



**1:00-1:45 p.m. Breakout Sessions**

**#1 An Educational Tsunami is Striking the Schools of the World – “Whole Brain Thinking”**

Dean Brittenham, President of BRAIN IN A BAG Missouri-Niabrara

The ultimate responsibility of educational institutions is to produce Whole Brain Thinking graduates. Gelb & Buzan and other researchers confirm that the human brain has Unlimited potential for growth. HPERD teachers have the responsibility – opportunity to grow the Students Right Hemisphere! Come and learn a few hundred TOOLS, SKILLS, ACTIVITIES to become Whole Brain teachers.

**#2 Girls on the Run**

Mimi Ramsbottom, Physical Educator Arbor

State and National program conducted in the schools to increase activity and self-esteem through running, games and activities. It is a 10 week after school program that includes a curriculum guide when you sign up. This session will include experiencing one of the lessons provided for you.

**#3 The First Tee Nine Health Habits**

Lana Peterson-Pressler, 2010 Elementary Teacher of the Year Platte

The First Tee Nine Healthy Habits were created through a collaboration among The First Tee, ANNIKA Foundation, and Florida Hospital for Children to promote healthy, active lifestyles for young people. The health habits are a list of nine health and wellness topics presented through activity-based learning in PE class. Learn to add value to common, well-liked, physical education activities that both teachers and students will love!

**#4 Healthier US Schools Challenge & Fuel Up to Play 60 Work Together to Improve School Wellness**

Zainab Rida, Team Nutrition Coord, Dept of Education and Caryn Kusleika, Health and Wellness Program Manager, Midwest Dairy University

Come and learn about three different Nebraska schools that implemented and received funding for both Healthier US Schools Challenge and Fuel Up to Play 60 to make sustainable changes in school wellness and have a little fun in the process. Schools also received funding from both initiatives.

**2:00-2:45 p.m. Breakout Sessions**

**#1 Dance Your Way to Wellness**

Dr. Irene Cucina, AAHPERD President

Arbor

**#2 The CHANCE Initiative: A Service-Learning Approach to Combating Obesity**

Kyle Ryan, Associate Professor, Peru State College

University

The CHANCE Initiative was designed to combat childhood obesity in southeast Nebraska by addressing the root cause: unhealthy eating and physical inactivity. This was accomplished by education students on the Harvard Healthy Eating Plate and the activity levels in physical education classes at a local elementary school.

**#3 HIYAWW! Incorporate Martial Arts into a General Physical Education Class**

Clayton Ellis, 2010 High School Physical Education Teacher of the Year

Platte

Use martial arts in a variety of ways to warm-up a class or use as a stand-a-lone unit.

**3:00-3:45 p.m. Breakout Sessions**

**#1 If You Think a Squat is a Squat, You Don't Know SQUAT!**

Clayton Ellis, 2010 High School Physical Education Teacher of the Year

Platte

Re-energize your teaching with this multi-headed monster of a session that includes advocacy for your program, appropriate practice's, assessment, classroom management, curriculum development, Jump and Hoops for Heart at the HS level.

**#2 Now More Than Ever: Become a Standards-Based Coach**

Dennis Docheff, Past President, NASPE; Faculty Central Missouri State Uni

Husker II

This session introduces attendees to NASPE's National Standards for Sport Coaches. The standards are used to assess coaching competence and develop professional development opportunities for coaches. In addition, the standards can be used to assess coaching staff and programs.

**#3 Fire Up, Push Up, Stack Up!: Fitness Stacking with Speed Stacks**

Sue Temme, Physical Education Teacher

Arbor

Motivate your students to move using Speed Stacks. Experience health and skill related fitness activities which can be included in your daily physical education program. All first time participants will receive a FREE set of Speed Stacks, Instructor DVD and Information.

**#4 Jump Rope for Heart/Hoops for Heart – New Lucky Ducks Promotion!**

Melanie Wilgenbusch and Staff, American Heart Association

University

Lucky Ducks is the hottest promotion to hit the AHA in years. Kids love them, parents love them and teachers love them! By adding this fun promotion to your JRFH Event this year you can increase your participation. Lucky Ducks = more participation = more donations for our Mission! Schools that participated in the Lucky Duck test program had incredible results!! Come find out what all the quacking is about . . .

**4:00-5:15 p.m. Opening General Session**

**Dr. Steven Jefferies**

**“Nothing Lasts Forever: The Future of Physical Education”**

Salon A/B

School budget cuts. PE program and position reductions. High stakes academic testing. Impending school reform. A rapidly changing world.

