sheldon Sucre (Teachers College)
Location: Classroom 246
During this session, participants will learn how to make a "safe space" for all students and will understand the benefits of providing an inclusive curriculum to all students. The presenter will also discuss how to move the focus of teaching tolerance to teaching understanding and respect.

Large Classes? No Space? Strategies for Successful Secondary Physical Education
Presenters: Diana Stein & James Jansen (NYCDOE Office of School Wellness Programs)
Location: Gymnasium 1
Participants in this workshop will learn strategies for providing quality, standards-based physical education instruction with large classes in both traditional and in limited space with limited equipment. Realistic solutions to a variety of common challenges will be demonstrated and discussed, including exploring strategies and structures to motivate and engage students in fitness and skills development. Teachers will engage in several ready-to-use activities that are aligned to state and national standards, as well as to the SHAPE America Grade Level Outcomes for secondary students.

Introduction to Flag Rugby as a Youth Development Tool
Presenter: Dom Wareing (Play Rugby USA)
Location: Gymnasium 2
Teachers will learn how to teach developmentally appropriate Flag Rugby fundamentals to (middle school) students with a strong focus on student empowerment and decision-making that will transfer into the classroom. The training covers the values underpinning the sport of flag rugby, basic skills, terminology, rules, regulations, offensive and defensive techniques and lead up games.

Introduce Hula-Hoop Challenges in Your Physical Education Class
Presenter: Srecko Mavrek (KAPPA International HS/Hostos CC)
Location: Gymnasium 3
Join this session to learn about exciting hula-hoop challenges for physical education classes that will increase student participation. These challenges can be used as dynamic warm-ups, daily challenges for prepared students, or an alternative assignment for unprepared students in large PE classes. Hula-hoop challenges will be a valuable addition to your physical education classes as both prepared and unprepared students will be able to participate!

Have Gymnastics and Tumbling Become Extinct?
Presenters: Karen Cassandro & Anthony Abicca (The Queens HS of Teaching)
Location: Gymnasium 4
This workshop will explore the revival of gymnastics, rhythmic gymnastics and tumbling in New York City Physical Education Classes. How to instruct, modify, assess and incorporate this unit into a K-12 physical education curriculum will be the focus of this workshop.

9:50 am to 10:50 am
Session II

Creating a School Wellness Council
Presenter: Benjamin Ferder (Lucero Elementary School)
Location: Classroom 246
The program is about how to effectively create a school wellness council at your school. Participants in the program will learn how to recruit members for their school wellness council, creating goals and ideas to help change school culture and creating a positive school environment through partnerships with different wellness council resources.

International PASSport to PE
Presenter: RaLuca Gruin (KAPPA International HS)
Location: Classroom 250
Do more, be more! Are you interested in expanding your professional growth internationally? Want to learn how to combine vacationing around the world and being part of the international PE community? The presenter will share her 15 years of international experience providing insights and guidance on how to take part in physical education seminars and conferences in Italy, Finland, Germany, Austria, Switzerland, Taiwan and much more.

CATCH My Breath: Youth E-Cigarette Prevention Program
Presenter: Duncan Van Dusen (CATCH Global Foundation)
Location: Classroom 244
E-cigarette, including JUUL, use has grown dramatically in recent years to become the most commonly used tobacco product by middle and high school students. During this session, participants will be introduced to a best practices-based e-cigarette prevention program for middle and high school students, and learn how schools across the country are adopting and implementing this program. The CATCH My Breath Program is being offered for free to schools across the nation thanks to our funders, CVS Health, as part of their Be The First Campaign.

Bent On Learning
Presenter: Anne Desmond (Bent On Learning)
Location: Classroom 248
Bent On Learning has been teaching yoga in New York City schools since 2001 as a tool to support students' health, wellbeing and learning readiness. Yoga's combination of movement with breathing, relaxation and meditation exercises not only improves physical health, but also has a positive impact on emotional and cognitive intelligence. During this presentation, participants will learn how to easily incorporate yoga into the classroom or gymnasium, with or without a yoga mat, and teach kids how to tap into their innate strength, resilience and intelligence.

