Council for Children’s Expanded Physical Education

The 36th Annual Northwest Conference on Children’s Physical Education

Conestoga Middle School
Beaverton, OR
February 25, 2017
Council for Children’s Expanded Physical Education
CCEPE is a non-profit organization dedicated to improving children’s Physical Education.

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**Name Badges:** Required for admission to all sessions. Please place your badge where it can be readily seen. At the end of the conference, please recycle your badge by placing it in the badge return box. The final GRAND PRIZE DRAWING will come from the returned badges!

**Raffle Directions:** Please pick up a raffle ticket when you get your nametag. Write your name legibly on the back and put that ticket into our raffle box placed next to the registration table. Winners will be drawn throughout the conference. **All winners will be posted on our Raffle Board and must claim their prizes in person before the final session BEGINS.** If you are a winner, go to the registration table to collect your winning certificate then proceed to the exhibitor identified on your certificate to collect your prize. Please let the exhibitors know how much you appreciate their donations for raffle prizes.

**Oregon PDU Certificates** will be available at the registration table after lunch. You must pick these up in person.

**WA Clock Hours:** You must register at the beginning of the conference and meet with Matt Rold at the end of the conference to complete paperwork.

**Questions:** If you have questions, please ask one of the current board members.

**CCEPE Wishes to Express a Sincere Thank You to:**
- Our invited presenters
- On-site Help: Oregon State and Western Oregon University PETE majors
Websites for Information on Physical Education

Bicycle Transportation Alliance: www.btaoregon.org

Fuel Up to Play 60: www.fueluptoplay60.com/

Let’s Move – Active Schools: http://www.shapeamerica.org/prodev/lmas.cfm

National Board for Professional Teaching Standards: www.nbpts.org/

Oregon Dairy Council: www.oregondairycouncil.org/

Oregon Physical Education Content Standards: http://www.oregon.gov/ode/educator-resources/standards/physicaleducation/Pages/default.aspx

Physical Education Central: www.pecentral.com

PELINKS4U: www.pelinks4u.org

Presidential Youth Fitness Program: https://pyfp.org/

Safe Routes to School Program: www.saferoutesinfo.org

SHAPE America: www.shapeamerica.org

SPARK: www.sparkpe.org


Upcoming Events!

**National SHAPE America Convention**
March 14-18, Boston
www.shapeamerica.org

**National Nutrition Month**
March 2017
www.nationalnutritionmonth.org/nmm

**SPEAK OUT! Day**
April 25-26, 2017

**Oregon SHAPE Conference**
October 2017

**National Bike Month**
May 2017
www.bikeleague.org/bikemonth

**National Physical Education & Sport Week**
May 1-7, 2017
INVITED CONFERENCE GUESTS

Terri Drain

Vintage Hills Elementary School, Pleasanton, CA

Terri Drain was born and raised in Vancouver, British Columbia. She completed a Bachelor's Degree in Physical Education and Teacher Training at the University of British Columbia (UBC). As a member of the UBC Field Hockey Team she won three national championships and was inducted into the UBC Sports Hall of Fame.

For the first 12 years of her career she taught high school and coached in rural and urban communities in BC. In 1998 she moved to the San Francisco Bay Area and began her current assignment as an elementary physical educator in the Pleasanton Unified School District. In this position, she has written curriculum, developed the district's wellness policy, fought against program cuts, advocated for quality physical education, worked to educate the community about the value of physical education, and secured grants to reduce class size. In 2007 she was recognized as the CAHPERD Elementary TOY and, in 2008, Southwest District Elementary TOY.

Terri is a National Board Certified Teacher (2003, 2013) and earned her Master's Degree in Health, Human Performance and Recreation from Central Washington University (2007). As a teacher-leader in the Bay Area Physical Education-Health Project she worked from 2006-14 to develop and implement week-long summer institutes for teachers. She also organized and coordinated the California Physical Education-Health Project's National Board Certification (NBC) Initiative. During the time the Initiative was in operation, 62 teachers were supported and 47 certified.

