



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 (canceled)
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
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
What Educators Need To Know About Child Sexual Abuse
Prevention and Affirmative Consent

Nick Kline, US Games
Karen Montanaro
Lindsay Edgar
Meg Hatch CANCELED

Katie Church **NEW**



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 (canceled)
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.