What does this all mean for public school physical education? How secure is your job 10 years from now? Learn what’s in store and participate in reimagining your professional future.

**5:15-6:15p**

**Dinner on Your Own**

The Holiday Inn Downtown has made their evening manager’s social, as well as a morning breakfast buffet FREE to all who are staying at the hotel. Those registered for the conference who are NOT staying at the hotel may purchase \$5 coupons at the registration table for each breakfast or manager’s social they wish to participate in. You MUST have a stamp on your name tag (manager’s social) or a coupon (breakfast) to take advantage of these activities.

6:30-8:00 p.m.

*Professional Staff Development – Open to the Public*

**FIT to LEAD: How Do We Move to Improve     Dr. JoAnne Owens-Nauslar**

This session will focus on: (1) How Fitness and Leadership are complimentary; (2) What we must do to improve our profession, professionalism, and worth to the core day; (3) Ideas and strategies to be incorporated in schools; and (4) How attitude determines altitude.

6:30-8:00 p.m.

*Student Professional Development*

***Preparing for the Job Search: Getting Your “Docs” in a Row!***

*Getting that first professional position requires some paperwork – at least a letter of application, a resume and some transcripts. Most employers also ask for letters of reference or recommendations and what can you do to be sure they include the key words employers are looking for? Here is some advice!*

Dr. Irene Cucina, AAHPERD President

Dr. Gale Wiedow, AAHPERD President-Elect

Dr. Dennis Docheff, NASPE Past President

**Students! This is your opportunity to network with leaders in the field. Missing this is missing a professional preparation opportunity that doesn't come around, but once! NOW!**

***NAHPERD extends a special thank you to [Sportime](#) for sponsoring the 2010 Elementary, High School and Adaptive Teachers of the Year as part of the 2012 NAHPERD Conference. Their presence at this conference allows our Nebraska teachers to purchase equipment at reduced prices after participating in the excellent program sessions given by these outstanding Teachers of the Year.***

***Thank you [Sportime](#), for being a part of the 2012 NAHPERD Conference!***



**#2 Creating Success for All Students With a Purpose**

Ken Bias, Assistant Professor, University of Central Missouri University

Now more than ever it is crucial for teachers to teach with a purpose while making sure all students have success. In this session we will play games that allow us, the teacher, to create positive learning experiences for all our students while allowing them to have success. Movement in quality physical education is not an option so let's make it exciting and fun for all students.

**#3 Using Heart Rate Monitors as a Summative Grading Tool in Physical Education**

Mary Meling, Physical Education Teacher, Papillion Jr. High Arbor

Middle and high school students who wear heart rate monitors during their lesson in P.E. class get instant feedback about their effort. Teachers download the heart rate monitor information after a students' workout. Each student's grade is based on how much time he spent in his target heart rate zone.

**#4 APE – The Melting Pot of Physical Education for Children with Disabilities**

Ann Hughes, 2010 Adapted Teacher of the Year Salon A

Teaching Physical Education (Adapted or Inclusive) to students with disabilities involved a "Melting Pot" of students (with and without disabilities); support personnel; curricula; skills and activities. In this session participants will be exposed to various teaching skills and techniques for use in their physical education lessons. Station activities will provide strategies for students with varying disabilities and the importance of utilizing different support personnel will be shared.

11:45 a.m. – 1:15 p.m.  
Ballroom

**Award Luncheon/Annual Meeting**

Nebraska

**Stan Erickson, President**

Meggin DeMoss, Central District President-Elect

Welcome from CDA

Dr. Irene Cucina, AAHPERD President

Welcome from AAHPERD & Address

Dawn Brammer, NAHPERD Past President

State and Student Awards

Melanie Wilgenbusch, Regional Vice-President, AHA

JRFH/HFH Presentation

2011-12 NAHPERD Closing Address

Stan Erickson

2012-13 Announcement of New Board

Becky Hamik

**1:30-2:15 p.m. Breakout Sessions**

**#1 iPads and iPods in PE . . . Apps, Activities, QR Codes and more!**

Kevin Morrow, Physical Education Teacher, O'Neill Elementary Husker II

iPads and iPods are a great way to engage students in physical education today. Learn how these devices are being used in physical education and coaching to inspire students to exercise and enhance performance. Whether using apps, self created activities, or QR codes, see and learn how iOS devices are being managed and used to take PE classes to the next level.

**#2 Integrating Physical Activity into the Classroom**

Dr. Gale Wiedow, AAHPERD President-Elect Arbor

Students need 60 minutes of physical activity every day, only a portion of which is met with P.E. Let's Move in School (LMIS) suggests that activity can be provided by classroom teachers who integrate activity into their classes. Suggestion for helping the teachers in your school integrate activity will be provided.

