

Non-Profit
Organization
U.S. Postage
PAID
La Crosse, WI
PERMIT NO. 175

2016 Best Practices in Health and Physical Education . . .

presented by
WHPE
www.whpe.us



October 26-28, 2016
Wilderness Hotel
and
Golf Resort
511 E. Adams Street
Wisconsin Dells, WI 53965

 Wisconsin Health and Physical Education
145 Mitchell Hall
1725 State Street
La Crosse, WI 54601

Andy H. Horne ... 2015 National Health Teacher of the Year, has taught Health and Physical Education for the past 12 years at New Trier High School in Winnetka, IL. Andy presents at various national and state conferences sharing lessons and ideas on the topic of engaging students in the health classroom. One of his most unique talents is creating “Scholarly Raps,” –YouTube.com/ahorne23 and then performing these captivating songs to his students and social media followers. He shares his passion for teaching through social media and shares teaching ideas through his blog – Tools2Engage.Wordpress.com. Andy believes in the importance of students developing feelings of self-confidence and self-worth, empowering them to believe they can accomplish their goals. He passionately leads with enthusiasm, providing students the tools to make healthy decisions and inspiring them to be both health literate and persistent life-long learners.



Andy received his B.S. in Kinesiology from Indiana University, Bloomington in 2002 and his M.S. in Education from Walden University in 2008. He is an active member of the Illinois Association for Health, Physical Education, Recreation, and Dance (IAHPERD), the American School Health Association (ASHA), and SHAPE America. At New Trier, Andy serves as the Sophomore Health Coordinator leading monthly department meetings for teachers, coordinating guest speakers, and revising the curriculum. He also co-leads a professional learning group researching the Impact of Fitness and Nutrition on Students, and serves on the All-School Wellness Team with the aim of increasing the well-being of all members of the school community. Andy’s reputation as an innovative health teacher precedes him and his positive approach to education remains fresh and dynamic with a willingness to share ideas and listen to those of others.



Andy Milne ... Education and coaching has taken Andy Milne around the world in his 18 years as a teacher. Originally from England, England Andy taught physical education in London for 12 years before immigrating to America in 2008. Since that time he has worked in Special Education at Barrington High School, written and taught the health curriculum at Carmel Catholic High School and is now teaching Kinetic Wellness and health at New Trier High School. Milne has received the designation of 2016 Illinois Health Teacher of the Year.

Andy received his BA (hons) in Sports & Recreation at Staffordshire University and his PGCE in Physical Education & English at Exeter University, both in England.

Andy shares his passion for teaching via social media and his engaging teaching ideas via the Tools2Engage.Wordpress.com blog. Andy serves on the Social Media Committee for IAHPERD and has been recognized for his innovative use of technology in the classroom. He uses these tools to give an authentic voice to his students, extend the life of their creations and bridge the gap between the classroom and the community.

Having presented at State, District and National level Andy believes that it is the role of his students to share the message of health literacy with friends, family and the community before then advocating for those less health literate than themselves.



Cheryl Richardson ... serves as the Senior Director of Programs for SHAPE America. In that role she oversees member engagement, advocacy, publications, and the development of resources that serve the professions of school health education, physical education, and physical activity. She earned a M.S. in Human Performance and a B.S. in Exercise and Sport Science, both from the University of Wisconsin-La Crosse. Prior to her work with SHAPE America, Cheryl spent 12 years working as a physical educator, adapted physical educator and basketball coach in Hortonville, Wisconsin.



Martha James-Hassan ... earned her undergraduate degree from the University of Wisconsin-Madison in Kinesiology, her Master’s from Hamline University in St. Paul, Minnesota, and her Doctorate in Critical Pedagogy from the University of St. Thomas in Minneapolis, Minnesota. She is a graduate of the AASA/Howard University Urban Superintendents Academy and the Saint Paul Public Schools Leadership Academy. She is a researcher, teacher, and leader with over 20 years of experience in PreK-12 urban education. Dr. Hassan’s is currently an Assistant Professor at Morgan State University in Baltimore, Maryland. Her research agenda involves investigating in-service teacher professional development, cultural fluency, and interdisciplinary education.

