

SUNDAY, OCTOBER 28

Time	Location	Title	Description	Presenters
1:15-4:15	Cambridge A	Praxis Prep Academy	Credit by Exam 2.0 is an educational format designed to advance understanding of competency-based credit and expand into new alternative pathways in education. Different from traditional credit by exam, the unconventional aspect of this program was its expansion beyond the 'all or nothing' approach to earning course credit by allowing a student to test out of portions of course content that he/she could demonstrate as having already mastered. The format and outcomes will be discussed.	Layne, T., Irwin, C. Bray, N., Bocz, R.
	Cambridge B	Skills-Based Health Education: Instructional Strategies	This workshop will be focused on skills-based health education strategies at the middle school level. Presenters will discuss the academic and health-related importance of teaching skills-based health education, and will provide attendees with hands-on activities that can be used to teach four of the eight National Health Education Standards: interpersonal communication, decision-making, goal-setting, and practicing health-enhancing behaviors.	Bliss, K., Dey, D., Hudson, H.
	Mirabella F	Tactical Games Approach Workshop for Physical Education Teachers and Sport Coaches	In this teaching/coaching workshop attendees will learn how to apply a Tactical Games Approach (TGA) for physical education and sport coaching. This interactive session will apply a play-practice-play methodology to maximize student/athlete learning, technical and tactical skill performance, and enjoyment for lifetime physical activity and sport participation.	Currie, S. , Ajit, K.
2:15-4:15	Oakleigh AB	Choose Your Own Tech Adventure: Exploring Digital Tools	Do you want to learn how to use digital technologies to save time, improve your teaching, and support student learning? Join this personalized workshop to elevate your teaching today! This session is designed to differentiate levels of understanding and will leave participants with a toolbox of resources to use the next day. Sponsored by Sportime.	Adams, A., Jenkins, A., Williams, C.

4:30-7:30	Mirabella F	Movement Experiences That ENGAGE!	This 3 hour workshop will focus in on several fun and fast-moving activities and movement experiences that are ideal for teaching elementary and middle school students in small group, “breakout” settings. The activities are energy-boosting, non-conventional and students will absolutely love them. Visuals will be used to enhance learning and digital download links (of the resource materials) will be shared with the workshop participants. The presentation is standards-based and align with SHAPE America’s current grade level outcomes.	Charrette, P. (aka Captain Pete)
	Mirabella GH	Introduction of Korean New Sports	Fhun-E Ball was recently invented and tested in Korea and has been gaining popularity. It has been introduced in Thailand, Singapore, and Japan. Main purpose of “Fhun-E Ball” is to provide children with more opportunities to be physically active and fun. The rules of Fhun-E Ball encourage more activity, cooperation, and caring for others.	Soo Oh, E., Shin, H. G.
7:30-9:30	Mirabella E	BINGO WITH GREAT PRIZES!		

MONDAY, October 29

@ denotes the session will be repeated at another time

Time		Title	Description	Presenters
7:55-8:25	Cambridge AB	Urban Outdoor Adventure Education	Urban Outdoor Education Adventures...Come and experience how you can bring the outdoors to the classroom in any setting. Experience orienting, geo-caching, rock climbing, fishing, measuring water flow, and Canoeing using lesson plans that work. New and inventive was to have fun while learning.	Hines, W.
	Broadlands A	Diabetes and Physical Activity	A brief overview of how diabetes can affect children before, during, and after physical activity. Safety, inclusion and modifications to class design aligned with National and State Standards will be discussed. Symptoms and responses to hyper- and hypoglycemia within a bout of physical activity will be shared.	Chapman, M.
	Broadlands B	@Using PE Classes to Grow Lacrosse in your Community	How to reach out to the community and promote the fastest game on two feet. Encouraging the growth of lacrosse with tips and tricks to bolster a learning environment within your school and community. While bringing to light the available resources from the State and National Associations.	Chapman, J.
	Mirabella I	Engaging Higher Education Students using in-class activities	Most higher education courses are lecture based and focused on test, papers and presentations. That's not the only options for educators in higher education. Activity in the classroom stimulates the brain while the students can focus on more	Davis, C.

