

**THIS PROGRAM IS TENTATIVE AND THERE WILL BE CHANGES WHICH WILL APPEAR IN THE NEXT DRAFT POSTED ON THE ASSOCIATION WEBSITE.**

CONVENTION SCHEDULE – 2009

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Wednesday, November 18

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4:00 p.m. – 8:00 p.m. Mega Center Lobby  
Registration-Pre-Registration-Membership-Information

7:00 p.m. Ruby  
IAHPERD Executive Board Meeting  
(Open to Observers)  
*President:* **Peggy Pryor**  
Quincy Senior High School, Quincy

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Thursday, November 19

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7:00 a.m. – 4:00 p.m. Mega Center Lobby  
Registration-Pre-Registration-  
Membership-Information

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7:45 a.m. – 5:00 p.m. Mega Center  
Exhibits Open  
Commercial-Educational-Affiliates

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8:00 a.m. – 9:00 a.m. Augusta  
**Breakfast Reception for IAHPERD  
Nominees  
Voting for 2010 Officers  
Executive Board / Representative  
Assembly voting members:  
ATTENDANCE REQUIRED**

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1. 8:15 a.m. – 9:15 a.m. Physical Education  
(9-12)  
Mega Center A  
**Hands On Frisbee Fun and Fitness**  
*(audience participation)*

Learn the best way to make lifelong Frisbee players by letting them have more fun with tricks and games taught by a former world champion.

*Presenter:* **Gary Auerbach**  
Salem, Wyoming

*President:* **Gary Auerbach**  
Salem, Wyoming

2. 8:15 a.m. – 9:15 a.m. Physical Education  
 Mega Center B (K-5)  
**Elementary Physical Education: A Team Approach**  
*(audience participation)*

How we use fun and exciting team (groups of 4-6 children) activities to meet Illinois Physical Development and Social Emotional Learner state goals.

*Presenters:* **Jeremy Corona**  
**Ryan Regan**  
 Lake Bluff Elementary School, Lake Bluff  
*Presenter:* **Jeremy Corona**  
 Lake Bluff Elementary School, Lake Bluff

3. 8:15 a.m. – 9:15 a.m. Physical Education  
 St. Charles Ballroom Salon I (9-12)  
**Bridging the Gap Between Sports Performance and Physical Education**  
*(demonstration)*

Will focus on presenting the latest performance training concepts and applying them to the physical education setting. Learn how you can incorporate flexibility, core, balance, plyometric speed, agility, quickness and strength training into a class unit with minimum space and affordable equipment.

*Presenters:* **Mark Florence**  
**Rich Monis**  
 Neuqua Valley High School, Naperville  
*Presenter:* **Mark Florence**  
 Neuqua Valley High School, Naperville

4. 8:15 a.m. – 9:15 a.m. Physical Education  
 St. Charles Ballroom Salon II (K-5)  
**Yoga On the Move: The Calm Before the Storm**  
*(audience participation)*

Interactive session will provide teachers with the tools to incorporate yoga and wellness activities into their classroom using fun and innovative strategies.

*Presenters:* **Jon Sikes**  
 Blaine Elementary School, Chicago  
**Carla Lantillo**  
 Chicago  
*Presenter:* **Jon Sikes**  
 Blaine Elementary School, Chicago

5. 8:15 a.m. – 9:15 a.m. Physical Education  
 St. Charles Ballroom Salons III/IV (K-8)  
**Pedometer Fun: Kids' Cardio Routines** 📞  
*(audience participation)*

Your students will love doing these “2 left feet-proof” kids’ cardio routines! We’ll show you how to graph the “bell curve” workout fun.

*Presenter:* **Bonnie Hopper**  
 Boise, Idaho  
*Presenter:* **Bonnie Hopper**  
 Boise, Idaho

📞 **Presenter has a booth**

6. 8:15 a.m. – 9:15 a.m. Physical Education  
St. Charles Ballroom Salons V/VI (6-8)

**Redneck PE (Sequel to Hillbilly PE)**  
(*demonstration*)

Low cost methods and ideas to motivate middle school students and to pack as much as possible into your physical education and health curriculum.

*Presenter:* **Stef Dalenberg**  
Iroquois West Middle School, Chicago

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Iroquois West Middle School, Chicago

7. 8:15 a.m. – 9:15 a.m. Dance  
New Orleans Ballroom (K-8)

**Dancing Retro**  
(*audience participation*)

Do you have students that like to boogie to the beat? Join two PE teachers who will teach some creative retro dances that are fun for grades K-8.

*Presenters:* **Tiffany Gawrysh**  
**Staci Hale**  
Kingston Elementary School, Kingston

*Presenter:* **Staci Hale**  
Kingston Elementary School, Kingston

8. 8:15 a.m. – 9:15 a.m. Physical Education  
Ruby (K-12)

**Successful Development of a District K-12 Physical Education Curriculum**

Presentation is designed to help physical educators understand the curriculum development process, recognize barriers to the development process and provide them with solutions that will help their district to be successful in the development process.

*Presenter:* **Stacy Beebe**  
Judson University, Elgin

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Judson University, Elgin

9. 8:15 a.m. – 9:15 a.m. Physical Education  
Turquoise (K-5)

**The “How to’s” in PE with Brain Research Taking the Lead**

Complete introduction and guide to how the movement and learning connection can get started in the gym, the classroom, your building – with you as the expert. Learn step by step ways to get started with your expertise and existing curriculum – PE first but ways to make it all work with brain research leading the way to movement and learning.

*Presenter:* **Kathy Houston**  
Pheasant Ridge Elementary School, Glendale Heights

*Presenter:* **Kathy Houston**  
Pheasant Ridge Elementary School, Glendale Heights

10. 8:15 a.m. – 9:15 a.m. Physical Education  
Jade (Adult)

**Writing for the *Illinois Journal for Health, Physical Education, Recreation and Dance: How, What, When and Where***

Information will be provided about the types of written works included in the *Illinois Journal* and how to turn an idea, interest or expertise into a published product.

*Presenter:* **Brian Pritschet**  
Research Editor, *Illinois Journal*  
Eastern Illinois University, Charleston

*Presider:* **Brian Pritschet**  
Eastern Illinois University, Charleston

11. 8:15 a.m. – 9:15 a.m. Physical Education  
Coral (9-12)

**Lyons Township High School: Freshmen Swim Skills Curriculum**

A basic step by step lesson plan for a beginning swim unit. Emphasis placed on both beginner and expert teacher.

*Presenters:* **Gretchen Clay**  
**Scott Walker**  
Lyons Township High School, LaGrange

*Presider:* **Gretchen Clay**  
Lyons Township High School, LaGrange

12. 8:15 a.m. – 9:15 a.m.  
Topaz

**Illinois Coalition for Adapted Physical Education Business Meeting**

*Presider:* **John Dagger**  
AERO Special Education Cooperative, Burbank

13. 8:15 a.m. – 9:15 a.m. Health  
Broadway A (6-Adult)

**Teaching Students to Have Mental and Emotional Fitness for Their Future**

There are five things we could and should be doing that we currently aren't to help students be mentally and emotionally fit for the future.

*Presenter:* **Ray Mathis**  
McHenry

*Presider:* **Ray Mathis**  
McHenry

14. 8:15 a.m. – 9:15 a.m. Health  
Broadway B / C (K-12)  
**Body Walk – An Engaging Nutrition Education Experience** 📞

The Body Walk promotes lifelong healthy eating and physical activity in elementary children. During this hands-on session, you will use the education props from the Body Walk trunk (available free from the Nutrition Education Loan Library) to learn how to plan and implement this fun, interactive tour of the body. The Body Walk can be used to help meet your school's wellness policy goal for nutrition education. A free Body Walk manual will be provided to each school site in attendance.

*Presenter:* **Linda Braam**  
Illinois Nutrition Education and Training, Sycamore

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Illinois Nutrition Education and Training, Sycamore

15. 8:15 a.m. – 9:15 a.m. Adventure Challenge Education  
Rembrandt (Gallery Hall) (6-8)  
**Cooperative Games**  
(audience participation)

Adventure education lead-up cooperative games played and explained.

*Presenters:* **William J. Quinn**  
**Students**  
Northeastern Illinois University, Chicago

*Presenter:* **William J. Quinn**  
Northeastern Illinois University, Chicago

16. 8:15 a.m. – 9:15 a.m. Technology  
Marsalis I (Tech Center) (9-12)  
**How to Utilize an Educational Website into Your Health and Physical Education Curriculums**

You will see how easy it is to integrate any educational website into your health and physical education curriculums. Will be able to create activities and quizzes/tests based on your subject matter and get instant feedback on your student's results. Will show how easy it is to share and quizzes/tests with your colleagues.

*Presenter:* **Joe Fezzuoglio**  
West Leyden High School, Northlake

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West Leyden High School, Northlake

17. 8:15 a.m. – 9:15 a.m.  
Mega Center Skyboxes 3 and 4  
**Suburban High School Association for Department Chairs – North Division**  
*Presenter:* **Paul Bellow**  
Palatine High School, Palatine

18. 9:30 a.m. – 11:45 a.m. Physical Education  
Mega Center A (K-12)  
**Learning Problems and Natural Body (Brain Based) Solutions**  
*(audience participation)*

Understand the neural basis of learning and behavioral problems in school. Learn specific movement sequences that boost attention, sharpen focus, raise motivation, and improve visual, auditory and kinesthetic skills essential for reading, writing and math success.

*Presenter:* **Jeff Haebig**  
Scottsdale, Arizona  
*Presenter:* **Kim Wheeler**  
Alton Middle School, Alton

19. 9:30 a.m. – 10:30 a.m. Physical Education  
Mega Center B (K-8)  
**Basketball Stations for Elementary and Middle School Students**  
*(audience participation)*

Participate in a wide variety of basketball skills and stations that can be used in the classroom or for a Hoops for Heart event.

*Presenter:* **Jennifer Oitker**  
Baldwin Intermediate School, Quincy  
*Presenter:* **Jennifer Oitker**  
Quincy Intermediate School, Quincy

20. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salon I (9-12)  
**Applying and Understanding Your Target Heart Rate Zone**  
*(audience participation)*

While learning about the THR Zone, students will be able to demonstrate their understanding by tracking a partner's heart rate through various activities.

*Presenters:* **Katie Campbell**  
**Jennifer Fortt**  
Tinley Park High School, Tinley Park  
*Presenter:* **Jennifer Fortt**  
Tinley Park High School, Tinley Park

21. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salons III/IV (K-5)  
**In School Bowling 🎳**  
*(demonstration)*

Teachers learn a simple method of teaching bowling basics along with several fitness options, utilizing a “backward linking” teaching method and integrating specific “learning keys”.

*Presenters:* **Bob Daman**  
**Gary Giardini**  
Lincolnwood  
*Presenter:* **Gary Giardini**  
Lincolnwood

22. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salons V/VI (K-5)

**Smart Moves, Smart Foods: A Unique, Sequentially Designed, Guided-Movement, Physical Fitness Workout** 📞  
(audience participation)

Featuring motivating, music-based workouts and games from the multi award-winning Catch A Brain Wave Fitness Fun and its sequel, Smart Fitness, Smart Foods.

**Presenter:** **Liz Jones-Twomey**  
Southridge Public School, Ontario, Canada

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Southridge Public School, Ontario, Canada

23. 9:30 a.m. – 10:30 a.m. Fitness  
Pool (9-12)

**Aquatic Fitness Conditioning Drills for Your Pool Unit**  
(audience participation)

Learn strength and cardio conditioning drills in the pool for high school students. Many drills covered that don't need equipment.

**Presenter:** **Jenny Hendricks**  
Judson University, Elgin

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Judson University, Elgin

24. 9:30 a.m. – 10:30 a.m. Dance  
New Orleans Ballroom (6-12)

**High School Musical**  
(audience participation)

Participants will learn a routine from *High School Musical* great for all age groups. Will discuss additional musicals included in the dance unit "On Broadway".