In addition to her teaching, Dr. Hassan has served in local, regional, and National leadership roles throughout her career. Currently she serves on the Board of Directors of the Maryland AHPERD, as the Chair-elect for the SHAPE America Diversity and Inclusiveness SIG, a member of the NAKHE Social Justice and Cultural Diversity Task

Force, a member of the Maryland State Department of Education Task Force on English Language Learners, the Maryland Association of School Boards Task Force on Funding Adequacy in Education, the Board of Directors for the Maryland Association of School Boards, and she represents the students and families of Baltimore City as the Chair of the Policy and Budget Committees on the Board of School Commissioners.

Martha has been honored as an Upper Midwest Human Rights Fellow, State Teacher of the Year, National Social Justice and Diversity Teacher of the Year, Joanna Davenport Outstanding Doctoral Research Awardee, The National Association of Kinesiology in Higher Education’s Outstanding Young Scholar, a Faculty Diversity Fellow, and the Baltimore-Area Badger Alumna of the Year. She is the proud parent of two children, wife to an amazingly supportive partner, and in 2008 she became an Ironman by completing the 140.6 mile course in 14 hours 9 minutes and 31 seconds.



Penny Kroening ... 2016 National Elementary Teacher of the Year, has taught elementary Physical Education for the past 31 years in the School District of Waukesha at Summit View Elementary. Penny teaches at an Integrated arts magnet school that was named 2016 Magnet School of America National Award of Merit where she teaches regular physical education and adaptive physical education. Penny presents at various state conferences sharing lessons and ideas on the topics of engaging students, personalized student learning, and using technology as a tool for self/peer assessment. Penny’s approach is to help students identify the “thing” in life that feeds their inner soul. Penny’s classes offer physical education in a whole new look capturing students invested interest, physically engagement of their body and minds as well as fulfilling the personal satisfaction of joy of movement.

Penny received her B.S. in Physical Education from University of Wisconsin – La Crosse in 1985 and her Masters in Education from Carroll University in 1992. She is an active member on the Board of Wisconsin Health and Physical Education (WHPE). Penny is currently serving as WHPE Elementary Division Vice President and Wisconsin JRFH/HFH State Coordinator. Penny is also a SHAPE America member and will be presenting at 2017 Boston National SHAPE America Convention. You can follow Penny on social media through Twitter @pkroening Facebook at PEKroening or Penny Kroening YouTube Channel.



Paul Zientarski ... served as the Learning Readiness PE Coordinator for Naperville School District 203 in Naperville, Illinois where he also spent the last 26 years as the Department Chairman for PE, Health and Drivers Education at Naperville Central H.S. Paul retired in May 2010 after 40 years in education.

Through LRPE, Naperville Central High School has seen dramatic improvements in test scores, behavior, and childhood obesity. School districts from across the country and around the world visit to learn why this program is so successful. Many of these schools are using concepts learned by visiting Naperville Central, including schools in Denmark, China, So. Korea, Sweden, Japan, Australia, and Canada.

The Learning Readiness PE program has been highlighted on PBS “Needs to Know”, CBS’ “Early Morning Show”, ABC, NBC, CBC and FOX network news casts. ESPN and HBO also ran segments on this highly successful program. Documentaries of the programs at Naperville Central High School have been produced by TV affiliates in Denmark, South Korea, Sweden and China. Videos can be viewed by visiting www.learningreadinesspe.com. Entities from 10 countries have traveled to learn about the program.

Paul holds a BS in Physical Education and an MS in Communication Science along with an Administrative Certificate. Zientarski is the Co-Director of DuPage County Institute for Physical Education and has held this position since 1986. He is a co-author of a book titled “What Teenager Drivers Don’t Know, The Unwritten Rules Of The Road”.

Paul has been awarded the “Healthy School Hero” by the Action for Healthy Kids. He has been inducted into the Athletic Hall of Fame at Quincy University and the Illinois Track Coaches Association Hall of Fame. He was appointed to the Illinois Stakeholder and Expert Task Force for Physical Education.

In addition, Paul has made presentations across the country on Learning Readiness PE, Childhood Obesity, Physical Education Curriculum, Technology Use in Physical Education, Small-Sided Games, Brain Breaks in the classroom and active classrooms. He has done presentations in 27 states to all kinds of audiences, community groups and businesses including the President’s Council on Health, Fitness and Nutrition in Washington D.C. Paul did a presentation at a TED X Talk in Bend, Oregon in the spring of 2015. Paul traveled to Sweden to present in March of 2016. He has presented at the National SHAPE conference in 2016.