			than just you are lecturing. Find out more as I show you activities that have worked for me in sport management courses.	
8:00-9:00	Mirabella J	Meeting Our Students Where They Are: Using individual goal setting to motivate personal health	Health coaching strategies, and motivational interviewing techniques have shown promise in creating sustainable health behaviors in individuals. Connecting personal health and lifestyle behavior to overall quality of life allows for growth in motivation and confidence in regards to health and fitness. Join an informative idea sharing session to bring individual goal setting, behavior change interventions, and personalized motivation into the physical education curriculum.	Haselhuhn, S.
	Oakleigh AB	FITNESSGRAM-Plug and Play Fun for All	Join Gabe Ervin as he leads participants through action-packed, engaging activities designed to improve all areas of fitness for all age groups. OPEN's Plug and Play Fitness Module is standards-based and developed, in part, with the Cooper Institute to help students on their journey towards physical literacy and reaching healthy fitness zones. The Plug and Play activities can be used as instant activities, stand-alone activities or part of an overall fitness unit. You won't want to miss this opportunity to inject fitness and fun into your curriculum!	Ervin, G.
	Oakleigh C	Step Up Your Sport Stacking Program - an advanced lesson of Sport Stacking!	Activity session showcasing the 'Sport' of Sport Stacking. This session will teach the cycle pattern and how to implement healthy competition with your Sport Stacking program. Learn how you can	Burk, M.

			start a recreational Sport Stacking competition within your school and district!	
	Mirabella E	Are you up to the task? Developing motor skills through challenges and stations	Participate in and learn some extremely some extremely fun, and engaging large and small group manipulative skill challenges and station experiences. Students truly gain from developmentally-appropriate challenges and self-guided movement. The activities presented will include methods for including reciprocal teaching and peer assessment in PE lessons that will help guide student learning. The activities are standards-based and align with SHAPE America's current grade level outcomes.	Charrette, P. (aka Captain Pete)
	Mirabella F	KIN-Ball: A Non-Traditional Action-Packed Game	The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48" Kin-Ball. Play inside or out. Have a ball!!	Conrad, D.
	Mirabella GH	Math Frisbee	Are you interested in starting a Running Club at your school? Worried because it may take too much time to count ALL of those laps? Well, look no further! EZ Tally is an online data base that helps you organize and keep track of all of your run club data. EZ Tally saves you time, improves organization, reduces volunteer time, and allows	Spann, D.

			you to focus on what is really important, your runners!	
8:35-9:05	Cambridge AB	©Implementing Required Mental Health Education: A Review	Mental health is an important issue to be addressed in the k-12 school system. From 2007-17, the rates of students who seriously considered suicide or made a suicide plan, increased at both the national and state level. NY and VA have become the first states with policies requiring mental health education in school. This presentation will review these innovative states' implementation of mental health education. Additionally, easy to implement in-class activities will be provided.	Brewer, K.
	Broadlands A	Formative Assessments and Differentiation with Google Forms	Formative assessment and differentiation are huge buzzwords in education. Learn to easily assess students and automatically receive grades and data to determine what your students' needs. Learn to differentiate instruction for your students and meet student needs using Google forms. Get a how-to guide and a template for differentiating with Forms.	Adams, A.
	Broadlands B	©Using PE Classes to Grow Lacrosse in your Community	How to reach out to the community and promote the fastest game on two feet. Encouraging the growth of lacrosse with tips and tricks to bolster a learning environment within your school and community. While bringing to light the available resources from the State and National Associations.	Chapman, J.

	Mirabella I	Student testimonies of collaboration with TN Transfer Pathway	Beginning with conversation and meetings, advisors from UTC and Chattanooga State were determined to solidify our TN Transfer Pathway as "on the same page". This session explores testimonies from transfer students and potential transfer students discussing their journeys from community college to a university in Health and Physical Education K-12.	Harvey, J., Smith, K., Wingate, J.
9:15-10:15	Cambridge AB	Active Schools	Research shows that movement can benefit school performance and behavior in the classroom. Come find out ways to help classroom teachers incorporate physical activity in the classroom by learning about the Active Classrooms Campaign. Additionally, you will learn about the most recent information on AS grants and physical activities to incorporate in the classroom.	Brown, L., Sherman, T., Currie, S., Cupples, M.
	Broadlands A	TAHPERD Grants: Success Stories and Application Procedures	During the first part of the program, TAHPERD grant recipients will share with the audience the project that was funded with the TAHPERD Grant. The second part of the session will focus on the grant application process. To find the grant application, go to www.tahperd.us , click on Explore tab and then the Grants link in the box. Applications may be submitted on-line only.	Maurer, M.
	Broadlands B	Beetroot Juice Supplementation and Exercise Performance	The purpose of this presentation is to address the efficacy of beetroot juice supplementation as an ergogenic aid in aerobic and anaerobic exercise performance.	Korgaokar, A.
	Mirabella I	What separates you from other candidates? What makes you different in a world of sameness?	One question almost all job candidates have to answer is, "What do you bring to the table that separates you from the other candidates?" If you answer this question just like everyone else then	Phillips, M.

