

Powerful Education Learning Academy Conference at a Glance Wednesday, June 15, 2016	
7:30 - 8:00 AM	Registration
8:00 - 8:45 AM	Personal Wellness /Yoga - Lucy Templer
8:45 - 9:25 AM	Breakfast (provided)/Welcome/Mindsets Activity - Kayla Andersen
9:30 - 10:30 AM	Keynote /Wellness Education in the 21st Century: Are We Ready for the Challenge? - Deborah Tackmann
10:30 - 10:40 AM	Refuel & Transition Time
10:40 - 11:55 AM	Breakout Session #1 → <i>Instructional Strategies for Roundnet (S) - Amy Heuer</i> → <i>Come On, Let's Dance! Learning more than just a new step! (S) (E) - Sarah Beckedah</i>
11:55 - 12:15 PM	Recess
12:15 - 12:45	Working Lunch (provided)/Unconference Lunch Tables
12:50 - 2:05 PM	Breakout Session #2 → <i>Outrageous Teaching Techniques in Health Education for the 21st Century Part One (HE) - Deborah Tackmann</i> → <i>Teaching Offensive and Defensive Strategies through Touchball (S) - Nathan Freeman</i> → <i>Ideas and Resources for Sport Stacking (E) (S) - Amy Heuer</i>
2:05 - 2:15 PM	Transition Time
2:15 - 3:30 PM	Breakout Session #3 → <i>Outrageous Teaching Techniques in Health Education for the 21st Century Part Two (HE) - Deborah Tackmann</i> → <i>Power Up With Drumming and Dancing (E) (S) - Leah Wheeling</i>
3:30 - 4:00 PM	Open Gym Idea Sharing (optional)

Red = Full Group (Required for Credit)/Yellow = Breakout Sessions (Required for Credit)/HE = Health Education focus S = Secondary PE focus E= Elementary PE focus

Powerful <u>E</u>ducation Learning Academy Conference at a Glance Thursday, June 16, 2016	
7:30 - 8:00 AM	Open Gym Idea Sharing (optional)
8:00 - 9:15 AM	Personal Wellness/Quality Fitness Testing Procedures & Protocols - Sara Deutsch & Chris Mahoney
9:15 - 9:35 AM	Grab & Go Breakfast (provided)
9:35 - 10:50 AM	Breakout Session #1 → <i>Outrageous Teaching Techniques in Sexuality Education (HE)</i> - Deborah Tackmann → <i>Sport Education Model Part One (S)</i> - Dr. Jenny Linker → <i>Supporting K - 12 Learners With Special Needs in Physical Education (S) (E)</i> - Jennifer Astle
10:50 - 11:00 AM	Refuel & Transition Time
11:00 - 12:15 PM	Breakout Session #2 → <i>Skills-Based Health Education (HE)</i> - Kristen Hahne → <i>Sport Education Model Part Two (S)</i> - Dr. Jenny Linker → <i>Come and Play Recess Unit (E)</i> - Sara Deutsch
12:15 - 12:35 PM	Recess
12:35 - 1:05 PM	Working Lunch (provided)/Your 2016 - 17 Jump or Hoops for Heart Event - Mary Reiser, American Heart Association
1:15 - 2:30 PM	Breakout Session #3 → <i>Actively Learning: Health Education Activities (HE)</i> - Kristen Hahne → <i>President's Youth Fitness Program: Empowering Students With Fitness Testing Data (S) (E)</i> - Sara Deutsch & Chris Mahoney
2:30 - 2:40 PM	Transition Time
2:40 - 3:30 PM	A is for Action

Red = Full Group (Required for Credit)/Yellow = Breakout Sessions (Required for Credit)/HE = Health Education focus S = Secondary PE focus E= Elementary PE focus