Sponsored by **POLAR**.

2016 Convention Schedule of Events

Wednesday, October 26, 2016

4:00-7:00 p.m. Exhibitor Set Wilderness Ballroom

6:00-9:00 p.m. Registration Wilderness Foyer

6:45-8:00 p.m. Wisconsin Health Award Ceremony/Social

8:00-10:00 p.m. President Social/Reception

Thursday, October 27, 2016

7:00 a.m. - 3:00 p.m. Registration Wilderness Foyer

9:00 a.m. - 4:30 p.m. Exhibits Open Wilderness Ballroom

Session 1 ► 8:00-9:00 a.m.

- 1 Building Mental Health – *Blanchette*
- 2 Project Adam – *Singb/Thompson*
- 3 Creative Equipment APE – *Swenson/Happel*
- 4 Restoring Balance - Changing the Face of PE – *Hutchinson*
- 5 Dance Like Nobody Watching – *Dado*
- 6 National TOY Ideas for Student Choice Centers – *Kroening*
- 7 Motivating the Unmotivated – *Vorwald*
- 8 Integrating STEM to Create a Balance of Active Learning – *Slade*
- 9 WIAA Sports Officiating and Coaching – *Klein*
- 10 Assessment and Digital Portfolios – *Vang*
- 11 DrumFIT: Exercising Brain and Body – *Hogan*
- 12 Healthy Choice, Healthy Schools, Healthy People Project – *Nelson*

9:00-9:40 a.m. – Coffee/Tea/Muffins Break in Exhibits Hall -

Visit the Exhibitors – Wilderness Ballroom

- 1 Meet a Mentor – *Marx/Sazama*

9:50-11:00 a.m. – General Assembly

Announcements/Elections/Award Recipients

Speaker - Cheryl Richardson/SHAPE

Passion Speaker

Session 2 ► 11:10 a.m. - 12:10 p.m.

- 1 Bringing Authentic Assessment to Health Class – *Pitsch*
- 2 Flipping Out over BLENDED learning! – *Bieszko/Bloemer*
- 3 Teaching Practices – *Campbell/Blask*
- 4 Science of Spin, PE and yo-yos. A FREE school program! – *Schulte*
- 5 Secrets to Losing Body Fat – *Herland*
- 6 TPSR Elementary Style – *Hagenbach*
- 7 Secondary Activity Toolbox – *Perry*
- 8 PEDL: An online solution for standards-based elem PE programs – *Klein*
- 9 Tai Chi & Qigong: Mindful Movement – *Burns*
- 10 The American Red Cross & Wisconsin State Statue 118.076 – *Momsen*

12:10-1:20 p.m. Convention Lunch On Your Own

12:10-1:20 p.m. Future Professional Lunch

11:30 a.m. -12:30 p.m. Past President's Meeting

12:30-1:30 p.m. Past President's/Retirees Luncheon

12:10-1:20 p.m. JRFH Coordinators Lunch

Session 3 ► 1:30-2:30 p.m.

- 1 Personalized Learning in Health/Physical Education – *Mau/Vodenlich*
- 2 Augmented Reality – *Vang*
- 3 Standards Based Assessment and Grading – *Mally*
- 4 Hooverball/Quidditch – *Westphal*
- 5 Games, Games, Games – *Taggart*
- 6 Step Into Sport Stacking – *Burk*
- 7 Making the Best of a Tough Situation – *Sjoerdsma*
- 8 Omnikin: Fitness Fun, Team Building – *Gooding*
- 9 Health Education: Where Do We Find the Time? – *Stewart*
- 10 The Effect of Fitness & Exercise on the Brain & Enhanced Learning – *Zientarski*
- 11 APE Sharing Session – *Swenson*

Session 4 ► 2:40-3:40 p.m.

