

# SHAPE Colorado 2021 State Convention

**S** Social

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## SEPTEMBER 30 • THURSDAY

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8:00am – 11:30am	<b>Bridging the Fitness Gap for Secondary Students (pre-registration is required)</b> <i>Speakers: Charla Krahnke</i> The past year has been complicated for our secondary school students. Uncertainty and stress have impacted their emotional and physical well-being. In the 2021-22 school year schools have a critical opportunity to help students recover the joys and benefits of regular physical activity with a focus on lifelong wellness, disease prevention, and personalized fitness goals. This professional learning experience addresses the importance of individualized physical activity and enjoyable fitness-enhancing choices. Favorite fitness activities will be shared in this session as well as other favorite activities.	Aurora I
8:00am – 11:30am	<b>Elementary Technology (pre-registration is required)</b> <i>Speakers: Ben Wells</i> What is the point of using technology in an Elementary setting? How does technology integrate into Elementary PE? What technology tools are needed? Where do I start? What if my district uses different technology tools? What can I do if all of the technology tools are too overwhelming? Where is the value of technology in PE and Health? If you have these questions and are interested in the answers this session will cover all of these and more! With discussions, demonstrations, interactive activities, and hands-on creations you will learn how to use technology to enhance the educational experience of your Elementary PE Program and how to use technology for cross curricular content for students in person and virtual settings. This session focuses on the Elementary Level and also provides information about how to get different types of technology for your program.	Aurora III
12:30pm – 4:00pm	<b>Emerging Leaders Conference</b> <i>Speakers: David Yonkie, Jennifer Krause</i> "Learners Today, Leaders Tomorrow" Audience: Pre-service and Novice (1st and 2nd year) Physical Education and Health Education Teachers Session. This pre-convention session will be packed with exciting learning opportunities to prepare you to be leaders in the future! You will have the opportunity to network with passionate leaders in our profession and with other emerging leaders from across the state! The session will include icebreakers/energizers, panels and round table discussions lead by practitioners in our field, mock-interviews, the Challenge student competition, and the kick-off to the SHAPE CO mentor-mentee program.	Aurora II
12:30pm – 4:00pm	<b>Offense and Defense (pre-registration is required)</b> <i>Speakers: Chris Walker</i> How to teach offense and defense to your kiddos, from elementary to high school. I will break down both concepts, show you activities and games. Some of the things presented you will have heard of and others not so much, but you will leave with an awesome understanding of how to present it to your kiddos and how to incorporate it into your lessons. You will be able to teach these concepts to kiddos of all levels of physical abilities.	Aurora I
12:30pm – 4:00pm	<b>Safe and Effective Assessment Practices in Health Ed (pre-registration is required)</b> <i>Speakers: Jessica Napier</i> This session will include a three-hour workshop discussing and practicing effective assessment strategies in health education. We will practice and develop equitable, culturally sensitive, inclusive assessments that measure knowledge and skill attainment. An additional focus will be creating a safe assessment environment that provides an opportunity for success for all students.	Conference Room VI
12:30pm – 4:00pm	<b>Secondary Technology (pre-registration is required)</b> <i>Speakers: Ben Wells</i> What is the point of using technology in a Secondary setting? How does technology integrate into Secondary PE and Health? What technology tools are needed? Where do I start? What if my district uses different technology tools? What can I do if all of the technology tools are too overwhelming? Where is the value of technology in PE and Health? If you have these questions and are interested in the answers this session will cover all of these and more! With discussions, demonstrations, interactive activities, and hands-on creations you will learn how to use technology to enhance the educational experience of your Secondary PE and Health Programs and how to use technology for cross curricular content for students in person and virtual settings. This session focuses on the Secondary Level and also provides information about how to get different types of technology for your program.	Aurora III
4:00pm – 6:00pm	<b>S Exhibitor Social</b>	TBA