Terri has presented often at the AAHPERD/SHAPE America national convention (Standards-Based Instruction, Advocacy, Assessment for Learning, PE 2020 Vision) and recently presented the webinar How to Plan a Standards-based Lesson as part of the SHAPE America Webinar Series. In 2014, Terri was invited to serve as a member of the SHAPE America Physical Education Council. Her duties have included providing input on strategic plan initiatives, programs, products and services, reviewing conference session proposals and serving as liaison on The Waivers, Exemptions, and Substitutions Task Force.

In 2014, she founded the Health and Physical Education Collaborative (H-PEC), a non-profit dedicated to providing high quality professional development for physical education and health teachers. Terri is an avid cyclist and swimmer and lives with her husband in Danville, CA.
Janae Ballingham

Janae Ballingham has been teaching physical education for 19 years. Half of that time was in South Lake Tahoe, CA and other half, 25 minutes away in Minden, NV. Janae was selected as the 2014 AAHPERD Southwest District Teacher of the Year, the SHAPE-NV Teacher of the Year for 2013, and the Douglas County School District Teacher of the Year for 2012.

Janae is a Physical Activity Leader (PAL) Trainer for SHAPE America and serves on the SHAPE-NV board and renewed her National Board Certification in 2011. Ballingham earned a bachelor's degree in Physical Education from Brigham Young University and is currently working on a Master's degree.

Janae is married and has three children. She loves to snowboard, mountain bike, wakeboard, and play beach volleyball. Follow Janae on Twitter at @JanaeBallingham. Make sure to check out her website https://sites.google.com/site/pe4allpeeps/

Kathy Lund

Kathy has been teaching Elementary Physical Education in New Mexico for the past 30 years. She was the 2010 NMAHPERD Elementary Physical Education Teacher of the Year and the 2012 Southwest District Elementary Teacher of the Year. In 2008, her program received the NMAHPERD Physical Education Program of the Year award. Kathy is a SHAPE America Physical Activity Leader (PAL) Trainer, where she has presented workshops across the state of New Mexico to help bring professional development to people who are unable to attend state, district, or national conventions. Kathy is the current Southwest District President.
CCEPE PROGRAM 2017 CONFERENCE
Schedule of Presentations

Saturday – 8:00-8:20am

Large Gym
General Session on HB 3141 – Jeff McNamee, Minot Cleveland & Kasandra Griffin
This brief session will provide an overview of the bill, where “we” are now, and suggestions for next steps to help support the bill and PEAK’s efforts.

Saturday – 8:30-9:20am

Large Gym
Janae Ballingham – P.A.S.S. Physical Activity for Smiling Students
Are you feeling the need to refresh your curriculum? This activity session will remind you why you became a physical education teacher in the first place. Come and enjoy a variety of activities/games that keep kids smiling, guessing, moving, and active. So come and P.A.S.S. your love of physical activities to your students. Attendees will participate in a wide variety of physical activities and games, meant to help students improve in the health and skill-related component areas of physical education. Attendees will understand how to implement non-traditional activities into their curriculum that allow all students to enjoy physical education. This session includes activity-based games, pedometers, combatives, shapes, and more activities that will activate all types of students.

Small Gym
Cynthia Hively – Swing & Social Dancing for Fun, Exercise, and Social Connection
During the session, participants will be asked to participate as if they are students at their schools. They will choose to dance either the Lead or the Follow part and will learn the basic steps and variations of swing dance the same way I teach students when I am teaching a program. We will stop every so often to discuss the techniques I use to keep students engaged and participating, as well as the techniques for teaching the steps, not just demonstrating them and expecting students to copy. We will also learn basic American style tango, which is popular with all ages of students. We will then discuss (and time permitting dance) basic merengue and the transfer of learning from one dance to another.

