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 Jemal Murphy
Elasticity: Fascial Conditioning Kirsten Beverly Waters
Active Threat Awareness Sgt. Jason Stuart
Archery (this is a 2 hour session - must pre-register) Nick Lyons
Games, Games, Games Tim Taggert, Palos Sports
Outdoor Pursuit Ideas with Limited Equipment & Time Lauren Jacobs

2:45 - 3:45 pm Session 2

Exploring Various Forms of Assessment Carol Ciotto, Ellen Benham
Adapted PE: A Collaborative Approach (canceled) Belmore, Betsy Cyr
Mindful Tools for Stress & Anxiety Julie Campilio
Fitness Super Shuttle for K-12 Students Maria Corte
Integrating Physical Education with Literacy Kasey Watson
The Workout Sandwich: The Importance of Properly Warming Up & Cooling Down Lyndi Kelly

4:00 – 5:00 pm Session 3

Seeing Academic Performance Increased with BRAINball (repeats Mon.) Tim Taggart, Palos Sports
The ABCs of Adapted Physical Education Carol Ciotto, Ellen Benham
Considerations for Skill Development in Health Education Sarah Benes
Alternative to Volleyball - Nitroball/Nuke-Em Scott Pelletier
Game Face Meditation Techniques for Athletes Kirsten Beverly Waters
Instant Activities: Maximizing Movement & Engagement in PE 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.)  Tim Taggart
Assessment in Skills - Based Health Education  Irene Cucina
Instant Activities, Instant Enjoyment  Nick Kline, US Games
Coaching Panel Sharing  Alan Gordon Facilitating
The Power of Motivation  Jennifer McNulty
Harnessing Youth Behavior Data  Jean Zimmerman
NET Generation School Tennis  Eric Driscoll
Linking Literacy & Movement  Marilena Canuto, Sasha Malone

9:30 - 10:30 am  Session 5

The Impact of Successfully Navigating the Non-X’s & O’s of Coaching  Thomas Dahlborg
Substance Use & Young People in Maine: The What, So What, Now What?  LeeAnne Dodge
Unified Physical Education  Ian Frank, Charlie Bingham
Management on the Move for K-12 Students  Maria Corte, GOPHER
What to Expect in Your First Three Years  Kayla McGee, Lynn
Social Justice in Health Education  Sarah Benes
Native American Dance  D’Agostino Seana Mackeldey
The Importance of Dynamic Warm-ups & Proper Movement Patterns  J.P. Stowe, Luke Bartlett
Innovative Soft Tissue Techniques in Athletic Healthcare  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 Buffet  ($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  Nick Kline, US Games
Why Young People Need Dance More than Ever  Karen Montanaro
CATCH My Breath: Universal E-Cigarette/Juul Youth Prevention  Lindsay Edgar
Identifying & Responding to Commercial Sexual Exploitation of Youth  Meg Hatch  CANCELED
What Educators Need To Know About Child Sexual Abuse  Katie Church  NEW
Prevention and Affirmative Consent
Monday, November 4, 2019 (continued)

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

Incorporating Traffic Safety Instruction into Your Classroom
Shannon Belt
Badminton Bonanza
Liz Giles Brown
9 Square in the Air
Dana Welch, Scott Pelletier
Student Leaders Learning How to Survive
Dianne Kazilionis,
Nikki Remsen

2:30 - 3:30 pm  Session 7

Tools to Increase Fitness Knowledge: Skills to Improve Fitness for Life
Pam Powers, US Games
CPR in Schools
Gary Urey
Adverse Childhood Experiences 101: Nothing Gets Left at the Door
Brittany Ray, Ashley
Think Abouts & Body Look Fors
Cirone, Laura Thomas
Teaching Educational Gymnastics in Elementary Schools  (canceled)
Liz Giles-Brown
Maine Family Planning Condom Education
Becky Belmore
Line Dancing 101
Emma Steinbach,
FLAG Football in School  (double session)
Victoria Preston

3:45 - 4:45 pm  Session 8

Rhythm of Life: Dance
Pam Powers, US Games
Wait… How Does that Work? A Crash Course in Transgender Sexual Health
Quinn Gormley,
Cultivating Mindfulness in Your Daily Practices
Oliver Jones
Go Dough: School Wellness Funds Made Simple
Stacey Vannah
Why Am I Doing This? Addressing Standards in Unit & Lesson Plans
Lindsay Edgar
Icebreaker & Teambuilder Activities for K-12 Students
Chris Nightingale
Adaptive Physical Education Sharing
Maria Corte, GOPHER
ACTION! Team Games with MVPA Assessment
Andrea Lee
FLAG Football in School  (must attend 2:30 session)
Scott Roy

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

www.maineahperd.org
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.