# SHAPE Colorado 2021 State Convention

**A** Activity    **C** Combo (activity and lecture)    **L** Lecture    **M** Meal    **S** Social

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## OCTOBER 1 • FRIDAY

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7:00am – 7:45am	<b>A</b>	<b>Friday Wake-Up Session-Bungee Bootcamp</b>	Aurora I
8:00am – 8:50am	<b>A</b>	<b>Adapted PE: Quick Games and Activities</b> <i>Speakers: Danielle Musser, Susan Wallace-Seman</i> In this session participants will learn quick games and activities to use for Adapted Physical Education. These can be used with students in a variety of settings: one-on-one, small group, large groups, or virtually. These activities are designed to increase basic gross motor skills.	Aurora IV
8:00am – 8:50am	<b>A</b>	<b>Games From Long Ago</b> <i>Speakers: Karen Marley</i> This session will review many games from the past. These games reinforce fine motor skills and creative thinking skills. The games can be used in physical education class or recess. Participants will review games from their childhood. Come play.	Conference Room I
8:00am – 8:50am	<b>A</b>	<b>Schooling with Scooters</b> <i>Speakers: Melissa Tank</i> Join in the fun with new, engaging learning activities on Scooters! Learn new ways to teach offense and defense strategies, fitness components, teamwork and fleeing and dodging skills using scooters. You will walk away with learning activities you can use in your class the very next day!	Aurora I
8:00am – 8:50am	<b>A</b>	<b>Warm-Up &amp; Ice Breaker Activities 101</b> <i>Speakers: Andy Tupy</i> Join this fun and interactive session that's all about warm-ups, instant activities, and ice breakers! We'll share a few activities that help students get to know each other through movement, along with eight warm-up activities to get students (and their heart rates) moving.	Conference Room II
8:00am – 8:50am	<b>C</b>	<b>Simple SEL Check-in in PE</b> <i>Speakers: Kathy Hogan</i> In this session you will get materials to take back to the gym with you on how to have students do a daily check-in system with you. The session will include ideas on how to incorporate them into your in-person or online only teaching classroom.	Conference Room VI
8:00am – 8:50am	<b>C</b>	<b>Stepping Into Dance</b> <i>Speakers: SAMANTHA BARTON, Maty Ndiaye</i> Come and learn about the art of step dance and receive resources to implement a step unit in your own classroom! Attendees will learn about its history and its connections to African Gumbo dancing, as well as its connections to HBCUs. Come create your own step dance routine!	Aurora III
8:00am – 8:50am	<b>L</b>	<b>100 Mile Club: Creating Healthy, Happy, Connected Kids</b> <i>Speakers: Michelle Toulmin, Jeffrey Dale</i> 100 Mile Club's evidenced based program increases student health and emotional well-being with a unifying goal: run or walk 100 miles in a school year. Safe and tailored for any school environment, it can be modified to fit the needs of all children including students with special needs.	Conference VII
8:00am – 8:50am	<b>L</b>	<b>BodyBank - Effective virtual or classroom Health/PE application</b> <i>Speakers: Nate Melson</i> Participants will gain access to the tools of BodyBank; an effective application for virtual or classroom Health/PE learning. This comprehensive wellness app is built to pay schools, avoiding high cost curriculums. BodyBank's gamified approach has proved to increase student physical activity and healthy food intake!	Conference Room V
8:00am – 3:00pm	<b>S</b>	<b>Silent Auction</b> The Silent Auction supports our college students and helps them attend conventions throughout the year. The Auction will end at 3:00PM on Friday.	