Session Descriptions - Wednesday, June 15, 2016

Time	Location	Session Title	Session Description
8:00 - 8:45 AM	Gym	Personal Wellness - Lucy Templer	Start our professional learning day off on the right foot by working on your personal wellness. The perfect combination of movements designed to assess and enhance your cardiovascular endurance, muscular strength and endurance, and flexibility has been coordinated just for you regardless of current fitness status.
8:45 - 9:25 AM	Commons	Welcome Session - Lyndsi Engstrom & Kayla Andersen	Mindsets are not a new idea, but in the past few years teachers have been acknowledging them with much more insight. This session will reflect on fixed and growth mindsets, and the effects it has on teaching and student learning.
9:30 - 10:30 AM	Commons	Keynote: Wellness Education In the 21st Century: Are We Ready for the Challenge? - Deborah Tackmann	The children of today live in a world vastly different from that of a few years ago. The risks of teen sexuality, obesity, experimentation with tobacco, alcohol and other drugs, school violence and bullying, and suicide are but a few of the issues facing today's young people. We know the health of young people is strongly linked to their academic success and that schools have direct contact with more than 95% of our nation's young people ages 5-17. The question is how can we as educators empower our youth with the knowledge and skills they need to make healthy decisions? How can we strengthen our school programs and policies to be the most efficient means to prevent or reduce risk behaviors and prevent serious health problems? This high-energy presentation will help you understand youth trends in the 21st century, identify essential elements that are necessary for effective school health and wellness programs as well as motivate and inspire you as a professional educator!
10:40 - 11:55 AM	Gym	Instructional Strategies for Roundnet - Amy Heuer	Get links to the latest lesson plans, teaching tips, and have some time to play this exciting game to spread across the country. During this session we will practice lead up activities, teaching progressions and modifications to bring this game to your school.
10:40 - 11:55 AM	Gym	Power Up with Drumming and Dancing - Leah Wheeling	Power up and recharge the brain with a variety of drumming activities ranging from simple drumming brain breaks to full choreographed drumming routines. Learn how to create and use basic drumming activities for your classroom or gym space. Be ready to raise the roof for this energizing hands on session!
11:55 - 12:15	Gym	Recess	Recess is an essential component of the education experience of children and

			adults alike. Socialize with newfound friends while exploring new activities or walking a few laps. Use this opportunity to improve your attention, focus, behavior :), and ultimately learning for the second half of your day.
12:15 - 12:45	Commons	Working Lunch	Network with colleagues over a healthy lunch sharing ideas and learning about various trends and topics in physical and health education.
12:50 - 2:05 PM	Team Resource Area #1	Outrageous Teaching Teaching Techniques in Health Education in the 21st Century Part One - Deborah Tackmann	In this high energy and interactive workshop, participants will engage in a plethora of exemplary teaching strategies and techniques for the 21st century classroom as they relate to the National Health Education Standards and expectations for effective health education. These hands-on lessons/activities immerse the learner in relevant and practical health education methods/pedagogy for middle and high school students. Using cotton balls, hair gel, fishing lures and a plethora of other modalities, these cutting edge teaching activities are kid tested and approved. Join in the fun as you learn dynamic teaching techniques that are relevant and exciting for both the teacher and the learner! Part One and Part Two will demonstrate different lessons, activities and teaching techniques. Attendance of Part Two is suggested but not required.
12:50 - 2:05 PM	Gym	Teaching Offensive and Defensive Strategies through Touckball - Nathan Freeman	Due to its fast-paced nature, and focus on strategic play, Touckball is a great way to teach students the importance of defensive positioning, defensive skills and communication among teammates. This session is designed to demonstrate the rules, offensive, and defensive strategies used during the game of Touckball.
12:50 - 2:05 PM	Gym	Ideas and Resources for Sport Stacking - Amy Heuer	Whether you are a seasoned teacher of sport stacking, or are new to the activity, this session will show you new lessons available, as well as demo some activities to help your students get fired up to stack. Presentation will also include resources for bringing sport stacks to your school.
2:15 - 3:30 PM	Team Resource Area #1	Outrageous Teaching Teaching Techniques in Health Education in the 21st Century Part Two - Deborah Tackmann	In this high energy and interactive workshop, participants will engage in a plethora of exemplary teaching strategies and techniques for the 21st century classroom as they relate to the National Health Education Standards and expectations for effective health education. These hands-on lessons/activities immerse the learner in relevant and practical health education methods/pedagogy for middle and high school students. Using cotton balls, hair gel, fishing lures and a plethora of other modalities, these cutting edge teaching activities are kid tested and approved. Join in the fun as you learn dynamic teaching techniques that are relevant and exciting

			for both the teacher and the learner! Part One and Part Two will demonstrate different lessons, activities and teaching techniques. Attendance of Part One is suggested but not required.
2:15 - 3:30 PM	Gym	Come On Let's Dance! Learning more than just a new step! - Sarah Beckedahl	A dance unit has so much to offer beyond learning a few new steps! Dance units provide an opportunity to teach communication skills, character development and self-esteem! This session will offer fun dance routines that has students focusing on the social parts of social dance and will get them out and moving not only in your class, but in real life. This session will cover basic line dances that students can use right now and partner dances that will make them want to show off their stuff! Can you say confidence builder and life-long fitness?! Oh YES!!!