			you become a commodity. In other words, you are just like every other candidate. This presentation will pose four questions that you should be able to answer to help separate you from the other candidates and just might be the difference-maker of you getting hired.	
	Mirabella J	A Decision Makers Guide to Data Collection, State Requirements and Funding	With increasing demands on divisions to provide physical education data it's never been more important to understand your options. If your division doesn't have an efficient and easy to understand process for providing data to the state it can lead to much frustration and loss of productivity. In addition, administrators are being asked, more than ever, to provide data which determines budgets, funding and grants. Let's eliminate the dread of data collection and embrace it for the positives it can provide!	Malm, R.
	Oakleigh AB	Field Day: A Physical Education Celebration	Field Day is an opportunity for schools to build community and celebrate positive school culture through physical activity and developmentally appropriate competition. It's often a day that all students, staff, and administrators look forward to and enjoy. However, it is a lot of logistical work. If you are looking for help, new ideas or even want to revamp your field day, come check out this session. Participants will have to opportunity to engage in new and exciting activities your students will enjoy while directly correlating with Shape standards.	Ervin, G.
	Oakleigh C	Can You Spare a Sqair?	SQAIR is an organized, comprehensive, standards driven system with progressions for K-12 for all	Ng, J. , Guerra, M.

			levels and abilities. SQAIR is extremely versatile and can be used to enhance every unit taught. Numerous activities/tasks that incorporate specific exercises designed for individuals, pairs, small/large groups. Suitable for the classroom & before/after school programs.	
	Mirabella E	©Zone Hockey for Grades 3-8	Come and learn how to play hockey in a way that eliminates "bunch ball" tendencies among participants. We will walk through a complete unit - from skill basics to game play and round robin tournament.	Rice, C., Stillings, M. Orton, C.
	Mirabella F	I Teach More Than Gym - 2K18: Teaching Striking Skills	Come and explore a variety of ways to develop striking skills with your students. We will use our hands, paddles, rackets, and pool noodles!	Banasiak, M.
	Mirabella GH	Dance for Fitness	Using basic locomotor, sport and fitness moves, this session will assist in understanding how to create a fitness dance routine. Designed for non-dancers, this session will review basic fitness components and training.	Lewis, L.
10:30-11:30	Oakleigh AB	Omnikin: Fitness Fun, Team Building, Cooperative Games, Skill Development	Develop movement and skill fundamentals, promote team building, enhance fitness levels, and provide activities for students to experience success and fun. Omnikin supports the Physical Education Standards and instructional best practices. Balls are light-weight, durable, non-threatening, and range from 14" - 48" and this session promotes active participation by all--come move and learn.	Conrad, D.
	Oakleigh C	©Music and Movement-More Than Dance	Every Friday at Stuart Elementary the PE and Music departments co-teach to create a Music and	Kiser, M., Garcia, J. Moore, S.

			Movement program for K-5. This experience is more than just dance. Activities include rhythm kickball, drum fitness, one song workouts, create your own fitness dance, rhythmic beat sheets and more. Each of these fun and engaging activities hit on both PE and music state standards and encourage moving and exploring for all interest and ability levels. Come move with us!	
	Mirabella E	Student Designed Games	All too often, games are used in Physical Education for getting students to move or to just fill time. However, designed correctly they can enhance student learning of developmental skills and the overall learning environment. In this session, university students will present their designed games with the intent of showing how they support the state and national standards. Elementary PE teachers are also welcome to attend.	Layne, T., UM students
	Mirabella F	Exploring Lacrosse	An introduction to the skills of lacrosse, aligned with the National and State Standards. Practice proper skill technique and play small sided games.	Dey, D., Chapman, M.
	Mirabella GH	Jump Rope Progressions	Individual, partner, and long rope skill progressions for K-5	Jenkins, A.
	Cambridge AB	Valuing Physical Activity: Teaching Standard 5 in you Secondary Physical Education Classroom	Whether our students participate in physical activity for health, enjoyment, challenge, or social interaction, it is imperative as physical educators that we have an ongoing discourse about the vast benefits and value associated with physical activity participation. This is also the foundation of standard 5 in our state and national standards.	O'Neil, K., Kesselring, L., ETSU students