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9:00am – 9:50am	<p><b>A Beyond the Mat: Yoga for SEL</b></p> <p><i>Speakers: Ivy Donovan, Amber Jones</i></p> <p>This session will address the benefits of yoga for all learning needs/ abilities, including neurodiverse students, students with social/ emotional deficits, and young children. A recommended structure of class components will be addressed and will include teaching coping/ calm down skills, body awareness, building confidence, and fostering kindness toward others.</p>	Conference Room II
9:00am – 9:50am	<p><b>A How to fit it ALL in!</b></p> <p><i>Speakers: Jennifer Smith, Veronica Adams</i></p> <p>How to set up your daily routine so it includes literacy upon arriving to class, technology, instant activity, GLOs/objectives/lesson focus, purposeful skill development and application, check for understanding, self-assessment as well as collecting data, and closure. All within 30-45 minute lessons.</p>	Conference Room I
9:00am – 9:50am	<p><b>A Sport Education 101</b></p> <p><i>Speakers: Charla Krahnke</i></p> <p>Participants will learn how to develop and implement a Sport Education Season from start to finish. Learn tips to be successful in your program. Use of this model can improve class behavior, make students responsible for their own learning and add formative assessments to your curriculum.</p>	Aurora IV
9:00am – 9:50am	<p><b>A TGFU and Touch Rugby: Touch Rugby 2.0</b></p> <p><i>Speakers: Murray Wallace</i></p> <p>Experience thoughtfully developed and modified game-like activities used to teach the sport of Touch Rugby from a tactical perspective. The instructional approach provides opportunities for problem solving that fosters creativity and critical thinking as participants learn through small-sided games and familiar activities with embedded assessments for learning examples.</p>	Aurora I
9:00am – 9:50am	<p><b>C Let's Get Moving With Green Screens!</b></p> <p><i>Speakers: John Reid</i></p> <p>This session will allow participants to gain knowledge on using green screens to create physical activity content. Green screens offer limitless options in creating physical education and physical activity content. Attendees will learn everything from equipment/technology required, set-up, content planning and content creation. No experience necessary.</p>	Conference Room VI
9:00am – 9:50am	<p><b>C Teaching Kids to Thrive Physically and Emotionally</b></p> <p><i>Speakers: Loren Glen, Jaimie McMullen, Lisa Paulson</i></p> <p>As educators, it is our responsibility to inspire healthy habits, fuel active minds, and teach kids to thrive physically and emotionally. This session will introduce participants to SHAPE America's service-learning program, health. moves. minds.<sup>TM</sup>! that can help kids live their best lives and support a healthy school community.</p>	Aurora III
9:00am – 9:50am	<p><b>L Engaging Middle School in Online PE and Health</b></p> <p><i>Speakers: Tia Ziegler, Katie Roth</i></p> <p>Are you worried about how to structure an online PE class? Do you want to include more health into PE? New teacher Katie Roth and her seasoned colleague Tia Ziegler share how they have successfully integrated mental health, team building, and other affective content into online middle school PE.</p>	Conference Room V
9:00am – 9:50am	<p><b>L Music, Fitness, and Wellness</b></p> <p><i>Speakers: Jill Cordova</i></p> <p>The purpose of this presentation is to emphasize the relationship between music and the various areas of wellness including, emotional, intellectual, physical, social, and spiritual wellness. We will be exploring the different avenues we can use to harness the power of music to improve wellness and help all individuals enhance their lives. We will be exploring how to use music to improve our personal wellness and how to transfer these techniques into the classroom. With the advent of new digital technologies, we now have the ability to formulate our own playlists at the touch of a button. During this session, we will explore ways in which we can use this technology positively for all individuals, regardless if you personally feel musically inclined or not.</p>	Conference Room VII
9:50am – 10:05am	<p><b>S First Time Attendee Session</b></p> <p><i>Speakers: Elizabeth Sharp</i></p> <p>Please join us for the First-Time Attendee Welcome session. We will help you navigate the convention, meet people on the SHAPE Colorado board, answer all of your questions, and hook you up with a "convention mentor". We can't wait to meet you and celebrate you!</p>	Aurora II