Session Descriptions - Thursday, June 16, 2016

Time	Location	Session Title	Session Description
8:00 - 9:15 AM	Gym	Personal Wellness - Sara Deutsch & Chris Mahoney	Start our professional learning day off on the right foot by working on your personal wellness. The perfect combination of movements designed to assess and enhance your cardiovascular endurance, muscular strength and endurance, and flexibility has been coordinated just for you regardless of current fitness status.
9:35 - 10:50 AM	Team Resource Area #1	Outrageous Teaching Techniques in Sexuality Education - Deborah Tackmann	This high energy, interactive, and hands-on health session will empower professionals with the knowledge and skills necessary to engage learners in the 21st century. Using dice, beach balls, bags of beans, rice and other modalities, these cutting edge teaching activities are kid tested and approved. A minimum of 10 lessons and activities will demonstrate critical thinking, differentiated learning, brain based learning and other relevant and up to date teaching methods and ideas that are based on the 2012 National Sexuality Education Standards. Join in the fun as you learn dynamic teaching techniques that are relevant and exciting for both the teacher and the learner!
9:35 - 10:50 AM	Gym	Sport Education Model Part One - Dr. Jenny Linker	Are you looking for a new way to motivate your secondary students? Experience the Sport Education instructional model in practice! This hands-on session will demonstrate key features of this model such as team affiliation, formal competition, record keeping, and festivity to promote enthusiasm and physical literacy Recommended that participants also attend Sport Ed Model Part 2.

9:35 - 10:50 AM	Team Resource Area #2	Supporting K-12 Learners with Special Needs in Physical Education - Jennifer Astel	This hands-on workshop for physical educators serving students with disabilities will focus on inclusion techniques pertaining to visual impairments, mobility limitations and autism spectrum disorders in the physical activity setting.
11:00 - 12:15 PM	Team Resource Area #1	Skills-Based Health Education - Kristen Hahne	This session will discuss how teaching Health Literacy shifts the focus of health education from content-based to skills-driven. Examples of skills based units and lessons will be covered.
11:00 - 12:15 PM	Team Resource Area #2	Sport Education Model Part Two - Dr. Jenny Linker	Participants will be introduced to the Sport Education instructional model framework. This session provides an overall understanding of the model, how to apply key features and design assessment opportunities. Participants will have time to brainstorm and discuss future unit applications. Recommended that participants also attend Sport Ed Model Part 1.
11:00 - 12:15 PM	Gym	Come and Play Recess Unit - Sara Deutsch	As physical educators we understand and can appreciate what an integral part of the educational experience recess plays allowing students the opportunity to improve their attention, focus, behavior and learning through a physical activity break. This session will provide sample recess games and activities we can teach in our gym to prepare our students for the playground!
12:15 - 12:35 PM	Gym	Recess	Recess is an essential component of the education experience of children and adults alike. Socialize with newfound friends while exploring new activities or walking a few laps. Use this opportunity to improve your attention, focus, behavior ;), and ultimately learning for the second half of your day.
12:35 - 1:05 PM	Commons	Working Lunch	Network with colleagues over a healthy lunch sharing ideas and learning about various trends and topics in physical and health education.
1:15 - 2:30 PM	Team Resource Area #1	Actively Learning: Health Education Activities	This session will provide attendees with many activities to teach different health related skills. Take these activities back to your school and implement them into your curriculum next year.
1:15 - 2:30 PM	Commons	Presidential Youth Fitness Program (PYFP) - Empowering Students Through Data	Explore strategies for implementing fitness education using Physical Best and FREE Presidential Youth Fitness Program (PYFP) resources into your existing physical/health education program.

2:40 - 3:30 PM	Commons	A is for Action	This session will allow for reflection of the highlights from the learning academy and for discussions with colleagues about the most relevant information learned from sessions attended. Action-planning for implementation of concepts learned in your school of will also occur.
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