**#3 APE – The Melting Pot of Physical Education for Children with Disabilities**

Ann Hughes, 2010 Adapted Teacher of the Year Salon A

Teaching Physical Education (Adapted or Inclusive) to students with disabilities involved a "Melting Pot" of students (with and without disabilities); support personnel; curricula; skills and activities. In this session participants will be exposed to various teaching skills and techniques for use in their physical education lessons. Station activities will provide strategies for students with varying disabilities and the importance of utilizing different support personnel will be shared.

**#4 Latin Aerobic Dance Routines**

Johann Murray, Faculty, Peru State College Salon A

This session will involve learning and performing a number of dance routines, starting with Merengue and including Rumba, Cha Cha, Swing, Salsa, and Samba as time permits.

**2:30-3:15 p.m. Breakout Sessions**

**#1 So, You Have to Teach Health!**

Ellie Kunkel, Associate Professor, Peru State College; Berniece Jones, Dept. Chair, Nebraska Wesleyan University; Dawn Brammer, Assistant Professor, Chadron State College Husker II

This session will include a brief overview of the National Health Education Standards and how to align them to each and every lesson. You will see how to build your health curriculum to accommodate your mission, and, more importantly, your students.



**#2 Now More Than Ever: A.D.V.O.C.A.T.E. for Physical Education**

Dennis Docheff, NASPE Past President, Faculty Central Missouri State University Arbor

This session offers attendees ideas on how to advocate for their profession and their programs. Eight areas for potential advocacy in the local area are proposed/discussed. Audience participation and planning for future advocacy is expected.

**#3 A Salute to the American Soldier: A USO Dance Party**

Dr. Josie Metal-Corbin, former National Dance Educator of the Year & Margaret Killian Diamond Professor of Education, University of Nebraska at Omaha Salon C

This session will include learning line & flash mob dances to the following iconic songs from the 40's, 70's, and 2012. "Boogie Woogie Bugle Boy from Company B," "Stayin' Alive," and "We Are Family: A World Flash Mob Dance." These dances are appropriate for middle and high school students.

**#4 Hoop It Up: Starting a Hoops for Heart Program at Your School**

Tamisha Rose-Osgood, Physical Education Teacher Salon A

This session will give you the tools you will need to start a Hoops for Heart program in your school. You will get to move to fun music while trying a variety of activities you can use in your class during your Hoops for Heart program.

**3:30-4:15 p.m. Breakout Sessions**

**#1 School Tennis – A Whole New Ballgame!**

Kara Heim, Tennis Service Representative, Missouri Valley Arbor

The U.S. Tennis Association makes tennis easy to incorporate into your school programming with lesson plans, station signs, Tennis Skillastics, an after school tennis handbook, and more. No courts? No problem!

**#2 Not Just A Scorekeeper – PE for the Visually Impaired**

Beth Adelson, Teacher for the Visually Impaired, Hastings Public Schools Salon C

This session will provide you with the information and skills you need to work with children that have different types of vision impairments and their impact on P.E. Strategies to implement with students will be demonstrated.

**#3 Move It, Learn It, Secondary Activities to Enhance the Fitness and Learning Curves**

Ellen Woodely and Dr. JoAnne Owens-Nauslar Salon A

This session will feature some fitness and learning activities so come prepared to Sweat, Move, Enjoy, Laugh, and Learn. As a result of attending this workshop participants will: (1) Enjoy the Macarena Pushups and the Cupid Shuffle; (2) Participate in some partner dance routines; (3) Explore activities that can be used for team building, strength, and fitness development; and (4) Have more fun than should be allowed while representing your school and your profession.

#4 **Building a Strong Athletic Program**

Steve Stutzman, Asst. Baseball Coach, UNK; Head Coach, Wichita Wheat Kings Husker II

Building a strong athletic program begins with having a strong core of beliefs that will help define how successful you are and what you stand for. You will see an example of a successful code of conduct that covers parents, players, coaches and fans.

*Please complete and turn in your conference evaluation at the last session you are in. Thank You! Your feedback is important to the planning of our next conference.*

**3:30-5:00 p.m. 2012-13 New NAHPERD Board Meeting**

**Becky Hamik, President**

**University**

Put this date in your calendar NOW!!

**2013 NAHPERD Fall Conference**

**November 4 & 5**

**Holiday Inn Downtown**

**Program Proposal Forms are on the website for the 2013 Conference.**

**Share your expertise with next year's conference attendees.**