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A special thank you to Gopher for supplying our conference bags and lanyards!
Learn the Globally Popular Sport of Netball  
**Presenters:** Jonee Billy, Mirinda Kidman, Maggi Gao & Angelique Allan (Netball America)  
**Location:** Gymnasium 1  
20 million people play in 70 countries and now you can bring something new and exciting into your curriculum. Netball is a great feeder sport for basketball. The benefits it has over basketball are that it is non-contact and players are restricted to zones on the court so they must pass to each other: so it is all inclusive, three seconds to pass the ball, so great for hand/eye coordination, and it teaches the students to find space on the court. There is no backboard and no stealing of the ball. The players must stand three feet away from each other to defend the ball so you can have the boys and girls play together on the same team or against each other.

ACL Injury Prevention and Return to Sport  
**Presenters:** Heather Milton, Rondel King, James Koo, Jennifer Gallinara & Wil Colon (NYU Langone Health)  
**Location:** Gymnasium 2  
It is estimated that up to 250,000 anterior cruciate ligament (ACL) injuries occur each year; and more than 50% of those injuries occur in athletes younger than 25. The cost and time associated with ACL rehabilitation can greatly limit a player’s ability to contribute to their sport, and may impact time lost in class as well. Even more, a great deal of athletes whom have suffered an ACL injury are likely to experience a secondary injury after returning to sport, further increasing the burden of injury; therefore, more comprehensive prevention techniques must be implemented to keep players healthy in youth sports.

Let’s Travel the World with Folk Dances in Physical Education  
**Presenters:** Dr. Shawn Ladda, Billy Ciamara, Samantha Escobedo, Caitlin DeMuro, Mike Kiely, Matt Kowalchuk, Roberto Macasaet, Kelson Borisenko, Nick O’Halloran, Jeanine Perrelli & Mary Pizzimenti (Manhattan College)  
**Location:** Gymnasium 3  
The focus of this session is for participants to perform basic folk dances. Participants will recognize folk dance terminology, origin, location, language, traditional costumes, flag, and history of the dance. Participants will create an eight-count sequence integrating props, dance patterns, and cultural influences.

Focus, Fitness and Fun with Tai Chi  
**Presenter:** Cari Shurman (Tai Chi for Kids, Inc.)  
**Location:** Gymnasium 4  
Tai Chi is the perfect exercise for the stressful, fast paced, over-connected world we live in. Tai Chi is a tool to relax, refocus, and release stress, while improving balance, flexibility and muscle tone. Tai Chi fits into an existing PE program as a warm-up and/or cool down or as a full activity for a class period.
Understanding, Recognizing and Responding to Human Trafficking
Presenter: Selina Higgins (NYC Administration for Children’s Services)
Location: Classroom 246
This session will provide a youth-focused overview of human trafficking dynamics and vulnerability development, recruitment techniques and trauma bonding, susceptible populations, and red flags that may indicate exploitation. Information will be provided on who to contact for guidance and help when a youth is suspected or known to be trafficked. The presentation will also feature a component on how media (ads, movies, music videos) plays a part in normalizing and glamorizing trafficking, further increasing vulnerability for youth.

Mental Health Wellness and What Does the Law Have to Do with It
Presenter: RueZalia Watkins (Vibrant Emotional Health)
Location: Classroom 244
This presentation will describe the spectrum of mental health and wellness, and how to recognize when people may be struggling with mental health concerns. Participants will learn of strategies and resources to promote mental wellness in the school system. Lastly, participants will learn about the new landmark legislation requiring mental health education in the schools and learn about its implications for their work with students and school communities.

Strong and Fit: No Excuses Weight Room Instruction
Presenter: Anthony Carrano (NYCDOE Office of School Wellness Programs)
Location: Weight Room BDG6
During this session, teachers learn strategies to design safe physical education instruction in a weight room. Teachers learn proper lifting technique and differentiated progressions and regressions used to develop functional strength, as well as strategies for grouping students and organizing equipment in the physical space to maximize instructional time. Attendees take away first-hand experience with mini-lessons and a sample pacing guide for a semester-long class.