Activity Gym
Kathy Lund – Move More – Learn More
This session will be packed with ideas how to move in physical education while learning academic content. Research indicates the MORE you MOVE the MORE you LEARN! Physical education is not just a "gym class." Fun games and ideas with academic content!

Classroom
Jeff McNamee, Minot Cleveland & Kasandra Griffin – HB 3141 Further Discussion & Advocacy
Participants will get an opportunity to ask specific questions about the bill, share advocacy strategies to promote the importance of the bill to stakeholders, and also hear a bit more about what some districts around the state are doing.
Saturday – 9:30-10:20am

**Large Gym**
Terri Drain – Advocating for Physical Literacy

*In 2014, Physical Literacy was incorporated by SHAPE America as the goal of physical education. This is a new term for us. What does it mean and why is it important? In this session, participants will gain an understanding of physical literacy and how it’s a potential game changer for both our students and our profession. Participants will be empowered to become advocates for physical literacy and ready to change the way people think about physical education.*

**Small Gym**
Mag Hughes & Chris Bortnem – Games Around the World

*Participants will be introduced to a variety of games around the world, including Diabolo, Flower Stixs, Peteca, Pelele, and Lariat’s.*

**Activity Gym**
Kathy Lund – Move More – Learn More

*This repeat session will be packed with ideas how to move in physical education while learning academic content. Research indicates the MORE you MOVE the MORE you LEARN! Physical education is not just a "gym class." Fun games and ideas with academic content!*  

**Classroom**
Jeff McNamee – Cycling Through the P-12 PE Curriculum

*Ready to add cycling to your P-12 physical education program? This session will highlight the rational for physical educators to become the champions for bikes within schools. We’ll review a cycling curricular scope and sequence, continuing education opportunities, and lesson plan resources. No bike required (this year!).*

Saturday – 10:30-11:20am

**Large Gym**
Janae Ballingham – Fitness Fusion: Fusing Fitness with FUNctional movements and fitness concepts, while engaging in fabulous games and activities!

*Come enjoy FUNctional fitness and fabulous games and activities! This high energy, activity-based session may cause intentional muscle contractions, increased heart rates, possible sweating, and may even increase endorphins. Attendees will participate in a wide variety of fitness activities, circuits, dances, and games, all meant to help students participate in daily moderate to vigorous physical activity and understand fitness concepts they may use for lifelong fitness. They will understand the role of fitness development and how fitness impacts physically literate individuals who can demonstrate the knowledge and skills necessary to achieve and maintain a health-enhancing level of fitness.*
Small Gym  
Chloe Simpson – Activities to Integrate Social Skills  
Participants will work through five stations of activities to be used in a Physical Education Classroom. Activities will be inclusive (modifications will be recommended) and will consist of minimal equipment. Discussion of the activities will be facilitated and focused on how to adapt for various students, including students with disabilities.

Activity Gym  
Lynne Mutrie & Cheryl Wardell – Be Your School’s Super Hero  
Physical activity has been well documented to increase academics and other measures of success in students. We all appreciate and would like to offer the required minutes for physical education but understand the limitations of space, staff and time. We also know both PE and PA can be used effectively to achieve the CDC’s recommended one hour/ day of activity. This active and participatory session will show participants how to add physical activity to every student’s day before, during and after school through examples such as Beaverton SD’s Active Students and Safe Routes to School programs. We will demonstrate activities and materials to add to your toolbox and options to attract partners both on and off campus to ensure sustainability, results and healthy students.

Saturday – 11:30am-12:25pm  
LUNCH  
Commons Area  

Footbag Demonstration – Mag Hughes & Friends  
(World Footbag Championships held in Portland in Summer 2017)

12:10  OSU Photo!  
Oregon State University grads and students meet on the stairs off the commons area for a photo!

12:20  WOU Photo!  
Western Oregon University grads and students meet on the stairs off the commons area for a photo!