9:50am – 10:20am	<b>S Exhibitor Time</b> You are invited to visit our exhibitors. Don't forget to get your passport signed!	
10:20am – 11:10am	<b>A Dancing to just Dance</b> <i>Speakers: Christopher Walker</i> This session will get you moving like no other. It will have some classic moves to some music that is fire, plus some new things...come on out to and enjoy yourself with some new dances you can take back on Monday.	Aurora IV
10:20am – 11:10am	<b>A Elementary Gymnastics/Parkour/Ninja Warrior Fun :)</b> <i>Speakers: Geoff Ovesen</i> We are all different. My tumbling skills don't look like anyone else's, and that's a good thing. Students tumble their way through my classes going at their own pace and at their own level of comfort, but they ALL go away successful and wanting more!	Aurora I
10:20am – 11:10am	<b>A Energize Students with Polar Heart Rate Monitors</b> <i>Speakers: Barb McCarney</i> Polar Education, the heart rate technology, and activity tracking leader, will demonstrate how to use heart rate monitors while creating a fun and motivating environment for students, teachers, and coaches. Learn the importance of individualized heart rate, track, save data and improve each student's performance	Conference Room I
10:20am – 11:10am	<b>A Poull Ball</b> <i>Speakers: Francois Poull, Kelli Weinreich</i> New team game that encourages sportsmanship above all, while working on hand-eye coordination, agility, strategy, and accuracy.	Conference Room II
10:20am – 11:10am	<b>C APE: Responsive to the Times- Push the Positive</b> <i>Speakers: Katie Thompson, Bryan Wickoren</i> Participants will begin to understand how to enhance your Adapted Physical Education Program through Medicaid and Community Partnerships.	Conference Room VI
10:20am – 11:10am	<b>C Best First Instruction for Health Education</b> <i>Speakers: Jamie Hurley</i> This session will explore Best First Instruction (BFI) in health education. BFI includes, building relationships, meeting the needs of all students, creating relevancy, and fostering disciplinary literacy. Participants explore resources for BFI and have an opportunity to participate in collaborative sharing process.	Aurora III
10:20am – 11:10am	<b>L Diversity and Representation in Sport and Physical Activity</b> <i>Speakers: Lee Arakawa, Scott Douglas</i> The purpose of the session will be to highlight the importance of diversity and representation in sport and physical activity. The session will include strategies for professionals to increase and embrace diversity in their areas of work.	Conference Room VII
10:20am – 11:10am	<b>L FDA Regulation of COVID-19 Drug/Vaccine Development</b> <i>Speakers: Judy R. Sandlin, Michael E. Sandlin</i> During COVID-19, we have been exposed to many drug development stories. We will examine the history of drug regulation and the process drugs follow to be approved for use. Discussions will include the steps mandated by the FDA for new drugs/vaccines such as those used for COVID-19.	Conference Room V
11:20am – 12:10pm	<b>L Keynote: What if the hokey pokey is what it is all about: Diversity, Equity, and Inclusion in health and physical education</b>	Aurora II
12:10pm – 1:10pm	<b>M Friday Lunch (included in pre-registration)</b>	Aurora II
1:15pm – 2:05pm	<b>A ACTION! Team Games to Boost Engagement</b> <i>Speakers: Andy Tupy</i> Join us for an action-packed workshop featuring team games that are class oriented, teacher friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged.	Aurora IV