**Presenter:** **Sonja Rzeszutko**  
Neuqua Valley High School, Naperville

**Presenter:** **Kristin Hill**  
Sycamore High School, Sycamore

25. 9:30 a.m. – 10:30 a.m. Physical Education  
Ruby (6-8)

**Tracking in PE**

Do you have students that are highly competitive, overwhelmed by competitive students, average PE students, non-brainers? Is tracking in PE for your school?

**Presenters:** **Ron Bass**  
**Matthew Willey**  
Bloomington Junior High School, Bloomington

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Bloomington Junior High School, Bloomington

26. 9:30 a.m. – 11:45 a.m. Adapted Physical Education  
(K-Adult)  
Turquoise  
**I Need Help in PE and Adapted Physical Education**

Panel discussion – audience driven questions regarding students with disabilities in physical education. Will address concerns about adaptations, laws, IEPs, responsibilities and action.

*Presenters:* **Steve Breen**  
Evanston-Skokie School District 65, Evanston  
**Kathy Brinker**  
**Tara McCarthy**  
CASE, Glen Ellyn  
**John Dagger**  
AERO Special Education Cooperative, Burbank  
**Peggy Ganger**  
Kendall Elementary School, Naperville  
*Presider:* **Tara McCarthy**  
CASE, Glen Ellyn

27. 9:30 a.m. – 10:30 a.m. Physical Education  
(9-12)  
Jade  
**The “Butts and Guts” of a Bodyscript / Group Fitness Based Curriculum**

Will give you the tools and knowledge to add or enhance an aerobics program into your school.

*Presenter:* **Shelby Thormeyer**  
Naperville  
*Presider:* **Shelby Thormeyer**  
Naperville

28. 9:30 a.m. – 10:30 a.m. (Adult)  
Coral  
**Member Retirement Benefits – Preparing for Retirement**

An overview of benefits offered through TRS including retirement, health insurance, survivor benefits, the retirement application process and post retirement employment limitations.

*Presenter:* **Steve Rollins**  
Benefits Counselor, Teachers Retirement System, Lisle  
*Presenter:* **Steve Rollins**  
Lisle

29. 9:30 a.m. – 10:30 a.m. Sports and Athletics  
(6-8)  
Sapphire  
**How to be a “Cool” Coach by Improving Communication and Creating a “Winning” Program 📞**

Communicate better with athletes and learn six easy steps for creating a winning sports program including strategies for correcting misconduct.

*Presenter:* **Lori Brown**  
Human Kinetics, Champaign  
*Presider:* **Lori Brown**  
Human Kinetics, Champaign

 **Presenter has a boo**

30. 9:30 a.m. – 10:30 a.m.  
Broadway A / B / C  
**Jeopardy I – Preliminary Round**

A contest between representatives of Illinois colleges and universities patterned after the TV quiz show Jeopardy (undergraduates only). The top three point earners advance to the final round on Friday.

*Moderators:* **Mary Grace Bator**  
Chicago State University, Chicago  
**Don Scherrer**  
Trinity International University, Deerfield

31. 9:30 a.m. – 10:30 a.m. Adventure Challenge Education  
Rembrandt (Gallery Hall) (6-12)  
**Portable Teambuilding: Low-Prop Activities for Group Development**  
(audience participation)

Session filled with a variety of highly interactive low-prop and no-prop teambuilding activities suitable for middle and high school age groups.

*Presenter:* **Chris Cavert**  
Northeastern Illinois University, Chicago  
*Presider:* **Chris Cavert**  
Northeastern Illinois University, Chicago

32. 9:30 a.m. – 10:30 a.m. Technology  
Marsalis I (Tech Center) (K-Adult)  
**Moodle (incomplete title at this time)**  
**(description not available at this time)**  
*Presenter:* **TBA**  
*Presider:* **TBA**

33. 9:30 a.m. – 11:45 a.m. Technology  
Marsalis II (Tech Center) (K-Adult)  
**Using FITNESSGRAM / ACTIVITYGRAM Software 📞**  
Hands-on workshop for the latest FITNESSGRAM software.  
*Presenter:* **Lynne E. Srull**  
Jefferson Middle School, Champaign  
*Presider:* **Lynne E. Srull**  
Jefferson Middle School, Champaign

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34. 10:45 a.m. – 11:45 a.m. Dance  
Mega Center B (9-12)  
**Everybody Move: Daily Physical Activity in Small and Large Spaces**  
(audience participation)

Experience engaging games and movement to music through funky moves and simple fun ?????? that keep kids active and healthy.

*Presenter:* **John Byl**  
Redeemer University College, Ancaster, Ontario, Canada  
*Presider:*

📞 **Presenter has a booth**

35. 10:45 a.m. – 11:45 a.m. Physical Education  
 St. Charles Ballroom Salon I (9-12)  
**Mini Aerobics Classes**  
*(audience participation)*

Will take you through several mini aerobics classes with choreography notes to take with you so focus on cardio and some yoga sequences.

*Presenter:* **Shelby Thormeyer**  
 Naperville  
*Presider:* **Shelby Thormeyer**  
 Naperville

36. 10:45 a.m. – 11:45 a.m. Physical Education  
 St. Charles Ballroom Salons II (6-12)  
**Incorporating Strongman, Strength, Agility Training and Physical Fitness Unit**  
*(demonstration)*

Will demonstrate various exercises and events which will enhance any physical fitness unit and make it fun for the students.

*Presenters:* **Mike Pastiak**  
 Western Illinois University, Macomb  
**Debbie Bailey**  
**Ken Rehr**  
**Students**  
 Gower Middle School, Burr Ridge  
*Presider:* **Mike Pastiak**  
 Gower Middle School, Burr Ridge.

37. 10:45 a.m. – 11:45 a.m. Physical Education  
 St. Charles Ballroom Salons III/IV (K-12)  
**Teaching Paddle and Ball Activities – Paddle Skills, Drills and Game Activities for Your Curriculum 📌**  
*(audience participation/demonstration)*

Attendees will be introduced to skills, drills and games that can be utilized with paddles and different striking implements. Demonstration and participation will allow attendees to try out what they have just learned. Volotennis and other games will be introduced.

*Presenters:* **Howie Sokol**  
**Marcey Siegel**  
 Park Ridge  
*Presider:* **Howie Sokol**  
 Park Ridge

38. 10:45 a.m. – 11:45 a.m. Physical Education  
 St. Charles Ballroom Salons V/VI (K-5)  
**Activities Across the Curriculum**  
*(demonstration)*

Will explore different activities that use reading, math and social studies skills while doing physical activity.

*Presenters:* **Sigal Orgad**  
**Students**  
 Suder Montessori Magnet School, Chicago  
*Presider:* **Sigal Orgad**  
 Suder Montessori Magnet School, Chicago

39. 10:45 a.m. – 11:45 a.m. Dance  
 New Orleans Ballroom (6-12)  
**Teaching Modern Dance to All Age Levels!!!**  
*(audience participation)*

Will give teachers an easy, adaptable lesson plan to incorporate into a dance curriculum as well as introduce both teacher and student to the wonderful world of modern dance. Come ready to sweat!

*Presenter:* **Lucy Vurusic Riner**  
 Oak Park / River Forest High School, Oak Park  
*Presider:* **Lucy Vurusic Riner**  
 Oak Park / River Forest High School, Oak Park

40. 10:45 a.m. – 11:45 a.m. Physical Education  
 Ruby (College-Adult)  
**Perceptions of Classroom Etiquette: Or “Don’t Be That Student”**

The purpose of this research was to assess perceptions of faculty regarding college classroom etiquette and civility. Faculty rated classroom behaviors (answering cell phones, texting, coming late, leaving early, talking while other students are talking) based on how bothersome they perceived the behaviors to be and how frequently they occurred.

*Presenter:* **Kathleen Phillips**  
 Eastern Illinois University, Charleston  
*Presider:* **Kathleen Phillips**  
 Eastern Illinois University, Charleston

41. 10:45 a.m. – 11:45 a.m. Physical Education  
 Jade (K-8)  
**Climbing Walls: If You Build It, They Will Climb**

How to fund and construct a climbing wall. Climbing wall lead-up and cross curricular activities for K-8 students.

*Presenters:* **Brian Maroon**  
**Julie Mumm**  
 St. Joseph  
*Presider:* **Brian Maroon**  
 St. Joseph

42. 10:45 a.m. – 11:45 a.m. Physical Education  
Coral (K-5)  
**Facilitating ELL (English Language Learner) Students' Learning in Physical Education Classes**

Will discuss the issues and challenges of teaching physical education in a linguistically diverse setting and share specific ideas and strategies to facilitate ELL students' learning.

*Presenter:* **Okseon Lee**  
Western Illinois University, Macomb  
*Presider:* **Okseon Lee**  
Western Illinois University, Macomb

43. 10:45 a.m. – 11:45 a.m. Sports and Athletics  
Sapphire (9-12)  
**So You Want to be a Head Coach?**

Program is for people interested in becoming head coaches. Will include the added responsibilities, pressures and time commitments of running an athletic program.

*Presenter:* **Jeff Adkins**  
Rolling Meadows High School, Rolling Meadows  
*Presider:* **Jeff Adkins**  
Rolling Meadows High School, Rolling Meadows

44. 10:45 a.m. – 11:45 a.m. Blue Ribbon   
Preservation Hall A (6-8)  
**Blue Ribbon 6-8 Round Table**

*Moderator:*

45. 10:45 a.m. – 11:45 a.m. Health  
Broadway A (9-12)  
**Food and Fitness – Working Together with Family Consumer Services**

An inter-disciplinary class combining physical fitness and nutrition which takes place in both the food laboratory and the gym.

*Presenters:* **Debbie Rummel**  
**Susie Soukup**  
**Carla Thompson**  
Antioch Community High School, Antioch  
*Presider:* **Debbie Rummel**  
Antioch Community High School, Antioch

46. 10:45 a.m. – 11:45 a.m. Health  
Broadway C (Adult)  
**Invisible Stress: The Silent Killers**

Learn how wireless technology and genetically modified processed foods are affecting changes in our bodies that may be the cause of higher rates of **????** and dementias.

*Presenter:* **Linda Sereika**  
Warrenville  
*Presider:* **Linda Sereika**  
Warrenville

47. 10:45 a.m. – 11:45 a.m.  
Marsalis I (Tech Center)

Technology  
(6-12)

**Fitness for Life 📞**

Learn how the popular high school personnel fitness test, Fitness for Life, articulates with the new middle school level counterpart.

*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign  
*Presider:* **Angie Fiala**  
Human Kinetics, Champaign

11:45 a.m. – 12:15 p.m.

**LUNCH BREAK**

48. 12:15 p.m. – 1:15 p.m.  
Mega Center A

Dance  
(9-12)

**What's the Latest in Music and Dance? 📞**  
(audience participation)

A one of a kind presentation jam packed with innovative ideas of current dance and music trends. Dance is everywhere and increasingly popular in schools. Come and learn the current dances and how to teach beginning and experienced dancers at the same time.

*Presenter:* **Christy Lane**  
Palm Springs, California  
*Presider:* **Christy Lane**  
Palm Springs, California

49. 12:15 p.m. – 1:15 p.m.  
Mega Center B

Physical Education /ACE  
(K-5)

**Cirque Amongus – A Hands-On Circus Skills Program 📞**  
(audience participation)

Designed to build self esteem, develop motor skills and promote teamwork. Grade specific or school wide events create fun-filled learning – assemblies, presentations and interactive projects.

*Presenters:* **Aristide Abrahams**  
**Sem Abrahams**  
Livonia, Michigan  
*Presider:* **Sem Abrahams**  
Livonia, Michigan

50. 12:15 p.m. – 1:15 p.m.  
St. Charles Ballroom Salon I

Fitness  
(Adult)

**Power Up Your Pilates Powerhouse!**  
(audience participation)

Pilates is an exercise system that uses breathing techniques, concentration and controlled movements to strengthen the core (powerhouse) muscles. Will focus on the mat (floor) exercises.

