



## 2019 MAHPERD Conference Sessions At-A-Glance

### REGISTRATION

**Sunday** 12:45 pm - 6:00 pm; **Monday** 7:30 am - 4:00 pm; **Tuesday** 7:30 am - 10:00 am

### EXHIBITS

**Sunday** 2:00 pm - 6:00 pm; **Monday** 8:00 am - 3:00 pm

### **Sunday, November 3, 2019 - PRE-CONFERENCE - MUST PRE-REGISTER**

1:00 - 4:00 pm	High Energy PE Activities: By Teachers, For Teachers	Nick Kline
1:00 - 4:00 pm	Health Education Teacher Collaboration: Working on Assessments for the Health Education Classroom	Erin Bjorkdahl, Jeni Cash- Jordan

#### **1:30 - 2:30 pm      Session 1**

Challenging Activities K-5  
Elasticity: Fascial Conditioning  
Active Threat Awareness  
Archery (**this is a 2 hour session - must pre-register**)  
Games, Games, Games  
Outdoor Pursuit Ideas with Limited Equipment & Time

Jemal Murphy  
Kirsten Beverly Waters  
Sgt. Jason Stuart  
Nick Lyons  
Tim Taggart, Palos Sports  
Lauren Jacobs

#### **2:45 - 3:45 pm      Session 2**

Exploring Various Forms of Assessment  
Adapted PE: A Collaborative Approach  
Mindful Tools for Stress & Anxiety  
Fitness Super Shuttle for K-12 Students  
Integrating Physical Education with Literacy  
The Workout Sandwich: The Importance of Properly Warming Up & Cooling Down

Carol Ciotto, Ellen Benham  
Becki Belmore, Betsy Cyr  
Julie Campilio  
Maria Corte  
Kasey Watson  
Lyndi Kelly

#### **4:00 – 5:00 pm      Session 3**

Seeing Academic Performance Increased with BRAINball (**repeats Mon.**)  
The ABCs of Adapted Physical Education  
Considerations for Skill Development in Health Education  
Alternative to Volleyball - Nitroball/Nuke-Em  
Game Face Meditation Techniques for Athletes  
Instant Activities: Maximizing Movement & Engagement in PE

Tim Taggart, Palos Sports  
Carol Ciotto, Ellen Benham  
Sarah Benes  
Scott Pelletier  
Kirsten Beverly Waters  
Timothy Losee

**5:30 – 6:20 pm      SOCIALS – Join Us - MAHPERD, UMPI, St. Joe's, UMaine**

**6:30 - 7:15 pm      AWARDS BANQUET (Knox County Ballroom)**

**7:15 - 8:30 pm      AWARD PRESENTATIONS (Knox County Ballroom)**



## 2019 Conference Sessions At-A-Glance

### Monday, November 4, 2019

**5:30 - 7:30 am** Samoset Pool and Fitness Center Open (no charge for hotel guests)

**7:00 - 8:15 am** BREAKFAST for Participants (State of Maine Hall)

**8:15 - 9:15 am** Session 4

Seeing Academic Performance Increased with BRAINball (**repeat from Sun.**)  
Assessment in Skills - Based Health Education  
Instant Activities, Instant Enjoyment  
Coaching Panel Sharing  
The Power of Motivation  
Harnessing Youth Behavior Data  
NET Generation School Tennis  
Linking Literacy & Movement

Tim Taggart  
Irene Cucina  
Nick Kline, US Games  
Alan Gordon Facilitating  
Jennifer McNulty  
Jean Zimmerman  
Eric Driscoll  
Marilena Canuto,  
Sasha Malone

**9:30 - 10:30 am** Session 5

The Impact of Successfully Navigating the Non-X's & O's of Coaching  
Substance Use & Young People in Maine: The What, So What, Now What?  
Unified Physical Education  
Management on the Move for K-12 Students  
What to Expect in Your First Three Years  
Social Justice in Health Education  
  
Native American Dance  
The Importance of Dynamic Warm-ups & Proper Movement Patterns  
Innovative Soft Tissue Techniques in Athletic Healthcare

Thomas Dahlborg  
LeeAnne Dodge  
Ian Frank, Charlie Bingham  
Maria Corte, GOPHER  
Kayla McGee, Lynn  
Sarah Benes  
D'Agostino  
Seana Mackeldey  
J.P. Stowe, Luke Bartlett  
Kristen Bailey, Wayne  
Lamarre, Angela Potter

**10:30 - 11:05 am** VISIT WITH THE EXHIBITORS (State of Maine Hall)

**11:10 - 12:30 pm** GENERAL SESSION & KEYNOTE PRESENTATION (Knox County Ballroom)

**12:30 - 1:10 pm** Luncheon Buffett (**\$12 with support from MAHPERD and Bangor Savings Bank**)

**12:30 - 1:10 pm** **FREE STUDENT TACO LUNCH sponsored by MAHPERD & MEA  
(La Bella Vita Restaurant)**

**1:15 - 2:15 pm** Session 6

Plug & Play Fitness  
Why Young People Need Dance More than Ever  
CATCH My Breath: Universal E-Cigarette/Juul Youth Prevention  
Identifying & Responding to Commercial Sexual Exploitation of Youth