1:15pm – 2:05pm	A	<b>Heart Rate Monitors-A Teacher's Best Friend!</b> <i>Speakers: Brian Hull, Rich Butterworth, Brad Hull</i> Participants will learn the importance of utilizing heart rate monitors in physical education. They will understand the types of objective data that the Heart Tech Plus platform can provide. In addition to learning about heart rate monitors, participants will learn fun and easy ways to achieve MVPA during class.	Conference Room II
1:15pm – 2:05pm	A	<b>Parachute games galore!</b> <i>Speakers: Elizabeth Sharp, CMU students</i> Whether you are new to the parachute or consider it a staple piece of equipment, we are here to refresh your activity list when using the parachute. Fitness activities, locomotor movements, corporation games—all will be included in this action-packed session.	Aurora I
1:15pm – 2:05pm	A	<b>The Tandem Solution to games and sports</b> <i>Speakers: Paul Serafini, Ruth Serafini</i> You will enjoy this session about how to incorporate a tandem element to the current games and sports you teach. Tandem Volleyball, Tandem Drag race, Tandem Stacking and Tandem Fitness.	Conference Room I
1:15pm – 2:05pm	C	<b>Fitness Basics for Elementary and Secondary Students</b> <i>Speakers: Keith R. Fritz, Payton Garcia, Olivia Woods</i> Teaching students fitness concepts and practices is an important step to developing active and healthy adults. This active presentation will combine lecture and movement experiences related to teaching fitness concepts to children.	Aurora III
1:15pm – 2:05pm	L	<b>#What&amp;HowMatter: Teaching for equity in health and physical education</b> <i>Speakers: Dr. Martha James</i> In this interactive session, participants will explore practical, accessible, high impact strategies to improve classroom climate and embrace culturally relevant teaching and learning for the benefit of everyone.	Conference Room VI
1:15pm – 2:05pm	L	<b>Ethics in Coaching</b> <i>Speakers: Karen Marley</i> This session will present ethics in coaching. What are ethics? How are they applied in sport? How do they reflect society and our culture? Do coaches need to teach ethical behavior? Come discuss and participate in this session.	Conference Room VII
1:15pm – 2:05pm	L	<b>The Downside (&amp; Upside) of the COVID-19 Pandemic</b> <i>Speakers: Judy R. Sandlin, Michael E. Sandlin</i> This program will examine ways to spot potential consumer scams which have occurred during COVID-19. Group discussion of what we should do if we suspect such activity will provide for some lively and creative interaction. Secondly, the history, current practice, and potential future implications for telemedicine will be explored.	Conference Room V
2:15pm – 3:05pm	A	<b>Fast! Fun! Focused!</b> <i>Speakers: Joe Bishop</i> Get 'em moving get 'em engaged! Come and learn new ways to get kids hooked quickly while focusing on learning objectives. This will be high energy and full of fun! come ready to play and learn along the way!	Aurora IV
2:15pm – 3:05pm	A	<b>Increase Moderate to Vigorous Physical Activity in PE</b> <i>Speakers: Eric Larson</i> Utilizing evidence-based strategies that increase Moderate to Vigorous Physical Activity (MVPA) in physical education class. Learn how effective management of students, technology, equipment, and instructional time can yield more activity for your students. Takeaway: 15 fitness activities and team games that will enhance elementary, middle, and high school programs.	Conference Room I
2:15pm – 3:05pm	A	<b>Omnikin: Have a Ball with FUN for All!</b> <i>Speakers: Scott Williams</i> Need cooperative and community-building activities that include fitness and skill development? Omnikin has you covered! This exhilarating session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that'll generate excitement in PE classrooms like never seen before! Your students will have a BALL!	Aurora I
2:15pm – 3:05pm	C	<b>How to Develop Rigorous, Relevant, Responsive Assessments in Health Ed.</b> <i>Speakers: Jessica Napier</i> In this session we will discuss and practice effective assessment strategies in Health Education that are rigorous, relevant and responsive to the needs of our students.	Conference Room VI

2:15pm – 3:05pm	<b>C New SPARK APP</b>	Aurora III
	<i>Speakers: Julie Frank, Brian Hull</i>	
	The FIRST Physical Education Curriculum & Assessment APP – SPARK curriculum & more in the palm of your hand! View SPARK lesson plans + favorite lessons; observe SPARK skill & task cards, videos + music; conduct SPARK skill assessments and fitness testing; schedule events; track attendance; random student selector AND MORE!	
2:15pm – 3:05pm	<b>C Teach like somebody's watching...everyday!</b>	Conference Room II
	<i>Speakers: Jennifer Smith</i>	
	If you have changed your lesson plans because you know you are getting observed, learn how to fit in all the qualities of your best lesson in your plans everyday and not just on observation day.	
2:15pm – 3:05pm	<b>L Five Ways to 60 Minutes a Day! (Part 1)</b>	Conference Room VII
	<i>Speakers: Veronica Adams, Taemin Ha, Brian Dauenhauer, Jennifer Krause, Jaimie McMullen, Lisa Paulson</i>	
	Did you know that most kids in Colorado are falling well short of the recommended 60 minutes of physical activity each day? This session will provide practical strategies related to implementing a Comprehensive School Physical Activity Program (CSPAP) which can help create a more physically active school culture.	
2:15pm – 3:05pm	<b>L The Power of Healthy Communication Skills</b>	Conference Room V
	<i>Speakers: Mary Baumann</i>	
	The very basic criteria for observing SEL development and addressing Equity, Diversity and Inclusion, start with the student's ability to communicate with others. This training zeros in on strengthening and bringing cognitive awareness to delivering and teaching healthy, effective communication in the P.E. classroom and with DrumFIT.	
3:35pm – 4:25pm	<b>A In the Spin. Into to Diabolo Juggling</b>	Aurora IV
	<i>Speakers: Airborne Assemblies</i>	
	Participants will learn the basics of spinning, throwing, and catching the Diabolo (Chinese Yo Yo). Instructions will also focus on balance and course correction.	
3:35pm – 4:25pm	<b>A Teaching Beginning Lacrosse</b>	Aurora I
	<i>Speakers: Karen Marley, CSU-P Lacrosse team</i>	
	This session will teach the the participates how to introduce lacrosse into your physical education program. Beginning skills, modification of equipment and techniques will be taught. Members of the CSU-Pueblo women's Lacrosse team will be involved in teaching and demonstrating	
3:35pm – 4:25pm	<b>C Can You SEL your Outdoor Adventure Activities?</b>	Conference Room I
	<i>Speakers: Tari Garner</i>	
	Collaborate with other physical educators to discover opportunities for social and emotional lessons through outdoor adventure activities. Address attention skills through outdoor adventure hunts, teach self control, patience and perseverance through a fishing unit, or responsible decision making, respect and collaboration through camping and hiking!	
3:35pm – 4:25pm	<b>C Increasing Youth Body Confidence and Self-Esteem</b>	Conference Room II
	<i>Speakers: Shawna McIlney</i>	
	Dove Self-Esteem Project's Confident Me! is a 1 & 5 lesson self-esteem program. Using skills-based health education it focuses on challenging unrealistic sociocultural ideals of appearance, media literacy with respect to these ideals, reducing appearance comparisons, and appearance conversations, while encouraging body activism and positive behavior change.	
3:35pm – 4:25pm	<b>C Leadership Through A Colorful and Privileged Lens</b>	Aurora III
	<i>Speakers: Shannon Milliken</i>	
	The presenter will share her experience being a trans-racial adoptee, who grew up with many privileges that many people of color do not experience. Her journey to recognizing what it means to be a person of color and hold leadership positions in a predominantly white world will be shared.	
3:35pm – 4:25pm	<b>C Trauma Informed Teaching in Physical Education</b>	Conference Room VI
	<i>Speakers: Erin Churchill, Emily Graves</i>	
	So many of our students have trauma that makes them behave irregularly. So at this session, we talk about Trauma and how that affects our students. You will get methods to implement immediately after to diffuse situations in your teachings.	