*Presenter:* **Judith Chitwood**  
Northern Illinois University, DeKalb  
*Presider:* **Judith Chitwood**  
Northern Illinois University, DeKalb

 **Presenter has a booth**

14.

51. 12:15 p.m. – 1:15 p.m. Fitness  
St. Charles Ballroom Salon II (K-5)  
**Get Your School Movin': Boost Your Students Physical Activity Throughout the Day...Not Just in PE**  
(audience participation)


PE teachers rock! You make every second of your class count...but are you frustrated that your students still don't get enough physical activity in their day? From morning movement routines to family fitness events, come experience some new tricks and share some old ones.

*Presenters:* **Kelly James**  
**Abby Rose**  
Namaste Charter School, Chicago  
*Presider:* **Abby Rose**  
Namaste Charter School, Chicago

52. 12:15 p.m. – 1:15 p.m. Physical Education  
St. Charles Ballroom Salons III/IV (6-8)  
**Mission Impossible! Fun Fitness Activities**  
(audience participation)

Small spaces? Large classes? Let students from ISU show you some fun instant activities and fitness games that work well for middle school classes.

*Presenters:* **Margo Coleman**  
**Cathy Sanders**  
**Molly Sharer**  
Illinois State University, Normal  
*Presider:* **Margo Coleman**  
Illinois State University, Normal

53. 12:15 p.m. – 1:15 p.m. Physical Education  
St. Charles Ballroom Salons V/VI (9-12)  
**T-Bow: Exciting New Workout Program, Circuit Training for All Ages and Athletes and Even Kids Games**   
(audience participation)

T-Bow, the Swiss Army knife of exercise equipment, incorporates cardio, balance, strength, flexibility and coordination components in one workout. Circuit training and exciting games for kids will also be included.

*Presenter:* **Melissa French**  
Twinsburg, Ohio  
*Presider:* **Melissa French**  
Twinsburg, Ohio

 **Presenter has a booth**

54. 12:15 p.m. – 1:15 p.m. Dance  
(6-8)  
 New Orleans Ballroom  
**Take the Lead – Supercharge Your Social Dance Unit**  
*(audience participation)*

Learn contemporary routines for Latin, ballroom and more plus get tips in planning a dance competition to cap it all off.

*Presenters:* **Nick Demchenko**  
**Amy DiBasilio**  
**Mike Larson**  
**Christina Lialios**  
**Jo Ellyn Owens**  
**Margot Toppen**  
 Edgewood Middle School, Highland Park

*Presider:* **Margot Toppen**  
 Edgewood Middle School, Highland Park

55. 12:15 p.m. – 1:15 p.m. Adapted Physical Education  
(9-12)  
 Ruby  
**Students with Special Needs – Using Physical Education to Create a Positive Educational Experience**

As the population of students with special needs grows, so does the need and desire of those students to be a “real” part of the school community. Physical education is conducive to making high school a positive and worthwhile experience for all students. The social skills and behaviors that are learned in physical education are powerful enough to change the climate of an entire school community. The real meaning of inclusion is achieved when the knowledge and beliefs are shared by all stakeholders in the educational process.

*Presenter:* **Kraig Conyer**  
 Hinsdale South High School, Clarendon Hills

*Presider:* **Kraig Conyer**  
 Hinsdale South High School, Clarendon Hills

56. 12:15 p.m. – 1:15 p.m. Physical Education  
(K-12)  
 Turquoise  
**Advocacy for the National Board for Professional Teaching Standards: Why It Is a Worthy Cause**

The purposes of this program are to describe the benefits of the National Board for Professional Teaching Standards and to present methods for advocating for the process.

*Presenters:* **Amber Phillips**  
 St. Petersburg, Florida  
**Several Illinois National Board Certified Teachers**

*Presider:* **Beth Hjelm**  
 Laura B. Sprague Elementary School, Lincolnshire

57. 12:15 p.m. – 1:15 p.m. Physical Education  
Jade (9-12)

**Teaching Physical Education Using Different Instructional Models**

Infuse various instructional models (i.e., Sport Education, Tactical and Teaching Personal and Social Responsibility) in physical education to reach your diverse learners.

*Presenters:* **Ethel Gregory**  
**Jinhong Jung**  
**Ha Young Kim**  
**So-Yeun Kim**  
Northern Illinois University, DeKalb

*Presider:* **Ethel Gregory**  
Northern Illinois University, DeKalb

58. 12:15 p.m. – 1:15 p.m. Council of Future Professionals  
Coral

**Seeking Employment: Do's, Don'ts of the Application and Interview Process**

Completing job applications, preparing resumes and interviewing techniques that may help you find employment. A Director of Human Resources and a Department Chair of a large suburban high school district share information.

*Presenters:* **Troy Courtney**  
**Mike Wiggins**  
Hinsdale Township High School, Hinsdale

*Presider:* **Mike Wiggins**  
Hinsdale Township High School, Hinsdale

59. 12:15 p.m. – 1:15 p.m. Physical Education  
Sapphire (6-8)

**Nuts, Bolts and Pedometers of a Junior High School PE Program**

Will describe the development of a physical education program based on the demographics of the students and community. Fitness activities, lead-up games, cooperation activities make up the inner workings of the curriculum.

*Presenter:* **Lane Schurr**  
Forreston Junior/Senior High School, Forreston

*Presider:* **Lane Schurr**  
Forreston Junior/Senior High School, Forreston

60. 12:15 p.m. – 1:15 p.m. Health  
Broadway A (9-12)

**Motivating the Non Athletic / Overweight Girl with a Personalization Fitness Program 📞**

Make a difference in the lives of thee girls by teaching them nutrition basics, fitness basics and fun fitness activities in a non-competitive, encouraging environment.

*Presenter:* **Betty Kern**  
Mogadore, Ohio

*Presider:* **Betty Kern**  
Mogadore, Ohio

📞 **Presenter has a booth**

61. 12:15 p.m. – 1:15 p.m.  
Broadway B

Health  
(9-12)

**The Wellness Experience**

Will learn to implement experiential teaching methodologies throughout health curriculums. interactive session equips teachers with authentic ideas promoting individual group goal-setting toward overall wellness.

*Presenters:* **Howard Cohen**  
Youth Campus School, **TOWN?????**

**David Shaoul**  
Niles West High School, Skokie

*Presider:* **David Shaoul**  
Niles West High School, Skokie

62. 12:15 p.m. – 1:15 p.m.  
Broadway C

Health  
(College)

**The Power of Love**

Health benefits associated with supportive, loving relationships will be analyzed: reduced cardiovascular risks, less depression and substance abuse, longer life expectancy, etc.

*Presenter:* **Misty Rhoads**  
Eastern Illinois University, Charleston

*Presider:* **Misty Rhoads**  
Eastern Illinois University, Charleston

63. 12:15 p.m. – 1:15 p.m.  
Rembrandt (Gallery Hall)

Adventure Challenge Education  
(9-12)

**Teambuilding with “Elephants”, “Grids” and “Circles” – Building Leadership Qualities Through Problem Solving Initiatives**  
(audience participation)

What do you teach after icebreakers and trust initiatives? You incorporate problem solving activities. The problem is that most sessions never have the time to explain and cover the problem solving activities or have time to physically complete those activities. Tony, after a brief explanation of icebreakers and trust activities, will concentrate on unique problem solving activities that develop leadership. Come to participate, learn and have fun!

*Presenter:* **Tony Calabrese**  
Southern Illinois University at Carbondale, Carbondale

*Presider:* **Tony Calabrese**  
Southern Illinois University at Carbondale, Carbondale

64. 12:15 p.m. – 1:15 p.m.  
Marsalis I (Tech Center)

Technology  
(K-5)

**WOW ‘em with the World of Wellness Health Education Series 📞**

WOW! Delivers top-quality elementary health education within limited hours of the school day, promotes health literacy and helps teachers achieve objectives of their overall curriculum.

*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign

*Presider:* **Angie Fiala**  
Human Kinetics, Champaign

 **Presenter has a booth**

18.

65. 1:30 p.m. – 3:45 p.m. Physical Education  
Mega Center A (K-12)

**Brain Based Learning for Physical Education – Alive**  
(audience participation)

Make brain science come alive with fun gestures portraying how movement enhances body/brain function. Make dendrites dance, synapses sing and the hippocampus hop. See how specific brain-based activities in physical education can enhance reading, writing and math.

*Presenter:* **Jeff Haebig**  
Scottsdale, Arizona

*Presider:* **Kim Wheeler**  
Alton Middle School, Alton

66. 1:30 p.m. – 2:30 p.m. Physical Education  
Mega Center B (9-12)

**Eclipse Ball**   
(audience participation)

Attendees will play Eclipse Ball, a racquet and ball game, Junior Satryan Ball games and the new Oval Ball Games.

*Presenter:* **Donald Benson**  
Grant, Michigan

*Presider:* **Donald Benson**  
Grant, Michigan

67. 1:30 p.m. – 2:30 p.m. Physical Education  
St. Charles Ballroom Salon I (6-8)


**Playing with Food – Enhancing Standards Based PE with Nutrition**   
(demonstration)

See and participate in EPEC's fun and effective way to incorporate nutrition concepts into standards based PE without reducing time for PE instruction.

*Presenter:* **Glenna DeJong**  
Lansing, Michigan

*Presider:* **Glenna DeJong**  
Lansing, Michigan

68. 1:30 p.m. – 2:30 p.m. Physical Education  
St. Charles Ballroom Salon II (K-8)

**Teaching Juggling Skills with Scarves**   
(audience participation)

Learn the step-by-step progressions for teaching 1 and 2 scarf juggling to K-3<sup>rd</sup> grade and 3 and 4 scarf juggling to 4<sup>th</sup> – high school.

*Presenter:* **Mike Vondruskq**  
Bolingbrook

*Presider:* **Mike Vondruska**  
Bolingbrook

 **Presenter has a booth**

69. 1:30 p.m. – 2:30 p.m. Physical Education  
 St. Charles Ballroom Salon III/IV (6-8)  
**Building Disability Sports into Physical Education**  
*(audience participation)*

Attendees will participate in disability sports such as Football 5 a side and Sitting Volleyball and discuss ways to integrate these sports into physical education.

*Presenters:* **Molly Coleman**  
**Shauna Havener**  
**So-Yeun Kim**  
**Aqeela Nazir**  
**Laurie Zittel**  
 Northern Illinois University, DeKalb  
*Presenter:* **So-Yeun Kim**  
 Northern Illinois University, DeKalb

70. 1:30 p.m. – 2:30 p.m. Physical Education  
 St. Charles Ballroom Salons V/VI (K-5)  
**Let's Get Organized**  
*(audience participation)*

Color coded squads are the starting point for doing exercises, handing out equipment, picking teams, and easy running / dodging game variations to get everyone moving.

*Presenter:* **Chris Woodard**  
 McCall School, Waukegan  
*Presenter:* **Chris Woodard**  
 McCall School, Waukegan

71. 1:30 p.m. – 2:30 p.m. Physical Education  
 Pool (9-12)  
**"Survivor" H2O Style**  
*(audience participation)*

The famous television show has hit the pools. Here is an activity that cumulates a swim unit, with student team challenges. From building a shelter, diving for immunity necklaces and eating worms (gummy of course). Teams work together to accomplish 9 different tasks all of which incorporate **SWIMMING!**

*Presenter:* **Rita Runyard**  
 Wheeling High School, Wheeling  
*Presenter:* **Rita Runyard**  
 Wheeling High School, Wheeling

72. 1:30 p.m. – 2:30 p.m. Dance  
 New Orleans Ballroom (K-5)  
**Irish Dance**  
*(audience participation)*

Participants will learn how to incorporate the teaching of the basic steps of Irish – solo and group dancing into a music or physical education curriculum including jigs, reels, and a Ceili (social) dance.

