

# ***Dare to Change***

## **Convention Presentations**

**Here are just some of the Convention presentations this year. Watch out for a few more to come!!!**

(All times are subject to change.)

9:00 a.m.

Ms. Pam Best

Grasstex

Long rope jumping techniques including double dutch, eggbeater, triangle, and double loop. Also, Cup stacking! Learning how to cup stack and ideas you can use for your PE class.

Supplement Use: The Good, The Bad, and The Ugly

Dr. Brian Larouere

Classroom 119

A brief look at the use of supplements, especially for weight loss. What should we know? Where do we get the information from? Who are the experts? With obesity and diabetes becoming more of a problem, young children are looking to supplements as a means to fix their weight and/or diabetes problems.

Promoting Program Respect and Excitement among Teachers and Other Staff Members at the Elementary Level

Mr. Larry Carr and Ms. Lou Ann Miller

Arena Floor

One of the many challenges about teaching in a “special content area” is gaining the respect of the peers within your building. Quite often, judgments made may be based upon the personal experiences that others have had, and those experiences tend to become lifetime memories. If you wish to promote your program, raise awareness to all others significant to the livelihood of quality education programs directly associated with your school, we present our creativity of a Teacher Olympics as one means of getting other staff members excited about the “new physical education”.

10:00 a.m.

10 Reasons to Include Yoga in PE Programming

Ms. Joanne Spence, BSW, ERYT

Enhance your PE Program with the proven benefits of Yoga Ed. Improve not only strength and coordination, flexibility, balance and posture, concentration and stress management, but also self-control, self-confidence, academic achievement, and behavior.

Yoga Ed is a national leader in yoga programming for schools. Integrate this cost efficient training that makes a lasting positive impact on your student’s well-being and as well as school culture.

Tattoos and Piercings and Hats, Oh My! Looking at Professional Dispositions in Teacher Education  
Dr. John Helion (PSAHPERD President)

Classroom 119

Dispositions of Physical Education teacher candidates has become an important topic. This presentation will look at the current Beginning Teacher Standards and examine what is really important with regard to student's dispositional behaviors. How personal beliefs and biases affect dispositions will be explored. Rubrics used in different programs will be examined.

Synch or Swim

Dacia Como and the Butler High Auqaettes

Fieldhouse Pool

The Butler High Aquaettes originated back in the early 60's and the tradition continues today. Aquaettes is an all-girl synchronized swimming group in which the swimmers perform choreographed maneuvers to music. The Aquaette program is a non-competitive sport for girls in 9<sup>th</sup>-12<sup>th</sup> grade who enjoy swimming and working with others to uphold school spirit. The main goal of the Aquaette team is to perform an aquatic show in the spring for the community and school. The girls are selected on their ability to perform certain synchronized swimming figure

11:00 a.m.

Dare to Change-Dare to Teach: Some Things I Think I Think!

Mr. Thom Cobb – Keynote Speaker

Arena Floor

This session will focus on the "Art" of teaching, and hopefully challenge your thinking about what it means to be a quality teacher. Will you dare to teach? Will you dare to change? Find out what you think you think!

12:00 p.m.

**LUNCH BREAK**

1:00 p.m.

Funding Physical Education

Mr. Mark Gartner

Classroom 119

This presentation will include discussion about finding alternative money sources to fund physical education classes and other physical activity promotion programs. It will include some resources that can be used as well as fundraising examples.

Let's Go Bowling

Mr. Robert Borello

Arena Floor

In school bowling- the bowling proprietors' of Pennsylvania provides FREE curriculums and instructional videos to educators to teach the great lifetime sport of bowling. Kids love it and so will you!

2:00 p.m.

Ice-breakers That Work

Mr. Lou Slutterback

Arena Floor

This presentation will share several “Ice-breakers” which could be helpful in a variety of Health, Physical Education, Recreation and Dance settings. Participants should come prepared to freely interact in several positive interdisciplinary activities. These interactive actions will enhance the social, mental, physical and emotional wellness components for all participants. Come participate, network and enjoy a session designed to put a smile on your face.