Saturday – 12:30-1:20pm  

Large Gym  
Terri Drain – Physical Literacy Delivered  
This session will provide participants with ideas and strategies for ensuring students develop competency in a wide variety of activities. Topics include: creating a culture of learning, curricular choices, and meeting the needs of all students.

Small Gym  
Justin Davidson & OSU MS-PETEs (Candace Brink, Emmi Collier, Drew Halvorson, Daniel Hinchberger, Brittany Hollingsworth, Jared Johnson, Katelyn Meisenheimer, Bethany Nedrow, Annie Storey, Jessica Westby)  
The purpose of the session is to provide physical educators with practical experiences creating modified assessments for students with disabilities. Within a physical education curriculum, skills such as throwing, kicking, striking (ball skills) and general movement are common assessment items. But,
what happens when one or more of your students with a disability, or someone who utilizes modifications, are assessed? How do we accurately assess these students? What if they were able to perform the skill in their own way or participate using a modified approach to a skill? This session is designed to help educators create and understand skill modifications (through practice) and modified skill assessment. This session will consist of multiple stations, where participants will have several inhibitors to choose from at each station, including straps to tie their legs together, gloves to wear, wheelchairs, straps to change arm mobility, glasses to simulate vision impairment, among other things. The objective is for the participants to complete tasks common in physical education using a modified approach. While it is not possible to simulate a disability, we will use these activities to better understand what modifications may be needed for various students with disabilities and how to assess common skills when modifications are needed.

**Activity Gym**  
Mag Hughes & Chris Bortnem – Footbag Basics (Fun with Hacky Sack)  
This session will provide instruction on the basic kicks of hacky sack, and the footbag games of net, freestyle and golf.

**Saturday – 1:30-2:20pm**

**Large Gym**  
Janae Ballingham – Catch This!  
Are your students proficient movers? Can they create open and closed space? Are they capable of moving toward a goal? Are they capable of catching different types of objects on the move? Come and catch during a variety of games old and new!

**Small Gym**  
Meg Greiner – Dance Round-up  
Let’s Dance! Come and learn or review a variety of dances guaranteed to put a smile on your face. Easy enough for everyone. Folk, square, line, circle, and partner dances. Come one, come all! All I want to do is dance, dance, dance!

**Activity Gym**  
Chloe Simpson – Building Skills from the Ground Up  
In the first part of the presentation, participants will be introduced to task analysis. Demonstrations will be provided, followed by participants moving from station to station to work as teams to break down skills typically used in a Physical Education classroom. The breakdowns will be written on large poster size “post-its” to allow for comparison and discussion on variation between each group. In the second part of the session, participants will gain knowledge on providing effective direction based on three-step prompting from the field of applied behavioral analysis. Practice will be provided through stations with instructions that are often seen in Physical Education classrooms. Participants will practice giving these instructions with vocal, gestural, and modeling prompts.
Saturday – 2:30-3:20pm

Large Gym
Terri Drain – Creating Competent, Confident and Motivated Movers
This session will provide a strategy for creating a learning environment that supports the development of physical literacy. Participants will experience how to use the national standards to develop our students’ competence, confidence, motivation, and desire to be physically active.

Small Gym
Meg Greiner – Dances for the Little People (K-2)
Learn how to teach rhythms and dance to Kindergarteners, 1st, and 2nd graders. You will learn teaching techniques and new activities and dances that you can teach your students on Monday. Also, a discussion on how to infuse dance into your curriculum.

Activity Gym
Gay Timken & WOU Students – Classroom PA Breaks
Research shows that creating activity breaks in schools can have many positive effects. This session will provide participants with a variety of activities that can be done in any classroom, but can also be used within your physical education program.

Saturday – 3:30-4:00pm

Large Gym
Conference wrap-up and final raffle drawing
Please place your nametag in one of the designated areas before leaving. Thank you for attending the 36th annual Conference on Children’s Physical Education.

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