*Presenter:* **Leila Ramagopal**  
 Next Generation School, Champaign  
*Presenter:* **Leila Ramagopal**  
 Next Generation School, Champaign

73. 1:30 p.m. – 2:30 p.m.

Ruby

Physical Education  
(Adult)**The Art of Advancing Professionally (What They Never Tell You)**

Marketing and selling yourself in a professional manner is a skill that takes time and experience to hone to perfection. Learn, beyond the basics, and gain the secrets to successful personality marketing that has proven results.

*Presenter:* **Scott Chovanec**  
Maine East High School, Park Ridge

*Presenter:* **Scott Chovanec**  
Maine East High School, Park Ridge

74. 1:30 p.m. – 2:30 p.m.

Turquoise

Physical Education  
(9-12)**How to Create a Respected Academic PE Leaders Program**

Learn how the PE leaders program at Niles North High School has evolved into a highly respected academic program, which educates students in the areas of leadership. Time management, goal setting and cooperative learning.

*Presenters:* **Heather Fitzgerald**  
**Susan Fosco**  
**Joel Kessler**  
**Pat Steeno**  
Niles North High School, Skokie

*Presenter:* **Susan Fosco**  
Niles North High School, Skokie

75. 1:30 p.m. – 2:30 p.m.

Jade

Physical Education  
(K-5)**Climbing at Last**

Will discuss the process we went through to get our climbing wall.

*Presenter:* **Karen McClure**  
Virginia CUSD 69, Virginia

*Presenter:* **Karen McClure**  
Virginia CUSD 69, Virginia

76. 1:30 p.m. – 2:30 p.m.

Coral

Adapted Physical Education  
(K-Adult)**The Paralympic Experience**

As the Paralympics has grown in size and complexity, the experiences of the athletes and coaches have differed. Attendees will hear the comparative experiences of several Paralympians and coaches and through those discussion, understand the scope and magnitude of the games.

*Presenters:* **Adam Bleakney**  
**Ella Chafee**  
**Hope Chafee**  
**Patty Cisneros**  
**Mike Frogley**  
**Pam Redding**  
**Robert Szyman**  
Chicago State University, Chicago

*Presenter:* **Robert Szyman**  
Chicago State University, Chica

77. 1:30 p.m. – 2:30 p.m. Physical Education  
Sapphire (6-8)  
**“TRI” a Triathlon**

A team relay triathlon: No Pool Needed! Come and see how 3 people come and work together to finish a triathlon (challenge).

*Presenters:* **Heather Emigh**  
**Ed Heinrich**  
**Katie Krysh**  
**Brian Schweitzer**  
McHenry Middle School, McHenry

*Presider:* **Ed Heinrich**  
McHenry Middle School, McHenry

78. 1:30 p.m.- 2:30 p.m. Council of Future Professionals  
Preservation Hall A

**Business / Social Meeting**

*Presider:* **Kate Kania**  
Council of Future Professionals President  
Kaneland High School, Maple Park

79. 1:30 p.m. – 2:30 p.m. Health  
Broadway A (9-12)

**A 10 Year Survey of Sexual Preferences in High School Students:  
Helping Students Identify and Challenge Potentially Dangerous Beliefs about  
Relationships and Sex**

There are many common automatic irrational beliefs about relationships and sex that can cause people to make mistakes. Here’s how to identify and challenge them.

*Presenter:* **Ray Mathis**  
McHenry

*Presider:* **Ray Mathis**  
McHenry

80. 1:30 p.m. – 2:30 p.m. Health  
Broadway B (K-5)

**Crime Scene...Putting All the CSH Pieces Together 📞**

Learn about the SPARK Coordinated School Health Initiative programs, tools and resources for health education, nutrition services, staff wellness and physical education.

*Presenter:* **Jeff Hushkin**  
San Diego, California

*Presider:* **Jeff Hushkin**  
San Diego, California

**📞 Presenter has a booth**

81. 1:30 p.m. – 2:30 p.m. Health  
(K-12)  
 Broadway C  
**Healthy Schools Program Creating Effective School Wellness Programs**

Learn how the healthy School's Program can work with your school to assist in creating a healthier environment. See all the free resources that are available to your school.

*Presenter:* **Amanda Kelley**  
 Chicago

*Presider:* **Amanda Kelley**  
 Chicago

82. 1:30 p.m. – 2:30 p.m. Technology  
(K-Adult)  
 Marsalis I (Tech Center)  
**FitTrac: Online Fitness Recording Training Session**

FitTrac is a free to use, online tool for recording physical fitness scores. This training session will use the technology room computers to show you how to enter data and produce reports. FitTrac is ideal for storing your fitness scores for students since it can be securely accessed From any computer that has an internet connection.

*Presenter:* **Bill Casey**  
 Franklin Elementary School, Park Ridge

*Presider:* **Bill Casey**  
 Franklin Elementary School, Park Ridge

83. 1:30 p.m. – 3:45 p.m. Technology  
(K-Adult)  
 Marsalis II (Tech Center)  
**Using FITNESSGRAM / ACTIVITYGRAM Software (a repeat) 📞**

Hands-on workshop for the latest FITNESSGRAM software

*Presenter:* **Lynne E. Srull**  
 Jefferson Middle School, Champaign

*Presider:* **Lynne E. Srull**  
 Jefferson Middle School, Champaign

84. 2:45 p.m. – 3:45 p.m. Council of Future Professionals  
 Mega Center B  
**Future Professionals "Super Stars" Competition**

Teams of future professionals representing PETE programs from colleges and universities throughout Illinois compete in unique and novel motor skills. A plaque is awarded the winning team and prizes are given to all participants.

*Presider:* **Kate Kania**  
 Council of Future Professionals President  
 Kaneland High School, Maple Park

**📞 Presenter has a booth**

85. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salon I (K-5)

**If You Build It, They Will Come** 📞  
(audience participation)

Will showcase three themes: (1) creating a positive learning environment, (2) teaching social skills, and, (3) developing cooperation and trust. Each theme will present field-tested strategies, targeted activities and authentic assessment ideas.

*Presenter:* **Enid Cresler**  
San Diego, California

*Presenter:* **Enid Cresler**  
San Diego, California

86. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salon II (9-12)

**How to Correct the Most Common Errors of the Golf Swing**  
(demonstration)

Do you slice the ball, top it or hit it fat? Will discuss the most common errors in the golf swing and will demonstrate drills for corrections.

*Presenter:* **Charlie Goehl**  
Elmhurst College, Elmhurst

*Presenter:* **Charlie Goehl**  
Elmhurst College, Elmhurst

87. 2:45 p.m. – 3:45 p.m. Adapted Physical Education/Physical Education  
St. Charles Ballroom Salons III/IV (9-12)

**Technology of Breath**  
(audience participation)

This is a different form of yoga and stress management, focusing on the breath. This is great for any student, teacher and especially great for special and adaptive education students. These techniques can be done in 5 minutes or for a whole class period – you choose!

*Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park

*Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park

88. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salons V/VI (K-5)

**Health Through Movement? Piece of Cake!**  
(audience participation)

Educators will learn how to incorporate various health concepts such as nutrition, bones, muscles and personal hygiene through movement activities that students will love.

*Presenters:* **Lisa Boyle**  
Malta Elementary School, Malta

**Erin Washkuhn**  
Anderson Elementary School, St. Charles

*Presenter:* **Erin Washkuhn**  
Anderson Elementary School, St. Charles

📞 **Presenter has a booth**

89. 2:45 p.m. – 3:45 p.m. Dance  
New Orleans Ballroom (9-12)  
**Spice Up Your Line Dancing with Hot Moves and Cool Music!**  
*(audience participation)*
- Learn two popular line dances: Odyssey Slide and Tamika Dawn Slide. Easy listening rap music and simple dance steps will make your body want to move to the groove.
- Presenter:* **Bernard King**  
East St. Louis
- Presenter:* **Bernard King**  
East St. Louis
90. 2:45 p.m. – 3:45 p.m. Physical Education  
Ruby (6-8)  
**Why Knot! Rope Techniques Used in the Everyday Classroom**
- Learn knots and rope skills for securing PE equipment, climbing outdoors, etc. and understand the importance of well tied knots for teachers and students.
- Presenter:* **Fred Kaiser**  
Lundahl Junior High School, Crystal Lake
- Presenter:* **Fred Kaiser**  
Lundahl Junior High School, Crystal Lake
91. 2:45 p.m. – 3:45 p.m. Physical Education  
Turquoise (K-12)  
**New Tools for Physical Education Program Enhancement** 📞
- NASPE is here to tell you about a variety of tools you can use to examine your teaching practices, evaluate the curriculum, analyze the physical education environment or evaluate all aspects of your physical education program.
- Presenter:* **Cheryl Richardson**  
Reston, Virginia
- Presenter:* **Cheryl Richardson**  
Reston, Virginia
92. 2:45 p.m. – 3:45 p.m. Physical Education  
Jade (K-5)  
**Discovering Discovery Day**
- Discovery Day is a school wide event which encompasses innovative activities in the areas of physical education, art, music and learning centered around a curricular theme.
- Presenters:* **Joan Jensema**  
Hilton Elementary School, McHenry
- Cheryl Lund**  
**Dawn Bertolotto-McKay**  
District 15, McHenry
- Brenda Phipps**  
Crystal Lake
- Presenter:* **Joan Jensema**  
Hilton Elementary School, McHenry

📞 **Presenter has a booth**

93. 2:45 p.m. – 3:45 p.m. (Adult)  
Coral  
**Member Retirement Benefits – Preparing for Retirement (a repeat)**
- An overview of benefits offered through TRS including retirement, health insurance, survivor benefits, the retirement application process and post retirement employment limitations.
- Presenter:* **Steve Rollins**  
Benefits Counselor, Teachers' Retirement System, Lisle
- Presenter:* **Steve Rollins**  
Lisle
94. 2:45 p.m. – 3:45 p.m. Sports and Athletics (Adult)  
Sapphire  
**Mental Imagery Application for Coaches, Teachers and Performers**
- An interactive session on the application of psychological principles and strategies for using mental imagery as a form of mental practice.
- Presenter:* **David M. Cutton**  
Northeastern Illinois University, Chicago
- Presenter:* **David M. Cutton**  
Northeastern Illinois University, Chicago
95. 2:45 p.m.- 3:45 p.m. Health (6-8)  
Broadway A / B / C  
**Eden Energy Medicine for Middle School and Beyond**  
*(audience participation)*
- Practicing Eden Energy medicine exercises reduces stress, enhances wellness and school performance, and helps keep hormones balanced. Learn empowering exercises for both students and teachers.
- Presenter:* **Devi Stern**  
Highland Park
- Presenter:* **Devi Stern**  
Highland Park.
96. 2:45 p.m. – 3:45 p.m. Adventure Challenge Education (9-12)  
Rembrandt (Gallery Hall)  
**Teambuilding Exercises**  
*(audience participation)*
- Simple problem solving activities that promote leadership, cooperative group functioning and fun.
- Presenters:* **Jim Bloch**  
**Students**  
Northeastern Illinois University, Chicago
- Presenter:* **Jim Bloch**  
Northeastern Illinois University, Chicago

97. 2:45 p.m. – 3:45 p.m. Technology  
 Marsalis I (Tech Center) (K-Adult)  
**Moodle (incomplete title at this time)**

**(Description not available at this time)**

*Presenter:* TBA

*Presenter:* TBA

4:00 p.m. – 5:00 p.m. Mega Center A

**Exhibitor Sponsored Social for All Convention Attendees**  
**Appetizers courtesy of Palos Sports**  
**(Raffle – raffle winners must be present)**

4:00 p.m. – 5:00 p.m. Mega Center A

**BAGGO TOURNAMENT**

4:00 p.m. – 5:00 p.m.