			This interactive session will provide teachers with strategies and specific learning tasks to implement in the classroom to help meet standard 5.	
	Broadlands A	The Words We Use	Language and Health: If your students do not understand the words the lesson is lost. Fun ways to teach vocabulary (you know the words you use and the students have no idea what you said).	Gilpin, L.
	Broadlands B	Human Resources Issues that Academics should know about the Sport Industry	In recent years, academics have become more specialized in their fields of study, requiring some definition concerning the NASSM/COSMA assessment in sport management. Using a Delphi Approach, this study examines the human resources concerns of professionals in the sport industry to determine what criteria should be included in the sport management curriculum.	Holbrook, J., Phillips, R., Walker, G.
	Mirabella I	edTPA: Student Perspective	The purpose of this presentation is to share information regarding the physical education edTPA from a college student perspective. Information will include a brief background of the edTPA, an overview of the rubrics and scoring, and tips on planning for and completing the edTPA.	Carter, K., Randolph, T.
	Mirabella J	Understanding your Students-By the Numbers	What components of fitness are they low in? What motor skills are they not able to do? What content do they not know? These questions and more are easily answered through the use of WELNET®. Learn how data can be gathered and used to give students the knowledge and skills needed to be physically literate for life.	Malm, R.
11:30		BOX LUNCHES AVAILABLE		NO ADDITIONAL COST
11:40-1:40	Cambridge AB	Poster Presentations		

11:45-12:45	Oakleigh AB	Exhibitors Share Session		Hines, W., Moderator
	Oakleigh C	College and University Open Discussion		Pebworth, K., Moderator
	Mirabella E	Physical Education Open Discussion		Dey, D. Moderator
	Mirabella GH	Coordinated School Health Open Discussion		Jennings, C. Moderator
12:20-12:50	Broadlands B	A Key to Leadership in Sport: It's All About the Team	Leadership Studies usually focuses on the leader: his or her characteristics and traits, experiences, and successes. But if one looks closer one can see that successful leaders are really reflections of their teams. This presentation will focus on how the leader and the team interface.	Estes, S.
11:45-2:00	Mirabella F	Professional & Student Superstars Activities		Cathey, M. & Morefield, L. Coordinators
1:00-2:00	Oakleigh AB	Cardio Fitness Drumming	This session will cover how to begin teaching cardio fitness drumming to your elementary students. Work on student's rhythm while they dance and get their heart rate up. This session is fun, educational, and you can allow your students to be creative. This will be a fun addition to your dance unit, family nights, or staff involvement.	Bocz, B, Coleman, D., Henson, J.
	Oakleigh C	The Back Squat: A Proposed Assessment of Functional Deficits and Technical Factors that Limit Performance	The back squat is the most foundational movement for developing lower body strength among athletes. Fundamental movement competency of the back squat is critical for performance and reducing injury. As a coach, it should be your top priority to prepare your athletes for competition while at the same minimizing injury risk. This presentation will focus on a screening tool that incorporates identification	Phillips, M., Mann, D.

			of correct techniques for known functional deficits.	
	Mirabella E	Games for Middle School	We will teach games that have become student favorites in Bradley County. These games are geared to all students of all abilities. Join us for this session of fun!	Saffles-Slater, K., Miller S., Stone, J.
	Mirabella GH	Enhancing Affective and Cognitive Learning in your Elementary Physical Education Classroom	Physical educators are concerned with the development of the whole child, as reflected by the affective, cognitive, and psychomotor domains that drive our national and state standards. However, many times the focus is on one, maybe two, domains in a single task. This session will provide examples and strategies for incorporating all three domains into learning tasks, creating rich learning experiences. These ideas will help teachers of all experience levels and those preparing for edTPA.	Kesselring, L., O'Neil, K., ETSU students
	Cambridge AB	Make Every Step Count: Lessons and Activities Using Step Trackers that Replace the Pedometer	The introduction of activity trackers, step trackers, teachers will learn a smart way to motivate students to move. These accelerometer equipped foot pods are a game changer because they can display live steps, calories, pace and more data. Your students become more motivated, self-guided, and self-regulated. This session will encourage participants to don a step tracker, use their own live data, set goals, and using circuits, find their favorite movements from A to Z, from aerobics to Zumba.	Moore, S.