3:35pm – 4:25pm	<b>L Five Ways to 60 Minutes a Day! (Part 2)</b> <i>Speakers: Veronica Adams, Taemin Ha, Brian Dauenhauer, Jennifer Krause, Jaimie McMullen, Lisa Paulson</i> Did you know that most kids in Colorado are falling well short of the recommended 60 minutes of physical activity each day? This session will provide practical strategies related to implementing a Comprehensive School Physical Activity Program (CSPAP) which can help create a more physically active school culture.	Conference Room VII
3:35pm – 4:25pm	<b>L TrueSport: You Have a Spot on the Team</b> <i>Speakers: Judy R. Sandlin, Michael E. Sandlin</i> There are many reasons to support and protect the inherently positive life lessons learned through sport participation. The purpose of this session is to introduce teachers, coaches, and sport enthusiasts to the character based lessons learned through the TrueSport curriculum for their schools, in their leagues, and for their teams.	Conference Room V
4:25pm – 5:00pm	<b>S Exhibitor Time</b> Visit our exhibitors before they close up shop! Last chance to get your passport signed.	
4:45pm – 5:30pm	<b>S Past President Social (by invitation only)</b>	Hotel Suite 1000
6:00pm – 9:00pm	<b>M Awards Banquet (included in pre-registration)</b>	Aurora II