Nick Kline, US Games  
Karen Montanaro  
Lindsay Edgar  
Meg Hatch



## Monday, November 4, 2019 (continued)

### 1:15 - 2:15 pm      Session 6 (cont.)

Incorporating Traffic Safety Instruction into Your Classroom  
Badminton Bonanza  
9 Square in the Air  
Student Leaders Learning How to Survive

Shannon Belt  
Liz Giles Brown  
Dana Welch, Scott Pelletier  
Dianne Kazilionis,  
Nikki Remsen

### 2:30 - 3:30 pm      Session 7

Tools to Increase Fitness Knowledge: Skills to Improve Fitness for Life  
CPR in Schools  
Adverse Childhood Experiences 101: Nothing Gets Left at the Door

Think Abouts & Body Look Fors  
Teaching Educational Gymnastics in Elementary Schools  
Maine Family Planning Condom Education

Line Dancing 101

FLAG Football in School ([double session](#))

Pam Powers, US Games  
Gary Urey  
Brittany Ray, Ashley  
Cirone, Laura Thomas  
Liz Giles-Brown  
Becki Belmore  
Emma Steinbach,  
Victoria Preston  
Heather Clark,  
Melissa Adams  
Thomas Winieckii,  
Katie Hoffman

### 3:45 - 4:45 pm      Session 8

Rhythm of Life: Dance  
Wait... How Does that Work? A Crash Course in Transgender Sexual Health

Cultivating Mindfulness in Your Daily Practices  
Go Dough: School Wellness Funds Made Simple  
Why Am I Doing This? Addressing Standards in Unit & Lesson Plans  
Icebreaker & Teambuilder Activities for K-12 Students  
Adaptive Physical Education Sharing  
ACTION! Team Games with MVPA Assessment  
FLAG Football in School ([must attend 2:30 session](#))

Pam Powers, US Games  
Quinn Gormley,  
Oliver Jones  
Staceyannah  
Lindsay Edgar  
Chris Nightingale  
Maria Corte, GOPHER  
Andrea Lee  
Scott Roy  
Thomas Winieckii,  
Katie Hoffman

5:15 - 6:30 pm      **DINNER BUFFET (State of Maine Hall)**

7:00 - 10:00 pm      **Corn Hole Tournament (off site)**



**DOWNLOAD THE EDUPLUS CONFERENCE APP  
ON YOUR PHONE OR OTHER DEVICE**

Get information on conference sessions, presenters, exhibitors, and special events



**Tuesday, November 5, 2019**

**8:00 - 8:50 pm      Session 9**

Games, Games, Games  
Mind Blowing Low Budget Activities for PE & After School  
Health Education Sharing  
RAD for Teens: Self Defense & Personal Empowerment  
Mindfulness in Education: Calm, Cool Kids in School  
Speed & Agility Fundamentals & Training

Tim Taggert, Palos Sport  
Dana Welch  
Karyn Bussell  
Karen Grotton  
Kellie Bailey  
Heath Pierce  
Kawika Thompson,  
Dan Gish

**9:00 - 9:50 am      Session 10**

Social Emotional Learning Through Cooperative Play  
Incorporating Dance & Movement into PE Programs  
Elementary PE Sharing K-5  
Apps/Sites/Tweets  
Animal Assisted Education  
Nutri-tips for Teens: Rethink Your Drink & Re-Assess Your Snacks!  
RAD Kids Personal Empowerment Safety Education

Pam Powers, US Games  
Danielle Drouin  
Lynn D'Agostino  
Tim Farrar  
Denise Allen  
Anne-Marie Dave  
Karen Grotton

**10:00 - 10:50 pm      Session 11**

Feedback & Student Success  
ACES 101: Nothing Gets Left at the Door  
Benefits of Well-being  
Fitness Activities to Help Your Students Meet Their Goals  
Fitness Super Shuttle for K-12 Students  
Physical Literacy Screening  
Middle School & High School PE Sharing

Nick Lyons  
Brittany Ray  
Michael Booth  
Irene Cucina, Ryan Croatti  
Maria Corte, GOPHER  
Michele LaBotz, Chris Pribish  
MAHPERD Board Members

**11:00 – 11:45      Endnote (to be announced in September)**

**11:50 – 12:30      MAHPERD Business Meeting**

## **Outstanding Professional Development**

**Check out the sessions and share with your administrator.** This is your opportunity to learn effective and up-to-date practices in health education and physical education related to curriculum, instruction, and assessment. The conference offers sessions for delivering and effectively assessing health education and physical education including helpful and practical uses of technology; interactive, skill-based teaching strategies; and standards-based rubrics and assessments. This conference is a prime opportunity to network with colleagues from around the State, sharing ideas and strategies to improve your classroom.