**District Business Meeting**

Eastern /Southeastern

Ruby

4:00 p.m. – 5:30 p.m. Mega Center B

**Dance Gala**

4:30 p.m. – 5:30 p.m. New Orleans Ballroom

**All University / College Social**

5:30 p.m. – 7:00 p.m. Turquoise

**Student Mentor Reception**

5:15 p.m. – 6:00 p.m. Preservation Hall A

**ALL MAJOR AWARD WINNERS SHOULD BE PRESENT FOR PICTURES**

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6:00 p.m. – 8:30 p.m.

St. Charles Ballroom Salons I-VI

**IAHPERD Awards Banquet**

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8:30 p.m. – 12:00 midnight

New Orleans Ballroom


**All Convention Social**  
(sponsored by Eastern District)

**ATTENDEES MUST WEAR THEIR CONVENTION BADGE**

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99. 9:30 a.m. – 10:30 a.m. Physical Education  
Mega Center B (9-12)  
**Fitness Games for the Masses: Using a Variety of Activities to Improve Cardiovascular Fitness**  
(audience participation)
- Giant Jump Rope, Fitness Baseball, Team Sport Relays, Dodgeball Tag and other fitness activities will be presented for large group involvement.
- Presenters:* **Chris Ferko**  
**Hillary Hyland**  
**Amy Lyons**  
**Carrie Prosek**  
**Frank Yudzentis**  
Minooka Community High School, Minooka
- Presenter:* **Chris Ferko**  
Minooka Community High School, Minooka
100. 8:15 a.m. – 9:15 a.m. Physical Education  
St. Charles Ballroom Salons I/III/IV (6-8)  
**Family Games Made Fitness Friendly**  
(audience participation)
- Come and participate in family games adapted to focus on fitness. Traditional family favorites become creative ways to motivate students to be physically active.
- Presenters:* **NIU KNPE Majors Club**  
Northern Illinois University, DeKalb
- Presenter:* **Jenny Parker**  
Northern Illinois University, DeKalb
101. 8:15 a.m. – 9:15 a.m. Physical Education  
St. Charles Ballroom Salon II (9-12)  
**Yoga for PE**  
(audience participation)
- Join me and experience a Yoga flow series you can incorporate into any PE class and in any space. Stretch, strengthen and increase flexibility of all the major muscle groups of the body. This can be a full class workout or speed it up for a general warm-up.
- Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park
- Presenter:* **Victoria Otto**  
Highland Park High School, Highland Park
102. 8:15 a.m. – 9:15 a.m. Physical Education  
St. Charles Ballroom Salons V/VI (K-5)  
**Healthy Highway 📞**  
(audience participation)
- An interactive, imaginative, innovative curriculum based program designed to improve children's health through the use of educationally sound concepts focusing on healthy nutrition, exercise and active lifestyles.
- Presenter:* **Wendy Cooper**  
Rochester, New York
- Presenter:* **Wendy Cooper**  
Rochester, New York
- 📞 **Presenter has a booth**

103. New Orleans Ballroom Dance  
**Holiday Dances** (K-5)  
*(audience participation)*
- A crash course in holiday dances for every age group! Learn a folk dance for primary, a holiday swing dance for intermediate, a line dance for any grade level, a Latin dance and event for a fun jazzy dance for older students. Be ready to move and put on your Santa groove.
- Presenter:* **Gina Spears**  
**2007 Dance Teacher of the Year**  
 Boone Elementary School, Chicago
- Presenter:* **Gina Spears**  
 Boone Elementary School, Chicago
104. 8:15 a.m. – 9:15 a.m. Physical Education/ACE  
 Turquoise (6-8)  
**Play Outside**
- Incorporating outdoor education into your curriculum. Will include information on canoeing, hiking, fishing, archery, camping, cooking and more.
- Presenters:* **Becky Kammin**  
 Next Generation School, Champaign  
**Jennifer Lewis**  
 St. Joseph Elementary School, St. Joseph  
**Deb Sandwick**  
 St. Joseph Middle School, St. Joseph  
**Lynne E. Srull**  
 Jefferson Middle School, Champaign
- Presenter:* **Becky Kammin**  
 Next Generation School, Champaign
105. 8:15 a.m. – 9:15 a.m. Physical Education  
 Turquoise (9-12)  
**Physical Education Policies, Procedures and Grading that Encourages Students to Participate Daily**
- Description and discussion of the policies, procedures and grading that the Lyons Township High School physical education program utilizes in order to encourage students to participate daily.
- Presenters:* **Kelly Neidig**  
**Joann Pyritz**  
 Lyons Township High School, LaGrange
- Presenter:* **Joann Pyritz**  
 Lyons Township High School, LaGrange
106. 8:15 a.m. – 9:15 a.m. Blue Ribbon   
 Jade (6-12)  
**What Makes a Blue Ribbon Health Program?**
- Will go over the proper procedure for applying for a Blue Ribbon. Examples of several winning applications will be available. There will be opportunities for questions and discussion.
- Presenters:* **Marcia Berke**  
 Resurrection High School, Chicago  
**Millie Shepich**  
**Waubonsie Valley High School, Aurora**
- Presenter:* **Marcia Berke**  
 Resurrection High School, Chicago

107. 8:15 a.m. – 9:15 a.m. Adapted Physical Education  
Coral (9-12)  
**Training Paraprofessional for Inclusive PE Settings**

Learn methods and strategies to effectively train paraprofessionals working with students with special needs in general PE settings.

*Presenters:* **Peggy Ganger**  
Kendall Elementary School, Naperville  
**Cindy Town-Oyster**  
White Eagle Elementary School, Naperville  
*Presenter:* **Peggy Ganger**  
Kendall Elementary School, Naperville

108. 8:15 a.m. – 9:15 a.m. Sports and Athletics  
Sapphire (9-12)  
**Injury Prevention and Recognition**

Chronic injuries and methods to prevent the onset along with tips to recognize injuries that warrant a referral to a physician will be discussed.

*Presenters:* **Jennifer Plos**  
**Renee Polubinsky**  
Western Illinois University, Macomb  
*Presenter:* **Renee Polubinsky**  
Western Illinois University, Macomb

109. 8:15 a.m. – 9:15 a.m. Physical Education  
Preservation Hall A (K-5)  
**K-5 Games and Activity Sharing Session**

Speakers will discuss games and activities that have proven successful in their physical education programs. Attendees will be given the opportunity to share their ideas and activities that are innovative and creative.

*Presenter:* **Anne Anderson**  
Wood View Elementary School, Bolingbrook  
*Presenter:* **Anne Anderson**  
Wood View Elementary School, Bolingbrook

110. 8:15 a.m. – 9:15 a.m. Health  
Broadway A (Adult)

**Overcoming Normal Obstacles in Making Healthy Lifestyle Changes**

There are some common reasons people don't make many healthy lifestyle changes that they could and should. Here's what you can do to overcome them.

*Presenter:* **Ray Mathis**  
McHenry  
*Presenter:* **Ray Mathis**  
McHenry

111. 8:15 a.m. – 9:15 a.m. Health  
Broadway C (Adult)  
**Stress, Health and Fitness**
- An examination of the physiological responses to stress and their effect on health and fitness.
- Presenter:* **Mark Kattenbraker**  
Eastern Illinois University, Charleston
- Presenter:* **Mark Kattenbraker**  
Eastern Illinois University, Charleston
112. 8:15 a.m. – 9:15 a.m. Technology  
Marsalis I (Tech Center) (K-Adult)  
**Voice Thread, a New Web Tool for Your Health and Physical Education Classes**
- Learn about Voice Thread, known as a “group audio blog” which allows users to record text and audio comments about uploaded images. Presenter will show how you create and identify accounts for students to use while commenting on a Voice Thread. Students will be able to communicate with other students.
- Presenter:* **Joe Fezzuoglio**  
West Leyden High School, Northlake
- Presenter:* **Joe Fezzuoglio**  
West Leyden High School, Northlake
- 
113. 9:30 a.m. – 10:30 a.m. Physical Education  
Mega Center B (6-8)  
**World Games**  
*(audience participation)*
- Learn by listening, learn by looking and/or learn by doing the games played around the world. Peteca, Korfball, Sumo and simplified Cricket will be presented as well as information regarding equipment acquisition.
- Presenter:* **Jason Kieronski**  
Glenview
- Presenter:* **Jason Kieronski**  
Glenview

114. 9:30 a.m. -10:30 a.m. Physical Education  
St. Charles Ballroom Salons I/III/IV (K-5)  
**Fantastic Fitness Fun – 2009 Version**  
(audience participation)

Challenge your students to improve their fitness levels through a variety of new activities designed to keep the heart pumping. Some ideas will be cross curricular using math and reading components incorporated into the lesson. Will give you brand new ideas and activities to keep your students active, happy and challenged.

*Presenters:* **Jared Folley**  
Owen Elementary School, Naperville  
**Peggy Ganger**  
Kendall Elementary School, Naperville  
**Susan Kursar**  
**Amy Treptow**  
Welch Elementary School, Naperville  
**Matt Yena**  
Highlands Middle School, LaGrange  
*Presenter:* **Joyce Peters**  
Steck Elementary School, Aurora

115. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salon II (9-12)  
**Lines, Cones, Dots and Domes...Low Level Drills that Enhance Performance**  
(demonstration)

Produce the highest level of speed, quick agility in combination with different types of training by mastering basic movement abilities.

*Presenter:* **Paul Beld**  
Palatine High School, Palatine  
*Presenter:* **Paul Beld**  
Palatine High School, Palatine

116. 9:30 a.m. – 10:30 a.m. Physical Education  
St. Charles Ballroom Salons V/VI (4-12)  
**Playing with Pedometers** 📱  
(audience participation)

Come and learn a variety of games and activities using pedometers – partner, small and large group challenges with cross curricular teachings.

*Presenter:* **Eric H. Carver**  
Plainfield  
*Presenter:* **Eric H. Carver**  
Plainfield

📱 **Presenter has a booth**

117. 9:30 a.m. – 1:15 p.m. Physical Education/ACE  
Pool (9-12)

**Scuba in School** 📞  
(audience participation – limited)

An introduction to scuba diving brought t your school pool. Learn to scuba dive – discover scuba.

*Presenter:* **Clint Briggs**  
Rochelle  
*Presider:* **Clint Briggs**  
Rochelle

118. 9:30 a.m. – 10:30 a.m. Dance  
New Orleans Ballroom (6-8)  
**Just Dance – East and West Coast Swing**  
(audience participation)

Demonstration, instruction and practice of East and West Coast swing dance which will include a breakdown of basic steps and turns.

*Presenters:* **Coral Berta**  
**Sarah Mark**  
**Justin Meents**  
**Matt Slusher**  
Minooka Junior High School, Minooka  
*Presider:* **Coral Berta**  
Minooka Junior High School, Minooka.

119. 9:30 a.m. – 10:30 a.m. Physical Education  
Ruby (K-5)  
**Super Cart: How to Build a Tech Dream Machine**

Main focus will be to help inform and demonstrate to educators how easily you can construct your own “supercart”. A great opportunity to learn how to incorporate techno logy into PE and enhance your curriculum.

*Presenters:* **Eric Kirschner**  
**Debrah Pusateri**  
Westgate Elementary School, Arlington Heights  
*Presider:* **Eric Kirschner**  
Westgate Elementary School, Arlington Heights

120. 9:30 a.m. – 10:30 a.m. Physical Education  
Turquoise (6-8)  
**Factors and Interventions that Affect Adolescent Physical Activity**

A discussion of the factors (and suggested interventions) related to adolescent physical activity in the following categories: demographic, social, psychological, environmental and behavioral.