	Broadlands A	©Strategies for Students on the Autism Spectrum	Various strategies will be explored to help students on the autism spectrum find success in physical education classes.	Knox, J.
	Broadlands B	Using Gamified Learning in PETE Programs	Come learn how the use of gamified learning (Kahoot!) has increased student engagement, motivation, & learning at the University of Memphis. Participants will play sample games and will learn how to create their own Kahoot! Walk away with ready-made Kahoot!s that you can customize to meet the needs of your students.	Bray, N., Layne, T., Irwin, C.
	Mirabella I	© The Tom Cronan Physical Education Bill: Does it affect me? If so, how and when?	Governor Haslam signed into the law the Tom Cronan Bill for Elementary Physical Education. This session will address that bill, its impact on elementary physical education across the state. The session will be open discussion of the legislation and answers to possible questions from administrators and teachers.	Holt/Hale, S.
	Mirabella J	Strength & Conditioning Coaching Session for the High School Coach and Student-Athlete	Attendees will participate in a theory to application strength and conditioning coaching session for high school coaches and student athletes.	Gillies, C.
2:15-3:15	Cambridge AB	Addressing Potential Physical Education/Wellness Classroom Challenges	Comprehensive discussion that encumbers multiple challenges that teachers can/will face during the school year. Research-based evidence will be provided.	Cupples, M., Greer, J.
	Broadlands A	Running Club made easy!!! Elementary K-5	Are you interested in starting a Running Club at your school? Worried because it may take too much time to count ALL of those laps? Well, look no further! EZ Tally is an online data base that	Vroon, B.

			helps you organize and keep track of all of your run club data. EZ Tally saves you time, improves organization, reduces volunteer time, and allows you to focus on what is really important, your runners!	
	Broadlands B	Hands On approach to teaching Adaptive PE at the college level	The Adaptive Physical Education class at Lee University is taught primarily at four different sites that serves special needs students. The Lee students are involved in designing and teaching lessons to special needs adults, high school students, and middle school students and at a school dedicated to autistic children.	Womack, P.
	Mirabella I	In the Hunt for a Job or a Graduate Assistantship?	Helpful tips to help you be a step above other applicants. Tips on resume building, the hunt, and the interview.	Pebworth, K.
	Mirabella J	#TNPEChat Live	Come participate in a Live Twitter Chat. Explore and connect with other educators. Learn more about this monthly chat and how to participate.	Adams, A., Zackary, D.
	Oakleigh AB	The Benefits of Long Term Athletic Development in Physical Education	If you're looking for a simple way to incorporate state and national guidelines into your curriculum, Movement Academy can show a simple way for your program to be fully compliant. As more children and adolescents participate in sports and PE activities in schools, sometimes without consideration for cumulative workload, it is important to establish age-appropriate training guidelines that may reduce the risk of injury and enhance athletic performance. Learn how at this interactive presentation.	Ellis, D., Peale, M.

	Oakleigh C	Field Day activity ideas	Favorite ideas for a fun filled field day.	Basler, D., White, D.
	Mirabella E	Hit Activities	This session includes activities that introduce students to the critical skills and movement patterns that are essential to sports like softball and baseball. These purposeful activities provide fun for skill development while also introducing foundational concepts, strategies, and tactics. Activities range from striking skill development to small sided striking games. This session will demonstrate different striking activities that will most certainly be a "HIT" among students of all elementary ages.	Ervin, G.
	Mirabella F	©Music and Movement- More Than Dance	Every Friday at Stuart Elementary the PE and Music departments co-teach to create a Music and Movement program for K-5. This experience is more than just dance. Activities include rhythm kickball, drum fitness, one song workouts, create your own fitness dance, rhythmic beat sheets and more. Each of these fun and engaging activities hit on both PE and music state standards and encourage moving and exploring for all interest and ability levels. Come move with us!	Kiser, M., Garcia, J.
	Mirabella GH	TUFFS	TUFFS is a new and innovative program that teaches all aged students to fish with a rod and reel. Come and enjoy learning a new, successful method to teach your classroom how to fish. Zebco and Outdoor World (Bass Pro Shop) have partnered to give your school the same opportunity to partner with them to teach this fun, family activity in the classroom.	Hines, W.