- 1 Getting to know you – *Dreyer*
- 2 edTPA Lessons Learned – *McCabe/Swenson*
- 3 Using Technology in PE Class – *Kroening*

- 4 Standards Based Assessment and Grading – *Mally*
- 5 Throwing and Catching: Easy Teaching Cues & Lessons – *Mueller*
- 6 Power Yoga – *Ley*
- 7 Three I's - Inclusive, Inspiring, Instant Activities – *Zimmerman*
- 8 Tchoukball: A Team Sport for all ages – *Keating*
- 9 Rest. Eat. Move – *Meeteer*
- 10 National Boards for Professional Teaching Standards (NBPTS) – *Ortiz*
- 11 Rock On! Using a Climbing Wall in PE and Beyond – *Everlast*
- 12 The Effect of Fitness & Exercise on the Brain & Enhanced Learning – *Zientarski*
- 13 100 Miles? No Sweat! Run, Walk and Combat Childhood Inactivity – *Lubin*

4:00-4:30 p.m. Demo Slam - come share your 2 minute great idea

4:00-9:00 p.m. ENJOY THE WATERPARK!!!!

7:00-9:00 p.m. WHPE Awards Ceremony

9:00 p.m. - 12:00 a.m. All Convention Dance - DJ

Friday, October 28, 2016

7:00 - 8:30 a.m. Patty's Board

7:30-10:00 a.m. Registration Wilderness Foyer

9:00 a.m. - 1:00 p.m. Exhibits Open Wilderness Ballroom

Session 5 ► 8:00-9:00 a.m.

- 1 Middle School PE Swap – *Smith*
- 2 Fuel Up to Play 60 – *Edge*
- 3 The Kinesthetic Classroom – *Horne/Milne*
- 4 Keynote Session: Get up, Stand up: A call to action for health and physical educators! – *James-Hassan*
- 5 Outdoor Adventure and Games – *Vodenlich/Mau*
- 6 Effective Assessment in PE – *Perry*
- 7 Keep Dance Alive – *Mulloy/Clark*
- 8 activate2educate: Sound minds, Fit Bodies... Making the Connection – *Isler/Jodlowski*
- 9 Super Charge Your Students using SQAIRS – *Ng*
- 10 Gymstick 1 tool=150 exercises – *Taggart*
- 11 WHPE Grants Session – *Fester*

9:00 - 9:40 a.m. – Coffee/Tea Break in Exhibits Hall -

Visit the Exhibitors
Wilderness Ballroom

- 1 Ethical Educator – *Reichel*

Session 6 ► 9:50-10:50 a.m.

- 1 Reality of Perfectionism – *Reed/Reichel*
- 2 Incorporating Health Behavior Theory – *Caravella*
- 3 Tools for Engagment in Health and PE – *Horst*
- 4 Active Students Learn Better with Active Schools Core 4+ – *Hare*
- 5 Efficiency with PE Assessments – *Burr*
- 6 Elementary Lesson and Games for Learning – *Mick-Beversdorf*
- 7 What, Why, and How of Standards Based Instruction – *Bailey*
- 8 Have a Ball with Yoga – *Gorwitz/Otto*
- 9 Benefits of Doing JRFH – *Erdman/Kubn*
- 10 Come experience Polar Go Fit – *Gagstetter*
- 11 Roundtable Sharing University Level – *Sazama*

Session 7 ► 11:00 a.m. -12:00 p.m.

- 1 Teaching Teens the Cyber Smarts – *Horne/Milne*
- 2 Active Recess/Intramural Program – *Dalle Ave*
- 3 SWAG- Student Wellness Awareness Group – *Bloemer*
- 4 Active Students Learn Better with Active Schools Core 4+ – *Hare*
- 5 Educational Games= Meaningful Movement and Purposeful Play – *Mally*
- 6 Understanding and addressing the anatomy of inequality in health and physical education teaching and learning – *James-Hassan*
- 7 What, Why, and How of Standards Based Instruction – *Bailey*
- 8 Inquiry Based Learning – *McCabe/Swenson*
- 9 2 Dudes Dancing – *Ridout*
- 10 Spirit of the Game: Ultimate Frisbee – *Maddux*
- 11 Changing Game - Successes and Lessons Learned LGBT – *Juchems*

WHPE MEMBERSHIP

You must be a current member through 11/16 or return a new/renewal membership form with membership dues to preregister for the convention.

Wisconsin Health and Physical Education Membership Form.