The Art of Movement: Physical Literacy in an Urban Setting
Presenters: Ronny Rodriguez & Cristina Rios (NYCDOE Office of School Wellness Programs)
Location: Classroom 250
In this workshop participants will learn how to successfully incorporate physical literacy as the outcome of their PE program. In this workshop we will discuss the philosophical underpinnings of physical literacy and the implications this has on our approach to teaching physical education. We will briefly review the NYC Scope and sequence and how this can be used to support teachers in meeting the goal of physical education.

Getting the Best from Athletes
Presenter: Positive Coaching Alliance Trainer
Location: Classroom 255
During this session, the trainer will discuss how positive coaching impacts athletes. Attendees will learn exactly why positive motivation helps athletes improve their performance and process the life lessons available through sport that will impact them in athletic competition and beyond. Coaches will explore scenarios and apply this knowledge to some of the most difficult team and player motivation challenges: 1- motivating difficult-to-reach players and underperforming teams, 2- having “hard conversations” with players, 3- communicating "receivable criticism", and, 4- giving players an “emotional tank vocabulary” for use with themselves and their teammates.

Effective Classroom Management for Secondary Students Made Easier: Strategies for Change
Presenters: Dr. Victor Ramsey & Matthew Wechsler (NYCDOE Office of School Wellness Programs)
Location: Gymnasium 1
This secondary physical education workshop will provide numerous classroom management strategies designed to foster conditions that support the development of positive student engagement. Please come to learn, share, and interact, as we will look into how effective classroom management can re-shape your students’ willingness to learn!

PLYOGA—Your Body is Power
Presenters: Thomas Ascough (PLYOGA Fitness) & Bonnie Katz (Mott Haven Village Prep)
Location: Gymnasium 2
A 4-part interval training system using the benefits of yoga as an active recovery for plyometric interval training. Take the class as an intro to the program to see how accessible PLYOGA is for all ages and levels. Learn about professional development opportunities for your district, school, or independently.

Tai Chi and Adapted PE
Presenter: Cari Shurman (Tai Chi for Kids, Inc.)
Location: Gymnasium 4
"I am a tree. I feel the roots." "It is warm inside me." "Tai Chi is soft." "I can see the light in me." "I feel happy." These are the comments of students who struggle with a variety of learning challenges when they do Tai Chi. Tai Chi works on the inside of the body - the heart and lungs and other organs, the nervous system and energy flow, as well as balance, flexibility and muscle tone. It is a wonderful tool for students with challenges, including ADHD, ADD, physical disabilities, and autism. It helps them feel what is going on in the body and respond to it in a meaningful, peaceful way. It encourages visualization which is a step towards more self-control.
Directions for obtaining Continuing Teacher and Leader Education (CTLE) Hours

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

In order to have your certified certificate emailed to you, please email CTLE@nysahperd.org and request the certificate.

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

**CERTIFICATE**

CTLE Activity Title: NYC High School Health Education, Physical Education and Athletics Conference

Activity Location: Progress High School for Professional Careers, 850 Grand Street, Brooklyn, NY 11211

Activity Date(s): January 28, 2019

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: ___________________________
In order for us to accurately file your CTLE hours, you must print legibly. If this form is not completely filled out, we will not be able to grant CTLE hours as per the New York State Education Department.

CTLE Activity Title/Date: NYC High School Health Education, Physical Education & Athletics Conference

Participant’s Name:

Conference Welcome: Presented by: NYC DOE Office of School Wellness Programs
(8:15 am to 8:30 am, .25 hour)

Association Leader or Presenter Signature:

Session I Program Title:
(8:40 am to 9:40 am, 1 hour)

Association Leader or Presenter Signature:

Session II Program Title:
(9:50 am to 10:50 am, 1 hour)

Association Leader or Presenter Signature:

Session III Program Title:
(11:35 am to 12:35 pm, 1 hour)

Association Leader or Presenter Signature:

Session IV Program Title:
(12:45 pm to 1:45 pm, 1 hour)

Association Leader or Presenter Signature:

CTLE Hours Earned for Monday, January 28, 2019:

*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 Frazier at the NYS AHPERD Central Office at 315-823-1015 or pfrazier@nysahperd.org.
12:45 am to 1:45 pm  
Session IV  

Introduce Swimming and Lifeguarding Programs to Your High School Students  
Presenters: Srecko Mavrek (KAPPA International HS) & Jesus Gonzalez (HS for Media and Communications)  
Location: Classroom 250  
There are several ways to receive swimming and lifeguarding instruction 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 join the New York HS Lifeguard Network!