# SHAPE Colorado 2021 State Convention

**A** Activity    **C** Combo (activity and lecture)    **L** Lecture    **M** Meal    **T** Meeting

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## OCTOBER 2 • SATURDAY

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7:00am – 7:45am	<b>Saturday Wake Up Session - Zumba</b> <i>Speakers: Shannon Milliken</i>	Aurora I
7:00am – 7:45am	<b>A Saturday Wake-Up Session</b>	Aurora I
8:00am – 8:50am	<b>A Innovative fitness ideas</b> <i>Speakers: Jessica Kinsey, Lance Schoenwald, Travis Underwood</i> Innovative fitness ideas, creating new fitness challenges, making of your own fitness equipment, using fitness app's, heart monitors and promoting student success.	Conference Room II
8:00am – 8:50am	<b>A Play Ball!: A Cross-Curricular Baseball Unit</b> <i>Speakers: John Reid</i> This session will allow participants to learn a creative new way to instruct a striking and fielding unit using a cross-curricular Sport Ed model. This approach allows teachers to integrate other disciplines into the existing Sport Ed model. Participants will create their own franchise and compete in a season.	Aurora I
8:00am – 8:50am	<b>A What about the Bean Bags?</b> <i>Speakers: Christopher Walker</i> Do you only pull out your bean bags for a tossing activity and then put them back in the dungeon...supply closet until next year? Well, you have come to the right session for some new ideas. The activities and games that you will learn can be easily incorporated as lead up skills, quick games or warm ups to your lessons. Everything can be modified and adapted to fit the needs of your teaching situation and to the needs of your kiddos, no matter their current ability. You will have some ah hah moments, remember teaching similar things and some good old sweat on your brow once you leave this session.	Conference Room I
8:00am – 8:50am	<b>C Cross Curriculum Collaboration</b> <i>Speakers: Tim Chavez, Dawn Ringenbach</i> Come learn how we cross curricular collaborate; a combination of Physical Education and Art. We make our Fun Run and Field day colors of fun! We have designed a Morning Movement plan that aids in the social and emotional side for those students who need extra help in that area.	Conference Room VI
8:00am – 8:50am	<b>C health.moves.minds. in action!</b> <i>Speakers: Michelle Huff</i> Join this interactive session where you will receive an Empowerment Boost through health.moves.minds.! :)	Aurora III
8:00am – 8:50am	<b>L Future Direction of PE/HE Roundtable</b> <i>Speakers: Nhu Nguyen, Sue Barnd, Susan Bertelsen</i> What will or should Physical Education and Health Education look like post COVID? This roundtable will examine the lessons learned from remote, hybrid and socially distanced learning. What will we keep, throw out or modify and why?	Conference Room VII
8:00am – 8:50am	<b>L Utilizing Student Interests to Increase Middle School Participation</b> <i>Speakers: Alaine West</i> Many middle school students feel as though they do not belong in PE. In this session, we will discuss the importance of getting to know students so that you can use their interests to make fitness relevant to everyone.	Conference Room V
9:00am – 9:50am	<b>A BACK TO THE FUTURE; PE Edition</b> <i>Speakers: Maria Corte</i> This session will be an action packed experience as we look back on what we did before the pandemic, as well as where we are going moving into the future. You will leave this session with several effective K-12 activities and management strategies using all teaching models.	Aurora IV