*Presenters:* **David M. Cutton**  
**Mike Stibbe**  
Northeastern Illinois University, Chicago  
*Presider:* **David M. Cutton**  
Northeastern Illinois University, Chicago

121. 9:30 a.m. – 10:30 a.m. Physical Education  
Jade (K-12)  
**IAHPERD Program Enhancement Grant**

Will highlight IAHPERD's Program Enhancement Grant program. An overview will be provided and previous recipients will present information on their project.

*Presenter:* **David Q. Thomas**  
Illinois State University, Normal  
**Overview of the IAHPERD Program Enhancement Program**  
*Presenters:* **"Initiative + Generosity = Greatfulness"**  
**Jan Barker**  
Warren Jr-Sr. High School, Warren  
**"Yoga PE"**  
**Lori Dusek**  
Arbury Hills School, Mokena  
**"Fitness on Wheels"**  
**Margaret Kehoe**  
Martin Luther King Jr. Lab School, Evanston  
**"Putting It to Use"**  
**Michelle Schmidt**  
Metea Valley High School, Aurora

122. 9:30 a.m. – 10:30 a.m. Adapted Physical Education  
Coral (6-8)  
**Community Recreation Programming for Students with Autism Spectrum Disorders**

Will cover relevant research, visual strategies and programming ideas

*Presenter:* **Kathleen O'Connell**  
Unit 5 School District, Normal  
*Presenter:* **Kathleen O'Connell**  
Normal

123. 9:30 a.m. – 10:30 a.m. Sports and Athletics  
Sapphire (6-12)  
**Characteristics of Effective Coaching**

There is little question about the role and influence a coach plays in the teaching-learning process with student-athletes. It's important that we examine that role, paying attention to the characteristics that create effectiveness and help make a positive difference for all involved.

*Presenter:* **Jim Bloch**  
Northeastern Illinois University, Chicago  
*Presenter:* **Jim Bloch**  
Northeastern Illinois University, Chicago

124. 9:30 a.m. – 10:30 a.m. Physical Education  
Preservation Hall A (9-12)  
**PE Leaders Round Table**

This is a chance for teachers with PE Leader programs to share ideas with one another in order to promote success in their programs. Please come with great ideas and handouts to share.

*Presenter:* **Julie Bannack**  
Neuqua Valley High School, Naperville  
*Presenter:* **Julie Bannack**  
Neuqua Valley High School, Naperville

125. 9:30 a.m. – 10:30 a.m. Health  
Broadway A (6-8)  
**Middle School / Junior High Fun Health Activities and Projects**
- Come and participate in citing, hands-on fun health activities and view student projects that could be used to enhance your curriculum.
- Presenter:* **Gerri Tyre**  
Central School, Glencoe
- Presenter:* **Gerri Tyre**  
Central School, Glencoe
126. 9:30 a.m. – 10:30 a.m. Health  
Broadway C (College)  
**I Saw the Light...Exploring the Near Death Experience**
- Near death experiences occur in 10% of people during life threatening physical or emotional trauma. Common elements, types (pleasant and hellish) and aftereffects will be explored.
- Presenter:* **Barbara Walker**  
Eastern Illinois University, Charleston
- Presenter:* **Barbara Walker**  
Eastern Illinois University, Charleston
127. 9:30 a.m. – 12:00 p.m.  
Augusta  
**Student Mentor Posters**
- 12:00 p.m. – 1:00 p.m.  
**Student Mentor Recognition**
- Presenter:* **Cathy McMillan**  
Western Illinois University, Macomb
128. 9:30 a.m. – 10:30 a.m. Adventure Challenge Education  
Rembrandt (Gallery Hall) (9-12)  
**Take the LEAD on Climbing**  
(audience participation)
- An interactive session about the essentials of lead climbing, belay techniques and proper clipping mechanics in order to evolve your rock climbing experience for individuals and groups.
- Presenters:* **James Fabianski**  
**Scott Plaisier**  
Carl Sandburg High School, Orland Park  
**William Quinn**  
Northeastern Illinois University, Chicago
- Presenter:* **Scott Plaisier**  
Carl Sandburg High School, Orland Park
129. 9:30 a.m. – 10:30 a.m. Technology  
Marsalis I (Tech Center) (K-Adult)  
**Moodle (incomplete title at this time)**
- (Description not available at this time)**
- Presenter:* **TBA**
- Presenter:* **TBA**

130. 9:30 a.m. – 10:30 a.m. Mega Center Skyboxes 3 and 4  
**Retirees Business / Social Meeting**  
*Presenter:* **Ann Stevens**  
 Evanston
- 

131. 10:45 a.m. – 11:45 am. Physical Education  
 Mega Center B (6-8)  
**Super Balls, Super Games** 📞  
*(audience participation)*

Stimulating activities with 6 balls, 6 cones, 6 teams at the same time. Exciting games with big football, “super” ball and activities with 1 large basketball where coordination and manipulation are involved.

*Presenter:* **Marie Pier Blais**  
 Omnikin, Inc. Charny, Ontario, Canada  
*Presenter:* **Marie Pier Blais**  
 Omnikin, Inc., Charny, Ontario, Canada

132. 10:45 a.m. – 11:45 a.m. Physical Education  
 Mega Center B (K-12)  
**Fitness Stacking: Sport Stacking with a Twist...a Run and a Jump!** 📞  
*(audience participation)*

Take your students to new levels of fitness with Speed Stacks! Session will combine basic Sport Stacking patterns with fitness activities. Learn how to incorporate Sport Stacking fitness activities into your daily physical education program. All first time participants will receive a FREE set of Speed Stacks and our instructor DVD.

*Presenter:* **TBA**  
 Englewood, Colorado  
*Presenter:* **TBA**  
 Englewood, Colorado

133. 10:45 a.m. – 11:45 a.m. Physical Education  
 St. Charles Ballroom Salons I/III/IV (K-8)  
**Change A Game 2009**  
*(audience participation)*

“Traditional” games are transformed into fitness activities for children and youth. Participate in creative, low cost and challenging fitness activities designed cooperatively by physical education majors.

*Presenters:* **Aurora University Physical Education Majors**  
 Aurora University, Aurora  
*Presenter:* **Alicia Cosky**  
 Aurora University, Aurora

134. 10:45 a.m. – 11:45 a.m. Fitness  
St. Charles Ballroom Salon II (9-12)  
**Incorporating Current Industry Group Fitness Skills in PE Aerobic Fitness Units**  
(audience participation)
- Experience new ways to use the step and effective conditioning drills for high school students. Learn why music is a critical component to these classes.
- Presenter:* **Jenny Hendricks**  
Judson University, Elgin
- Presenter:* **Jenny Hendricks**  
Judson University, Elgin
135. 10:45 a.m. – 11:45 a.m. Physical Education  
St. Charles Ballroom Salons V/VI (K-5)  
**Healthy Body, Healthy Minds**  
(audience participation)
- We all know that learning is an active process. Come and learn about the relationship between physical activity and academic achievement.
- Presenters:* **Carla Repelin-Schmidt**  
**Jeremy Thomas**  
**Dawn Wu**  
Conrad Fischer School, Elmhurst  
**Clersida Garcia**  
**Luis Garcia**  
Northern Illinois University, DeKalb
- Presenter:* **Carla Repelin-Schmidt**  
Conrad Fischer School, Elmhurst
136. 10:45 a.m. – 11:45 a.m. Dance  
New Orleans Ballroom (9-12)  
**Step Alive, NEP – Basically a Stepping and Mentoring Program**  
(audience participation)
- Merges the tenets of youth mentoring with the art of dance stepping for academic, physical and social improvements.
- Presenters:* **Stanford Bailey**  
**Cynthia Shanks**  
Neal F. Simeon Career Academy, Chicago
- Presenter:* **Marque Riley**  
Neal F. Simeon Career Academy, Chicago
137. 10:45 a.m. – 11:45 a.m. Physical Education  
Turquoise (6-College)  
**Why Everyone of Any Age Needs Weight Training 📍**
- A lesson plan that will influence everyone in attendance to totally believe that through experiencing his presentation, will strive for perfection in weight training.
- Presenter:* **Rich Bojak**  
Bigger, Faster, Stronger, Inc., West Jordan, Utah
- Presenter:* **Rich Bojak**  
West Jordan, Utah

 **Presenter has a booth**

138. 10:45 a.m. – 11:45 a.m. Adapted Physical Education  
Turquoise (K-2)  
**Young Athletes – Watch Us Grow**

Special Olympics Illinois offers a fully inclusive sports training / gross motor program for K-2 grades. Come find out more about this free curriculum and equipment and how you can implement it.

*Presenter:* **Jennifer Martello**  
Special Olympics Illinois, Glen Ellyn  
*Presenter:* **Jennifer Martello**  
Glen Ellyn

139. 10:45 a.m. – 11:45 a.m. Physical Education  
Jade (K-5)  
**Reading Is a Sport**

How the physical education teacher can organize a reading club for their school involving the entire school including faculty, students, and parents to support the importance of learning to read.

*Presenters:* **Kris Hansford**  
**Quinn Norman**  
North Elementary School, Waukegan  
*Presenter:* **Kris Hansford**  
North Elementary School, Waukegan

140. 10:45 a.m. – 11:45 a.m. Physical Education  
Coral (6-8)  
**How to Run a Successful Hoops for Heart Event**

Will provide information on organizing a school wide Hoops for Heart culminating event.

*Presenters:* **Kelly Gabrys**  
**Pamela Hammer**  
Fischer Middle School, Minooka  
*Presenter:* **Pamela Hammer**  
Fischer Middle School, Minooka

141. 10:45 a.m. – 11:45 a.m. Physical Education  
Sapphire (9-12)  
**Develop Critical Thinking Skills in PE – Teaching Students to Create a Personal Fitness Plan**

Will take you through each of the steps students need to learn to create their own personal fitness plan as stated in Illinois Goal #20. Will include worksheets and a grading rubric to use or modify.

*Presenter:* **Dawn Davis**  
Washington Community High School, Washington  
*Presenter:* **Dawn Davis**  
Washington Community High School, Washington

142. 10:45 a.m. – 11:45 a.m. Council of Future Professionals  
 Preservation Hall A  
**Jeopardy II**

The finals between the top three qualifiers from the preliminary round held Thursday.

*Moderators:* **Mary Grace Bator**  
 Chicago State University, Chicago  
**Don Scherrer**  
 Trinity International University, Deerfield

143. 10:45 a.m. – 11:45 a.m. Health  
 Broadway A (9-12)  
**OMG! Health is Online**

Will describe our online health class from the very beginning of the creative process through the implementation and evaluation of the live course.

*Presenters:* **Meredith Bemben**  
 Metea Valley High School, Aurora  
**Laura Kurtyak**  
 Neuqua Valley High School, Naperville  
*Presenter:* **Laura Kurtyak**  
 Neuqua Valley High School, Naperville

144. 10:45 a.m. – 11:45 a.m. Health  
 Broadway C (Adult)  
**Defend Yourself: The Immune System**

Colds and flus are the result of the same system that protects us from cancer. Learn about your white cells and simple ways to make them stronger.

*Presenter:* **Linda Sereika**  
 Warrenville  
*Presenter:* **Linda Sereika**

145. 10:45 a.m. – 11:45 a.m. Adventure Challenge Education  
 Rembrandt (Gallery Hall) (9-12)  
**Processing Teambuilding Activities in One Sentence or Less – Making Teambuilding Initiatives Meaningful**  
*(audience participation)*

Processing is the systematic evaluation of an initiative that will insure that the “learning” will take place and be transferred to other life experiences. Tony will conduct some initiatives and then reveal a “One Sentence” processor that will “stick” to your students. A list of 10 One Sentence Processors will be handed out.