PRINT ALL INFORMATION

CHECK APPROPRIATE BOX IN EACH SECTION

Month	2016 to Month	2017	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____	AREA		OFFICE USE ONLY	
STREET _____	HOME PHONE (____) _____	<input type="checkbox"/> Health – H <input type="checkbox"/> General – G <input type="checkbox"/> Physical Education – P <input type="checkbox"/> Student – S <input type="checkbox"/> Sports & Athletics – A <input type="checkbox"/> Recreation – R <input type="checkbox"/> Dance – D		EXP. DATE _____	
CITY _____	WORK PHONE (____) _____			Date Rec'd _____	
COUNTY _____	STATE _____ ZIP _____			CK # _____	
E-Mail Address: _____	Year: Fr So Jr Sr Grad			Amt. PD _____	
*Students-School attending					

SE – Southeast District - CESA District 1 & 2

SW – Southwest District - CESA Districts 3 & 4

C – Central District - CESA District 5, 6 & 7

NE – Northeast District - CESA Districts 8 & 9

NW – Northwest District - CESA Districts 10, 11 & 12

TEACHING LEVEL

E – Elementary

M – Middle

S – Secondary

U – University/College

O – Other

Mail to:
WHPE
145 Mitchell Hall • 1725 State St.
La Crosse, WI 54601-3788

Makes Checks payable to: WHPE

For further information go to our website:
www.whpe.us

TYPE OF MEMBERSHIP

Lifetime (\$500)

Professional (\$60)

JRFH/Hoops Coord. (\$30)

Associate (\$60)

Student (\$30)

5yr Undergrad (\$99)

Retired (\$20)

2016 WHPE CONVENTION REGISTRATION

Deadline: October 3rd, 2016

You must be a current member of WHPE through 11/16 or return a new/renewal membership form with membership dues to pre-register for the convention. COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW. You can verify your membership status by calling the WHPE office at 608-785-8175 or 800-441-4568.

COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW

Last Name: _____ First Name: _____

Street: _____ City, State, Zip: _____

Phone (Office): _____ Phone (Home): _____ E-mail Address: _____

Student

Teacher

Other

University or School District: _____

Is this your first WHPE convention? Yes No

WHPE District (check one): NW C NE SE SW

CLASSIFICATION (Check all that apply)

- | | EARLY BIRD-REGISTRATION
(must be received by 10/3) | REGISTRATION
(After 10/3) |
|--|---|------------------------------|
| <input type="checkbox"/> Professional Registration Only | \$95.00 | \$105.00 |
| <input type="checkbox"/> Professional Registration (includes Membership) | \$155.00 | \$165.00 |
| <input type="checkbox"/> Professional Registration (includes JRFH Membership) | \$125.00 | \$135.00 |
| <input type="checkbox"/> Retired | \$0.00 | \$0.00 |
| <input type="checkbox"/> Student Registration Only (includes Lunch) | \$40.00 | \$50.00 |
| <input type="checkbox"/> Student Registration (includes Membership and Lunch) | \$70.00 | \$80.00 |
| <input type="checkbox"/> Student Registration (Includes 5 Year Membership and Lunch) | \$139.00 | \$149.00 |
| <input type="checkbox"/> Non-member | \$165.00 | \$175.00 |
| <input type="checkbox"/> Past President | \$0.00 | \$0.00 |
| <input type="checkbox"/> Awards Banquet (Thursday evening) | _____ @ \$25.00 each | n/a |
| <input type="checkbox"/> Sponsor a student to awards banquet | _____ @ \$25.00 each | n/a |

Total Enclosed:\$ _____

Early Bird Registration fees do not include awards banquet tickets. Awards banquet tickets must be purchased separately. No awards banquet tickets will be available for purchase on-site.

Banquet Preference (check one): New York Strip Baked Cod Parmesan Mushroom Stuffed Pasta

Complete and send this form along with a check for WHPE Convention Fees to:

WHPE, 145 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.

WILDERNESS HOTEL AND GOLF RESORT

511 E. Adams St. • Wisconsin Dells, WI 53965 • Ph: (800) 867-9453 (use Group Name: WHPE 2016 Conference @ Glacier Canyon Lodge)

RESERVATION DEADLINE IS OCTOBER 3, 2016

RATES: \$99 – (1-4 persons) Double Queen *(includes water park passes)*

\$139 – 2 Bdrm Glacier Canyon Deluxe *(includes water park passes)* • **\$12.95** – Nightly Resort Fee