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9:00am – 9:50am	A	<b>Don't Be A Muggle: Learn Quidditch!</b> <i>Speakers: Alex Stanislawski</i> Learn how to ride a broomstick, throw a quaffle, dodge the bludgers and catch the golden snitch! Appropriate, standards-based levels and modifications for grades 3-5. Helps improve understanding of physical literacy application and sportsmanship concepts in a unique game setting.	Aurora I
9:00am – 9:50am	A	<b>Instant Activities for Connecting Content</b> <i>Speakers: Sara Whatmore</i> PE and classroom teachers will leave with activities they can use with their young students that help connect physical activity to any topic students are studying in their classrooms. Students can get active, have fun, and grow in all content areas.	Conference Room II
9:00am – 9:50am	A	<b>Jump Rope Group Activities</b> <i>Speakers: Kameel Sneij, Lindsey Sneij</i> Nervous or scared about teaching jump rope because you don't feel good at it? This session will go through some activities that will get all students involved without you having to demonstrate a lot of jump rope skill. It will challenge students of all grades and ability levels!	Conference Room I
9:00am – 9:50am	C	<b>Make and Take- Homemade Adapted Equipment</b> <i>Speakers: Danielle Musser, Sarah Brockberg</i> In this session participants will receive instructions to make equipment and corresponding activities to support physical educators and adapted physical educators to design activities for their students that meet the physical education national/state grade-level outcomes.	Conference Room VI
9:00am – 9:50am	C	<b>Weight Training for Secondary PE and Athletics</b> <i>Speakers: Easton Ramirez</i> I will teach proper ways to instruct weight training classes for both middle and high school age levels.	Aurora III
9:00am – 9:50am	L	<b>Equity and Social Justice: Making Change Happen</b> <i>Speakers: Dr. Nhu Nguyen, Mr. Nick Walker, Dr. Kathryn Young</i> The inequities in education have been more pronounced during the pandemic and with movements to dismantle systems and policies throughout the history of education. With the awareness that change is required, this presentation offers insight into how each of us can lead in change.	Conference Room VII
9:00am – 9:50am	L	<b>Healing in Health Class: Using Trauma Informed Practices to Create a Healing Environment in Health Class</b> <i>Speakers: Jessica Napier</i> In Health Education we discuss hard topics. Sex...Drugs...Abuse...Mental Illness...Relationships...just to name a few. For some students with traumatic backgrounds these topics can trigger difficult responses. Teachers too. This session will include discussion and practice of ways to develop a safe environment for teachers and students to discuss hard things in Health Education.	Conference Room V
10:00am – 10:50am	A	<b>KIN-Ball: Action-Packed and Fun for ALL!</b> <i>Speakers: Scott Williams</i> The sport of KIN-Ball requires skills and strategies not found in traditional athletic competition. No physical contact, no intimidation, nobody left out! Every team member is involved in continuous action as KIN-Ball promotes cooperation, speed, agility, aerobic activity, coordination, and good sporting behavior. Come have a BALL!	Aurora I
10:00am – 10:50am	A	<b>Sport Education: The Excitement Continues!</b> <i>Speakers: Charla Krahnke</i> Participants will engage in a Sport Education season that promotes physical literacy, while maximizing student participation, engagement, empowerment, and leadership. Ultimate Frisbee drills, fitness, activities, and assessments are used to integrate large numbers into your program through the Sport Education Model. Participants will take away materials and resources, which can be put into action immediately. Follow up from this session with personal assistance in implementing your favorite sport education season into your curriculum.	Aurora IV
10:00am – 10:50am	C	<b>Scaffolding Components of Fitness for K-5 Students</b> <i>Speakers: Alaine West</i> In this session, we will examine how to introduce the health-related components of fitness in an elementary school through game-play and how to expand on the concepts as grade levels progress.	Aurora III

10:00am – 10:50am	<p><b>C Social Justice and YOU!</b></p> <p><i>Speakers: Jaimie McMullen, UNC students</i></p> <p>Curious about social justice education and what you can do to make your teaching more socially just? Join us to explore social justice topics from A-Z as presented in a Journal of Physical Education, Recreation and Dance series (Lynch, Sutherland &amp; Walton-Fisette, 2020; Landi, Lynch &amp; Walton-Fisette, 2020).</p>	Conference Room VI
10:00am – 10:50am	<p><b>L Building Student Leadership in Athletics</b></p> <p><i>Speakers: Ed Nelson, Pam Rogers</i></p> <p>During this session, athletic coaches will explore the importance of empowering players to be leaders on and off the field. Coaches will share effective practices and programs with one another and walk away with next steps for their team and communities.</p>	Conference Room VII
10:00am – 10:50am	<p><b>L Comprehensive Sex Education - The What, Why, and How</b></p> <p><i>Speakers: Deja Moore, Danielle Tuft</i></p> <p>Comprehensive Human Sexuality Education is known to improve youth sexual health and reduce unintended pregnancy, but what about suicide, bullying, and sexual violence? This session will explore how CHSE policies and instruction can be used as a strategy to impact risk and protective factors and multiple youth outcomes.</p>	Conference Room V
10:00am – 10:50am	<p><b>L Teaching Mentor Program Meeting</b></p> <p><i>Speakers: Jennifer Krause, PhD</i></p> <p>This session will kick-off SHAPE Colorado's Teaching Mentor Program for the 2021-2022 year. Attendees should have signed up to participate in the Teaching Mentor Program ahead of time and received confirmation that they are enrolled. This session will allow mentors and mentees to learn more about the program, connect with one another, and to start setting goals for the year.</p>	Conference Room I
11:00am – 12:45pm	<p><b>M Saturday Lunch (included in pre-registration) and Business Meeting</b></p>	Aurora II
1:00pm – 3:00pm	<p><b>T SHAPE Colorado 2021-2022 Board Meeting</b></p>	Aurora IV