3:30-4:30	Mirabella E	Get your Kicks	This session will introduce participants to the foot skills and movement concepts most often associated with the sport of soccer. Foot dribbling, kicking, passing, and receiving (trapping) are the primary skills emphasized. The skills introduced, will then be used in skill-specific soccer lead up games. Ball control with the feet as well as dribbling, passing, and kicking in combination are the primary skills emphasized. However, a variety of other learning outcomes are also addressed within the session's activities.	Ervin, G.
	Mirabella F	©Introducing Field Hockey into Physical Education	Field hockey is a popular global sport. This interactive physical education and sport session will provide attendees with an opportunity to learn a new invasion game. A TN standards-based physical education lesson will be presented applying a Tactical Games Approach, TGA, to maximize participation, learning, and enjoyment.	Currie, S., Brown, L., UTM Alumni
	Broadlands A	©Strategies for Students on the Autism Spectrum	Various strategies will be explored to help students on the autism spectrum find success in physical education classes.	Knox, J.
	Broadlands B	How Dogs Impact Health	This session will explore the health benefits of having pets, including service and comfort dogs. Presenters will provide attendees with strategies for incorporating activity with dogs into health/physical education. Additionally, we will be visiting Rutherford County PAWS for a short walk after the conference sessions on Monday. Join us for some physical activity and an emotional health boost!	Bliss, K., Dey, D.

	Mirabella I	Importance of Internships in Human Performance and Sport Management	Internships are a valuable experience for students in the human performance field. This session will focus on the planning and organization of quality internship programs. Examples and best practices will be discussed from years of experience working with students completing internships and practical experiences ranging from physical education to sport management.	Morefield, L., Cathey, M., Wilson, T.
	Mirabella J	Factors Impacting Swimming Participation and Competence	Learning to swim is recommended for children as swimming is a highly regarded lifelong physical activity and a strategy to prevent drowning, a leading cause of child injury death. But many are not exposed to water safety and swimming skills. This presentation will present the findings from the most recent 2017 USA Swimming Foundation national study, which examined youth swimming ability rates and compare these results with the 2010 study. Solutions will be highlighted.	Irwin, C., Layne, T., Pharr, J.
3:30-4:00	Cambridge AB	©What is Coordinated School Health and How We Can Support Physical Education	This interactive session will introduce you to the eight components of Coordinated School Health with a special emphasis on Physical Activity and Nutrition. Student success happens when educators work together to address the needs of our students. Join us as we share some best practices and partnerships across the state between Coordinated School Health and Physical Education teachers.	Jennings, C.
	Oakleigh AB	Quick Ice Breaker Activities	Quick 5 minute activities that will get students up and interacting with each other. Activities that will help group members get to know each other.	Pebworth, K., LMU students

	Mirabella GH	Lava Sqairs: A Different Take on Classroom PE	Lava Sqairs is a fun and dynamic way to make a classroom feel as big as a football field. Survive a game of twister or a myplate canoe race... through a river of lava?? This is not your normal PE class.	Morriello, K.
4:10-4:40	Oakleigh AB	©Archery the Ole Fashion Way	Archery the old fashion way is Joella's proven method to teach archery to all ages using the recurve bow. Participants will have a great time learning while achieving success in a lost art of archery. Joella is currently on the USA Olympic Archery Team, while presenting to local schools and businesses about archery.	Bates, J., Hines, W.
	Mirabella GH	Creative Movement through Art	Learn ways to incorporate art and music with dance. Through this creative experience, students will understand how their bodies move and will be challenged in how to match movement with things they see and hear.	Lewis, L.
	Cambridge AB	Cycling in Schools	Starting a school cycling program: Sharing my experience as Tennessee's first Specialized Foundation Riding for Focus grant recipient and what you can do to start a cycling program at your school.	Basle, D.