Grant Writing 101: Get your Proposal Funded  
Presenter: Michael Gulino (3 Dimensional Leadership)  
Location: Classroom 248  
This workshop will cover the basics of grant writing. How do you take an idea or need and turn it into a proposal? Participants will assess their school’s wellness climate using a modified school health index created by the CDC. Upon completion of the assessment participants will have the opportunity to apply for a grant. A variety of grant resources will be shared.

Constructivism and Humanism in Physical Education  
Presenter: Sheldon Sucre (Teachers College)  
Location: Classroom 246  
There is a paradigm shift in the field of physical education moving toward a more student-centered form of physical education. During this session, the curricular framework of Teaching Personal and Social Responsibility (TPSR) will be discussed. The presenter will discuss the various benefits that a curricular framework that is underpinned by constructivist and humanistic ideologies have to offer.

Making Sexuality Education Fun!  
Presenter: Drew Miller (Bard High School Early College)  
Location: Classroom 244  
Comprehensive sexuality education is an essential part of a child's growth and development, and is mandated as a part of a NYC student’s progress through the school system. Research has consistently shown that comprehensive sexuality education has many benefits, including but not limited to: delaying the onset of sexual activity, increasing condom and contraceptive use and lowering interrelationship violence. This workshop will provide teachers 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 what “good” sexuality education looks like in the public school setting.

12:45 pm to 1:45 pm  
Session IV (con’t)  

Coaching for Peak Performance  
Presenter: Positive Coaching Alliance Trainer  
Location: Classroom 255  
During this session, the trainer will delve deeper into one of the three main principles of Positive Coaching: Effort, Learning and bouncing back from Mistake (ELM). Attendees will explore how to help their athletes improve and perform to their potential through a mastery focus. Coaches will explore scenarios and apply this knowledge to some of the most common and difficult challenges around effort, learning and mistakes: 1-getting players to put forth maximum effort regardless of the scoreboard, 2-helping your team to play with more confidence, 3-how to help individuals frustrated by lack of improvement, and 4-differentiating between types of mistakes and how to use them to improve performance.

New Physical Education Assessments for High School PE  
Presenters: Dr. Sarah Doolittle (Adelphi University) & Hanna Gordon (NYCDOE Office of Periodic Assessment)  
Location: Gymnasium 1  
Experience new optional assessments developed by the Department of Education for 9th-10th and 11th-12th instructional programs. After participating in Part A fitness activity and Part B written assessments, participants will understand the possibilities of using these new assessments for student, program and/or teaching evaluation.

Inspire. Motivate. Ignite: Rockout with POUND  
Presenter: Mackenzie Heffernan  
Location: Gymnasium 2  
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!

It’s Getting HOT in Here! Asking Higher Order Thinking (HOT) Questions in PE  
Presenters: James Jansen & Natalie Wheeler (NYCDOE Office of School Wellness Programs)  
Location: Gymnasium 3  
Physical education in the 21st century is an academic subject that includes getting students to think critically. In this session, participants will learn how to develop and implement higher order thinking questions in secondary PE lessons that will promote deeper student understanding of PE concepts. Participants will examine the importance of asking HOT questions and similarities/differences between higher and lower order thinking questions, how to develop HOT questions based on SHAPE America Grade Level Outcomes, and their application within a PE lesson. Content of this session has been aligned to national and state standards, along with Danielson Rubric 3b: Using Questioning and Discussion Techniques. The presentation’s approach incorporates cognitive learning theories of Bloom’s Taxonomy and Webb’s Depth of Knowledge.

REMINDER: Please tear your CTLE Form/Tracking Sheet 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.
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