*Presenter:* **Tony Calabrese**  
 Southern Illinois University at Carbondale, Carbondale  
*Presenter:* **Tony Calabrese**  
 Southern Illinois University at Carbondale, Carbondale

146. 10:45 a.m. – 11:45 a.m. Technology  
Marsalis I (Tech Center) (9-12)  
**Geocaching – A Cross Curricular Activity Using GPS Technology**
- Find out how Outdoor Adventure Education at Vernon Hills High School uses geometry, geography and technology in a two day interactive unit. Attendees will have hands-on access using lab computers and handheld GPS units and will leave with a plan to implement a similar program.
- Presenters:* **Jon Guillaume**  
Vernon Hills High School, Vernon Hills
- Presenter:* **Jerry Miceli**  
Vernon Hills High School, Vernon Hills
147. 10:45 a.m. – 11:45 a.m. Mega Center Skyboxes 3 and 4  
**Past President's Meeting**  
*Presenter:* **Kim Wheeler**  
Alton Middle School, Alton

11:45 a.m. – 12:15 p.m.

## LUNCH BREAK

148. 12:15 p.m. – 2:30 p.m. Physical Education  
Mega Center A (9-12)  
**Learning Problems and Natural Body (Brain Based) Solutions (a repeat)**  
*(audience participation)*
- Understand the neural basis of learning and behavioral problems in school. Learn specific movement sequences that boost attention, sharpen focus, raise motivation, and improve visual, auditory and kinesthetic skills essential for reading, writing and math success.
- Presenter:* **Jeff Haebig**  
Scottsdale, Arizona
- Presenter:* **Peggy Pryor**  
Quincy Jr./Sr. High School, Quincy
140. 12:15 p.m. – 1:15 p.m. Physical Education  
Mega Center B (K-Adult)  
**Fun Multisport Approach to Using Socci 📞**  
*(audience participation)*
- The Socci curriculum is designed to maximize participation and develop teamwork, communication, cooperation, inclusion and sportsmanship. All programming adheres to national and state standards and the activities are designed for both indoor and outdoor use with either large or small groups of students.
- Presenter:* **Grant Scheffer**  
Mt. Pleasant, South Carolina
- Presenter:* **Grant Scheffer**  
Mt. Pleasant, South Carolina

📞 **Presenter has a booth**

150. 12:15 p.m. – 1:15 p.m. JRFH/Physical Education  
St. Charles Ballroom Salon I (K-5)  
**Using Jump Rope for Heart to Promote Your PE Program**
- Learn how to run and promote a successful JRFH event using an approach that teaches children the importance of heart healthy living. Games and activities will be taught that relate to student learning of heart health.
- Presenter:* **Jenny Jensen**  
Springbrook Elementary School, Naperville
- Presenter:* **Jenny Jensen**  
Springbrook Elementary School, Naperville
151. 12:15 p.m. – 1:15 p.m. Physical Education  
St. Charles Ballroom Salon II (K-5)  
**Walk Across Illinois School Fitness Program**  
(audience participation)
- Interactive activities from our new 25 week curriculum including adaptations for children with disabilities. Also sign up for our free 6, 10 or 16 week Mileage Challenge.
- Presenters:* **Sandy Noel**  
Hatch Elementary School, Oak Park  
**Dan Persky**  
Chicago
- Presenter:* **Sandy Noel**  
Hatch Elementary School, Oak Park
152. 12:15 p.m. – 1:15 p.m. Physical Education  
St. Charles Ballroom Salons III/IV (6-12)  
**Get Indo It!!! Indo Board Training for Middle and High School Students**  
(audience participation)
- Will provide an overview of how to incorporate Indo Training Boards into middle and high school physical education curriculums. Attendees will have the chance to take part in this balance and core training workout.
- Presenter:* **Candee Stuchlik-Thode**  
**2008 Central District Teacher of the Year**  
Wichita Heights High School, Wichita, Kansas
- Presenter:* **Candee Stuchlik-Thode**  
Wichita Heights High School, Wichita, Kansas
153. 12:15 p.m. – 1:15 p.m. Physical Education  
Mega Center A (9-12)  
**You Want Me to Teach What????!**  
(audience participation)
- Men/Women, take this opportunity to try and learn how to incorporate BOSUs, stability balls, dot drills, balance disc/boards, yoga, resistance bands and steps into your classes. Don't be intimidated by new equipment that is easy to use.
- Presenters:* **Lake Park High School Staff**  
Roselle
- Presenter:* **Deb Vogel**  
Lake Park High School, Roselle

154. 12:15 p.m. – 1:15 p.m. Dance  
New Orleans Ballroom (9-12)  
**Broadway to Hollywood**  
*(audience participation)*
- Learn dance choreography inspired by popular musicals: *Fosse, Fame and Chorus Line*. Includes jazz combinations to incorporate into your dance unit and choreography for your student concert.
- Presenter:* **Debra Nelson**  
Chicago State University, Chicago
- Presenter:* **Sarah Buck**  
Chicago State University, Chicago
155. 12:15 p.m. – 1:15 p.m. Physical Education  
Ruby (K-12)  
**Physical Education and RTI**
- Physical educators can offer teachers and students successful research based interventions to help students meet academic challenges, physical activity and the key to unlock success.
- Presenter:* **Deb Wolf**  
Eastern Illinois University, Charleston
- Presenter:* **Deb Wolf**  
Eastern Illinois University, Charleston
156. 12:15 p.m. – 1:15 p.m. Physical Education  
Turquoise (6-8)  
**An “Out of this World” Station Experience**
- See how to ;change an ordinary station lesson into an “out of this world” experience. Learn ways to organize stations to exercise both the body and the brain for a comprehensive learning experience.
- Presenter:* **Kim Wheeler**  
**NBCT**  
Alton Middle School, Alton
- Presenter:* **Kim Wheeler**  
Alton Middle School, Alton
157. 12:15 p.m. – 1:15 p.m. Physical Education  
Jade (College/Adult)  
**Creative, Beneficial, Lessons: The Community Based Learning Experience**
- Learn the ABC’s of CBL and how these partnerships provide authentic and successful experiences for students and teachers alike.
- Presenter:* **Tammy A. Schiek**  
Rockford College, Rockford
- Presenter:* **Tammy A. Schiek**  
Rockford College, Rockford

158. 12:15 p.m. – 1:15 p.m. Adapted Physical Education  
Coral (9-12)

**Paralympic Development in Northern Illinois**

World Sport Chicago promotes the awareness of and involvement in Olympic and Paralympic sports, seeks to grow the passion for sport and help Chicago children find the sport that will help their dreams grow. Attendees will learn about the Paralympic Center of Excellence, about coaches who will travel to Chicago for “Train the Trainer” programs and who will introduce children to Paralympic sports (with an emphasis on cycling, judo and boccia).

*Presenter:* **Pamela J. Redding**  
Director of Paralympic and Disability Sports, Chicago

*Presenter:* **Pamela J. Redding**  
Chicago

159. 12:15 p.m. – 1:15 p.m. Sports and Athletics  
Sapphire (Adult)

**Athletic Trainers as a Community Healthcare Resource – Integrating Treatment and Prevention into the Curriculum**

Athletic trainers are rooted in health and movement education. The community resources they bring in caring for the human condition can be integrated into the curriculum.

*Presenter:* **Mike Sullivan**  
Downers Grove South High School, Downers Grove

*Presenter:* **Mike Sullivan**  
Downers Grove South High School, Downers Grove

160. 12:15 p.m. – 1:15 p.m. Topaz

**Teacher Certification Committee Meeting**

*Presenter:* **Beth Hjelm**  
Laura B. Sprague Elementary School, Lincolnshire

161. 12:15 p.m. – 2:30 p.m. Health  
Broadway A (Adult)

**The Change We Need**

A roundtable discussion as to how we can attract more health education scholars to propose programs for IAHPERD.

*Moderator:* **Sheila Simons**  
Eastern Illinois University, Charleston

162. 12:15 p.m. – 1:15 p.m. Health  
Broadway C (K-12)

**Evaluating School Wellness: Easier Than You Think! 📞**

Learn how to develop an evaluation plan and get it started in the right direction, develop measurable and realistic objectives, find evaluation tools so you don’t have to reinvent the wheel, and fit evaluation into a “no time for that” schedule. An interactive training program ideal for all school staff responsible for implementing and evaluating local wellness policies.

*Presenter:* **Linda Braam**  
Illinois Nutrition Education Training Program, Sycamore

*Presenter:* **Linda Braam**  
Sycamore

📞 **Presenter has a booth**

163. 12:15 p.m. – 1:15 p.m. Adventure Challenge Education  
Rembrandt (Gallery Hall) (6-12)  
**Teambuilding Activities**  
(audience participation)

Several new and different team problem solving activities for middle/high school PE curriculum.

*Presenters:* **Romy Smith**  
**Students**  
Northeastern Illinois University, Chicago

*Presenter:* **Romy Smith**  
Northeastern Illinois University, Chicago

164. 12:15 p.m. – 1:15 p.m. Technology  
Marsalis I (Tech Center) (K-12)  
**Supporting FITNESSGRAM/ACTIVITYGRAM with Coordinated  
Fitness Education 📞**

You've assessed your students' fitness levels-what's next? Supporting curriculum (Physical Best and Fitness for Life) that emphasizes lifetime physical activity, fitness knowledge and self responsibility.

*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign

*Presenter:* **Angie Fiala**  
Human Kinetics, Champaign

165. 1:30 p.m. – 2:30 p.m. Physical Education  
Mega Center B (9-12)  
**Why Paper and Scissors: Rocks 📞**  
(audience participation)

Use RPS to arbitrate conflict and to engage in innovative and active games that use very little equipment.

*Presenter:* **John Byl**  
Redeemer University College, Ancaster, Ontario, Canada

*Presenter:*

166. 1:30 p.m. – 2:30 p.m. Physical Education  
St. Charles Ballroom Salon I (6-8)  
**Juggling from Scarves to Fire**  
(audience participation)

Juggle in 20 minutes. Techniques and queues that will make your students juggle for life. Participate with scarves, balls, rings, clubs, partners, tricks and fire.

*Presenter:* **Fred Kaiser**  
Lundahl Middle School, Crystal Lake

*Presenter:* **Fred Kaiser**  
Lundahl Middle School, Crystal Lake

167. 1:30 p.m. – 2:30 p.m. Physical Education  
St. Charles Ballroom Salon II (9-12)  
**Everyday Self Defense (for Women)**  
*(demonstration)*  
Easy to use, HIGHLY effective techniques (and the mentality to use them) that work for people of ANY size and strength.  
*Presenters:* **Adam Kamarat**  
**Eric Medina**  
**Students**  
Bartlett  
*Presider:* **Adam Kamarat**  
Bartlett.
168. 1:30 p.m. – 2:30 p.m. Physical Education  
St. Charles Ballroom Salons III/IV (K-5)  
**It's a Geography Thing**  
*(audience participation)*  
  
Program is about activity ideas for supporting all subjects in a real life geographic context. When whole bodies are part of the orientation levels. Some orienteering, partner sharing, cardinal directions and size discrepancy.  
*Presenters:* **Celeste Fraser**  
**Barbara Unikel**  
Highland Park  
**Carolyn Kosiba**  
Apollo School, Des Plaines  
*Presider:* **Carolyn Kosiba**  
Apollo School, Des Plaines
169. 1:30 p.m. – 3:45 p.m. Adapted Physical Education  
St. Charles Ballroom Salons V/VI (6-8)  
**The Exercise Connection: Exercise Program for Children with Autism Spectrum Disorder**  
*(audience participation)*  
  
Program can be immediately implemented in your PE classes. Exercises are as important to the brain as well as the body.  
*Presenter:* **David Geslak**  
Giant Step, Burr Ridge  
*Presider:* **David Geslak**  
Giant Step, Burr Ridge
170. 1:30 p.m. – 2:30 p.m. Dance  
New Orleans Ballroom (9-12)  
**Hip-Hop**  
*(audience participation)*  
  
Will combine elements of club and jazz dance with influence from current pop and hip-hop artists. Will provide a combination that teachers can draw on to add to their own ideas and “flava” as well.  
*Presenter:* **Jennifer Burgdorff**  
Oak Park / River Forest High School, Oak Park  
*Presider:* **Jennifer Burgdorff**  
Oak Park / River Forest High School, Oak Park

171. 1:30 p.m. – 2:30 p.m. Physical Education  
 Ruby (K-5)  
**Putting on a Health and Wellness Program for Parents**

All you need to know to organize and run a health and wellness night for the parents in your school. We emphasize ways to get active with their children and tips for healthier eating.