TUESDAY, October 30

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Time	Location	Title	Description	Presenters
7:55-8:25	Cambridge AB	Understanding and Managing Anxiety	Anxiety is a normal human emotion, but when not managed appropriately can have negative consequences. In this session, guidelines for structuring climates to reduce anxiety as well as methods to maximize participation and performance will be discussed.	Dasinger, T.
	Broadlands A	@Implementing Required Mental Health Education: A Review	Mental health is an important issue to be addressed in the k-12 school system. From 2007-17, the rates of students who seriously considered suicide or made a suicide plan, increased at both the national and state level. NY and VA have become the first states with policies requiring mental health education in school. This presentation will review these innovative states' implementation of mental health education. Additionally, easy to implement in-class activities will be provided.	Brewer, K.
	Mirabella GH	@Archery the Ole Fashion Way	Archery the old fashion way is Joella's proven method to teach archery to all ages using the recurve bow. Participants will have a great time learning while achieving success in a lost art of archery. Joella is currently on the USA Olympic Archery Team, while presenting to local schools and businesses about archery.	Bates, J., Hines, W.
8:00-9:00	Oakleigh AB	Number Sense and Literacy In Motion	Reach the whole child through multiple ways of teaching physical literacy and	Williams, C., Adams, A.

			fitness concepts through rhythm and rhyme and technology. We will be highlighting some of our favorite cross curricular activities we learned at the National PE Institute. Students are on the move while literacy and number sense in the classroom come together.	
	Oakleigh C	Experienced Speed Stacks-Skillastics—A Movement Based Group Activity!	Activity session showcasing physical activities from the video-based Sport Stacking with Speed Stacks Instructor Guide featuring NEW activities from our comprehensive curriculum for 2018! This session will also feature our NEW Speed Stacks-Skillastics activities! Experience the excitement, fun and movement these activities offer every student regardless of ability	Burke, M.
	Mirabella F	©Zone Hockey for Grades 3-8	Come and learn how to play hockey in a way that eliminates "bunch ball" tendencies among participants. We will walk through a complete unit - from skill basics to game play and round robin tournament.	Rice, C., Stillings, M., Orton, C.
	Mirabella GH	Blue, Yellow, Red Zones: Effort Based-Physical Education Activities	Participants will learn to use real live data from heart rate sensors or step trackers for movement data, to both self-direct and self-regulate the effort of their activity. Both of these wearables, heart rate monitors or step tracker ankle bands provide objective and continuous stream of live displayed data that shows the participant is in each zone. Students participate in the challenging game	Moore, S.

			of ZONING in which they must do circuit activities in each of the three zones.	
	Mirabella E	Challenging Partner and Small Group Lead-up/Skill Acquisition Activities	A wide variety of activities that will help your students improve motor skills, movement knowledge, and physical fitness.	Basler, D., White, D.
8:35-9:05	Cambridge AB	Intramurals in 2 nd -6 th grade	In this presentation we will talk about how we have implemented a student lead intramural program for 2nd through 6th grade. We have managed a 6 season intramural program for the last 3 years and connected a sports based model into our lifetime leisure curriculum.	Miles, J., Dryden, Hickey, K.
	Broadlands A	©What is Coordinated School Health and How We Can Support Physical Education	This interactive session will introduce you to the eight components of Coordinated School Health with a special emphasis on Physical Activity and Nutrition. Student success happens when educators work together to address the needs of our students. Join us as we share some best practices and partnerships across the state between Coordinated School Health and Physical Education teachers.	Jennings, C.
	Broadlands B	The Lane Kiffin Effect: Boosting Attendance with the Right Hire	As college football attendance continues to decrease, athletic directors are searching for the right hire during coaching searches to help boost attendance. This presentation will discuss how recent hires such as Lane Kiffin and Jeff Brohm have helped their institutions increase attendance. An examination of recent college football hires and their impact	Wilson, T.

			will be discussed trying to answer the question: Is a “High Profile” hire the right move for the athletic director and the institution?	
	Mirabella GH	A Game Based Approach to Preparing middle school students for the Weight room	This physical education teaching session will provide an introduction to a game based approach to teaching middle school students the basic mechanics to prepare them for resistance training. This lesson will include group activities, proprioception drills, and examples of modifications for each game.	Hardin, L.
9:15-10:15	Cambridge AB	Personalized & Adaptive Physical Education - Part I	Come learn how to highly personalize & adapt your middle or high school physical education class using skill-based, goal-setting, data-driven, technology-enhanced, student-centered strategies in an organized and comprehensive way. Dramatically increase individual student performance, motivation, and autonomy for learning in your class! This session will focus on the planning required to personalize and adapt a PE classroom.	Bray, N., Criticos, M., Monti, A., Martinez, J.
	Broadlands A	© The Tom Cronan Physical Education Bill: Does it affect me? If so, how and when?	Governor Haslam signed into the law the Tom Cronan Bill for Elementary Physical Education. This session will address that bill, its impact on elementary physical education across the state. The session will be open discussion of the legislation and answers to possible questions from administrators and teachers.	Holt/Hale, S.

	Broadlands B	Marathon Kids	Marathon Kids is on mission to get kids moving. Sadly kids today move less than when you were a child. Come learn how we help kids reach their 60 minutes of daily MVPA, increase their self-confidence, and grow healthy habits one lap at a time. Marathon Kids is an evidenced based, research driven program ready to help you be the change agent in your community. Whether you need to increase your MVPA minutes or tie your Social-Emotional Learning to Physical Education, we can help you do that.	Ediger, S.
	Oakleigh AB	Creating A Positive Atmosphere in Physical Education	Do you want to have a more positive physical education program? Come see Derek and Richard highlight some of the positive takeaways from the National PE Institute. We will be sharing ideas to create a culture that emphasizes creating connections before content.	Zachary, D., Muse, R.
	Oakleigh C	Let's Sqair Dance	Discover a new way to teach dance that is less about feeling awkward and more about taking ownership of a dance your students work together to create. So much fun! Assessments with SHAPE HPE standards met. Take rhythm to the funnest level ever!	Ng, J., Guerra, M.
	Mirabella F	©Introducing Field Hockey into Physical Education	Field hockey is a popular global sport. This interactive physical education and sport session will provide attendees with an opportunity to learn a new invasion game. A TN standards-based physical education lesson	Currie, S. , Brown, L., UTM Alumni

			will be presented applying a Tactical Games Approach, TGA, to maximize participation, learning, and enjoyment.	
	Mirabella GH	Offensive Strategies for Invasion Games	Strategies for sport can often be complicated to young learners. Use these simple but effective ways in which you can teach basic offensive strategies that can be used in any invasion type game.	Cathey, M., MMC students
10:30-11:30	Cambridge AB	Healthy Connections with FITNESSGRAM	Empower students and encourage fitness improvement with the new features of the FitnessGram® software. Learn more about the significant impact fitness has on child absenteeism, academic achievement, rate of referral and other longitudinal measures. Get inspired with stories from districts using FG data to examine the longitudinal association and learn practical tips for district-wide implementation. Investigate associations and evaluate and evolve programming to best prepare students for life	Ormsby, E.
	Broadlands A	Mental Skills that prepare "Warriors" on and off the field or court	Today's Adolescent student-athlete functions within complex family life, potentially hostile peer relationships, and societal threats. Thus, mental skills for the sport alone are insufficient. Come learn how to nurture and toughen the mental side of your student-athletes. We will focus on not only stronger sport performance, but also how to help youth acquire self control, and constructive thought patterns for their life	Hoogestraat, F.

	Broadlands B	Understanding Gen Z in Order to Engage and Enable Today's Learners	As educators it is important to connect to our students but in order to connect with them, educators must first understand them. This session will examine key characteristics about Generation Z (born mid-1990s - 2000s) and discuss how this impacts today's educators.	Powell, J.
	Oakleigh AB	Lessons Using the Beat of the Heart and the Steps of the Feet	Activities that use Heart Rate Monitors and Step Trackers to Increase Physical Activity and Burn More Calories	Moore, S.
	Mirabella F	Speedball	Speedball is a game similar to TEAM HANDBALL. Your team tries to pass or run with the ball down the field without dropping it or getting tagged by the defense. Speedball is a combination of football, basketball, and soccer. The team scoring the most points wins.	Spann, D.
	Mirabella GH	Personalized & Adaptive Physical Education - Part II	Come experience what a personalized & adaptive physical education classroom looks and feels like. Walk away with customizable resources for the unit modeled. This session is an extension of the Part I session and models how to set up a personalized and adapted PE classroom and allows participants to focus on the learner experience.	Bray, N., Criticos, M., Monti, A., Martinez, J.
	Mirabella IJ	Top Five Hip Hop Steps Your Students Already Know	From Gangnum Style to SpongeBob learn popular hip hop steps your students already know. This session will assist you in combining these steps into a routine. This will impress even the non-dancers in your class.	Lewis, L.

11:30	Mirabella E	Luncheon, Awards, and General Session		NO ADDITIONAL COST