*Presenters:* **Kris Hansford**  
 North School, Waukegan  
**Chris Woodard**  
 McCall School, Waukegan

*Presenter:* **Chris Woodard**  
 McCall School, Waukegan

172. 1:30 p.m. – 2:30 p.m. Physical Education  
 Turquoise (9-12)  
**Let's Talk Assessment**

Will cover the growing need to improve assessment. See how alternative assessments through rubrics, peer assessment and self assessment can work for your PE class. Hold your students accountable and see the improvements. *Presenter:* **Rita Runyard**

Wheeling High School, Wheeling

*Presenter:* **Rita Runyard**  
 Wheeling High School, Wheeling

173. 1:30 p.m. – 2:30 p.m. Physical Education  
 Jade (6-8)  
**Challenge Me! Challenge Us!**

Two inspiring innovative units that create powerful individuals and teams from ordinary students. Get the best of your kids and have them begging for more.

*Presenter:* **Susie Johannesen**  
 Lundahl Middle School, Crystal Lake

*Presenter:* **Susie Johannesen**  
 Lundahl Middle School, Crystal Lake

174. 1:30 p.m. – 2:30 p.m. Adventure Challenge Education  
 Coral (4-8)  
**Outdoor Education on a Budget**

If you would like to do an outdoor education program but can't fit it into your budget, we started a 5<sup>th</sup> grade program that works great.

*Presenters:* **Rich Beintum**  
**Steve McNabb**  
 Riverview Elementary School, Plainfield

*Presenter:* **Steve McNabb**  
 Riverview Elementary School, Plainfield

175. 1:30 p.m. – 2:30 p.m. Sports and Athletics  
Sapphire (9-12)  
**Developing a High School IHSA Officiating Course**

Will highlight the Burlington Central HS pilot program that teaches students officiating skills and helps them to acquire a level I license from the IHSA. Burlington Central is one of only three schools in the state to have such a course. The presenters hope to share how a this course meets Illinois state learning goals for health and physical education, the process of implementing such a program, IHSA requirements and sample lesson ideas for use in the course.

*Presenter:* **Stacy Beebe**  
Judson University, Elgin

*Presenter:* **Stacy Beebe**  
Judson University, Elgin

176. 1:30 p.m. – 2:30 p.m.  
Topaz

**Blue Ribbon Committee Meeting**

*Presenter:* **Paula Steil**  
Park View School, Morton Grove

177. 1:30 p.m. – 2:30 p.m. (Adult)  
Preservation Hall A  
**Powerful “Tools” that Increase Leadership Effectiveness**

Gain highly effective strategies and tactics that you can immediately apply to your particular setting. Learn about special tools, powerful phrases and creating ownership that will improve your leadership effectiveness – while you make your people heroes.

*Presenter:* **Scott Chovanec**  
Maine East High School, Park Ridge

*Presenter:* **Scott Chovanec**  
Maine East High School, Park Ridge

178. 1:30 p.m. – 2:30 p.m. Health  
Broadway C (6-8)  
**Nutrition: A Key to Academic Success**

Learn how food impacts the learning process in the brain and how nutritional imbalances, food allergies and other nutrition problems can contribute to ADD, behavior problems, learning disorders and development/delay of autism spectrum.

*Presenter:* **Phillippa Norman (MD)**  
Chicago

*Presenter:* **Phillippa Norman**  
Chicago

179. 1:30 p.m. – 2:30 p.m. Technology  
Marsalis I (K-Adult)  
**FitTrac: Online Fitness Recording Training Session (a repeat)**
- FitTrac is a free to use, online tool for recording physical fitness scores. This training session will use the technology room computers to show you how to enter data and produce reports. FitTrac is ideal for scoring your fitness scores for students since it can be securely accessed from any computer that has an internet connection.
- Presenter:* **Bill Casey**  
Franklin Elementary School, Park Ridge
- Presenter:* **Bill Casey**  
Franklin Elementary School, Park Ridge
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180. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salons V/VI (6-8)  
**Whiffle Ball and Yellowstick Backstops**  
*(audience participation)*
- Implement the old time backyard game of whiffle ball into your schools' PE curriculum with an innovative backstop, simple game plays and a low cost.
- Presenter:* **Michael Starnes**  
Hannah Beardsley Middle School, Crystal Lake
- Presenter:* **Michael Starnes**  
Hannah Beardsley Middle School, Crystal Lake
181. 2:45 p.m. – 3:45 p.m. Physical Education  
Mega Center B (6-12)  
**The Perfect Game for the New PE: Tchoukball!**  
*(audience participation)*
- Discover the new Tchoukball Curriculum and learn how you can teach Personal Social Responsibility while your students play a team sport. Learn lead-up games, simplified and easy rules, and finally play, you will discover what the students' benefits are with Tchoukball.
- Presenter:* **Todd Keating**  
River Woods School, Naperville
- Presenter:* **Todd Keating**  
River Woods School, Naperville
182. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salon I (K-5)  
**The ABC's and 123's of Physical Education**  
*(audience participation)*
- Physical education is often considered separate from academics, but can support and enhance student learning. Session provides strategies for integrating academic coursework into physical education.
- Presenters:* **Kristin B. Carlson**  
**Molly Logan**  
Illinois State University, Normal
- Presenter:* **Kristin B. Carlson**  
Illinois State University, Normal

183. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salon II (6-12)

**Yoga for Physical Education** 📞  
(audience participation)

Experience a Yoga class format used successfully at the middle and high schools. Learn practical tips and take home ideas for incorporating Yoga into your classes.

*Presenter:* **Betty Kern**  
Mogadore, Ohio

*Presenter:* **Betty Kern**  
Mogadore, Ohio

184. 2:45 p.m. – 3:45 p.m. Physical Education  
St. Charles Ballroom Salons III/IV (K-8)

**Fabulous Fitness Fun**  
(audience participation)

Creative and innovative fitness games and activities that will keep students involved and motivated the whole class time.

*Presenters:* **Heather Isler**  
William Hammerschmidt Elementary School, Lombard

**Ali Peltz**  
South Elgin High School, South Elgin

*Presenter:* **Heather Isler**  
William Hammerschmidt Elementary School, Lombard

185. 2:45 p.m. – 3:45 p.m. Dance  
New Orleans Ballroom (9-12)

**African Dance**  
(audience participation)

Experience a collage of music, dance and spirit as you learn a contemporary version of a West African “Dance of Welcome”. Will give participants a chance to learn African-based choreography that can be incorporated into a dance unit.

*Presenter:* **LaToya Lenoir**  
Chicago

*Presenter:* **LaToya Lenoir**  
Chicago

186. 2:45 p.m. – 3:45 p.m. Physical Education  
Ruby (6-12)

**Homework in PE**

The next step in excellence - a session explaining the benefits of, prerequisites steps for implementation And use of simple coursework to develop the cognitive aspects of PE. Many original and modified Examples will be provided for future use. Each learning standard will be covered.

*Presenter:* **Jason Kieronski**  
Springview Middle School, Glenview

*Presenter:* **Jason Kieronski**  
Springview Middle School, Glenview

187. 2:45 p.m. – 3:45 p.m. Physical Education  
Turquoise (Adult)  
**Cooperating Teachers: How Can You Help Develop Your Future Physical Education Colleagues?**

To provide past, present and future cooperating teachers current information on University, State and National requirements for working with physical education student teachers.

*Presenters:* **Beth Carpenter**  
**Margo Coleman**  
**Deb Garrahy**  
Illinois State University, Normal  
*Presenter:* **Deb Garrahy**  
Illinois State University, Normal.

188. 2:45 p.m. – 3:45 p.m. Fitness  
Jade (9-12)  
**Exercise Physiology – An Integrative Approach to Teaching PE and Physiology**

Will focus on the curriculum, labs and logistics of teaching a high school exercise physiology course.

*Presenters:* **John Kenney**  
**Dave Wurster**  
Prospect High School, Mount Prospect  
*Presenter:* **John Kenney**  
Prospect High School, Mount Prospect

189. 2:45 p.m. – 3:45 p.m. (Adult)  
Coral  
**Bargains in Travel**

Tips by seasoned travelers on unique and interesting places to visit with the most economical ways of getting there.

*Presenters:* **TBA**  
*Presenter:* **Ann Stevens**  
Evanston

190. 2:45 p.m. – 3:45 p.m. Blue Ribbon   
Sapphire (K-5)  
**Unexpected Outcomes of Being a Blue Ribbon School**

Use the Blue Ribbon process to justify additional programs such as daily PE for kindergarten and a motor learning lab for lower performing students. Will discuss what is involved in the application process and site visit for the Blue Ribbon Award.

*Presenter:* **Beth Hjelm**  
Laura Sprague Elementary School, Lincolnshire  
*Presenter:* **Beth Hjelm**  
Laura Sprague Elementary School, Lincolnshire

191. 2:45 p.m. – 3:45 p.m.  
Topaz

**Committee on Professional Standards for Curriculum and Instruction**

*President:* **Mary Grace Bator**  
Chicago State University, Chicago

192. 2:45 p.m. – 3:45 p.m. Health  
Broadway A (Adult)  
**Preventing Stress Instead of Just Relieving or Managing It**

There are many ways to relieve stress afterwards; some are healthy, many are not.  
The healthiest approach is to prevent it in the first place.

*Presenter:* **Ray Mathis**  
McHenry

*President:* **Ray Mathis**  
McHenry

193. 2:45 p.m. – 3:45 p.m. Health/Physical Education/Sports and Athletics  
Broadway C (K-12)

**Confidence in Diabetes Education: Develop “Best Practice” Methods for Teaching and Implementing Intervention Programs through Coordinated School Health**

Will equip attendees with the skills, methods and materials needed to effectively provide diabetes education and implement weight management intervention programs through existing CSH and Fitnessgram testing.

*Presenter:* **Mary Baumann**  
Houston, Texas

*President:* **Mary Baumann**  
Houston, Texas

194. 2:45 p.m. – 3:45 p.m. Adventure Challenge Education  
Rembrandt (Gallery Hall) (6-12)

**Safe and Easy Ways to Teach Wall Climbing**  
(audience participation)

Does teaching climbing in class make you nervous? Participate in a session that focuses on teaching and evaluating belaying, knot tying and safety.

*Presenters:* **Michael Fosco**  
Chute Middle School, Evanston  
**Susan Fosco**  
Niles North High School, Skokie

*President:* **Michael Fosco**  
Chute Middle School, Evanston

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3:30 p.m. – 4:30 p.m.

**District Business Meetings**

Chicago  
Northeastern  
Western

Sapphire  
Turquoise A and B  
Jade

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4:30 p.m. – 6:00 p.m.

**District Socials**

Chicago  
Northeastern  
Northern  
Southwestern

Sapphire  
Turquoise A and B  
Ruby  
Coral

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8:30 p.m. – 12:00 Midnight

New Orleans Ballroom

**All Convention Dance**

(Cash Bar)  
Music by:

**ATTENDEES MUST WEAR THEIR CONVENTION BADGES**

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Saturday, November 21

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195. 8:30 a.m. – 11:00 a.m.  
Turquoise

**IAHPERD Representative Assembly**

*Presider:* **Peggy Pryor**  
Quincy Senior High School, Quincy

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196. 11:00 a.m. – 12:00 Noon  
Turquoise

**2010 IAHPERD Executive Board Meeting**

*Presider:* **Gina Parker**  
Prairie Oak Elementary School, Berwyn

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