## 2023 IAHPERD STATE CONVENTION



NOVEMBER 30 - DECEMBER 1, 2023
TINLEY PARK
CONVENTION CENTER
TINLEY PARK, ILLINOIS

## #GET HYPED!

Illinois Association for Health, Physical Education, Recreation and Dance November 30 – December 1, 2023 Tinley Park Convention Center – Tinley Park, Illinois

### EARLY BIRD REGISTRATION

**BEGINS ON MONDAY AUGUST 14** 

**ENDS ON FRIDAY SEPTEMBER 15** 

### GENERAL INFORMATION ONSITE AT CONVENTION

#### **Registration and Membership**

Wednesday, November 29 Thursday, November 30 Friday, December 1

#### **Exhibits and Other Displays**

Thursday, November 30 Friday, December 1

3:00 p.m. – 8:00 p.m. 7:00 a.m. – 4:00 p.m. 7:00 a.m. – 11:30 a.m.

7:45 a.m. - 4:00 p.m. 7:45 a.m. - 3:00 p.m.

## What is your motivation to go to school/work every day?

What are you doing to increase your competence?

School Districts are looking hard at their teacher's contribution to the school and community.

Show your District you are staying current.

# Attend the IAHPERD State Convention

This year's IAHPERD Convention will have sessions exhibiting current information and innovation for PHYSICAL EDUCATION and HEALTH. Find out what has been tried and true and where you can improve your program.

Get the Information

**Get the Activities** 

**GET GOING!** 

Don't wonder what's happening – Be what's happening!

#### **NOTICE OF TIMELINES FOR**

#### **2023 IAHPERD CONVENTION**

#### REGISTRATION

Make sure you or your district follows the timelines. No one wants to receive their registration materials back requesting additional fees because the deadlines weren't met.

#### Early Bird Registration deadline is September 15th

If your membership is current through December 3, 2023, registration is **\$125.00**Memberships must be current before the Early Bird Registration can be processed.

Registration with membership included is \$175.00

#### Pre-Registration Deadlines:

If your membership is current through December 3, 2023, registration is **\$150.00**Memberships must be current before the Pre-Registration can be processed.

If you are sending your registration in via mail, scan & email, or Fax – Deadline is

November 10th

If you are registering via the IAHPERD online portal - Deadline is November 22nd

Registration with membership included is \$200.00

Phone registrations will not be accepted.

Purchase orders are not accepted

REMEMBER - EVERYONE MUST BE A MEMBER!

## **#GET HYPED!**

## Thursday, November 30, 2023 7:15 p.m.

#### **AWARDS CEREMONY**

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Please assist IAHPERD in honoring your friends and colleagues who are receiving professional recognition by your presence at this awards ceremony.

#### AWARD RECOGNITIONS:

Teachers of the Year
Promising Professional Teachers of the Year
Student Scholarship Winners
National Board Certified Teachers
Service Award
Honor Award
Blue Ribbon Schools
Administrator Award
Quarter Century Award
Arthur Steinhaus Award
"Pop" Horton Award

#### **BUSINESS MEETINGS**

#### Wednesday, November 29

IAHPERD Executive Board 7:00 p.m.

#### Thursday, November 30

Northern District Luncheon Meeting 11:45 a.m. – 12:15 p.m.

#### Friday, December 1

IAHPERD Past President's Meeting	9:30 a.m 10:30 a.m.
Retirees Business Meeting / Social	10:45 a.m 11:45 a.m.
National Board Certification Committee Snack & Chat	12:15 p.m 1:15 p.m.
Blue Ribbon PE Committee Meeting	1:30 p.m. – 2:30 p.m.
Northeastern District Business Meeting	4:00 p.m 5:00 p.m.

#### Saturday, December 2

IAHPERD Representative Assembly 8:30 a.m. IAHPERD Executive Board 11:00 a.m.

#### **SOCIALS**

#### Thursday, November 30

Higher Education Breakfast (By Invite Only)	7:00 a.m 9:15 a.m.
TOYS and Award Winners Social (By Invite Only)	12:15 p.m. – 1:15 p.m.
University Socials	4:00 p.m 5:00 p.m.
Chicago District Social	4:00 p.m 5:00 p.m.
All Convention Social	8:30 p.m 11:30 p.m.

#### Friday, December 1

Higher Education Brown Bag Lunch (By Invite Only)	12:15 p.m. – 1:15 p.m.
TOYS and Award Winners Social (By Invite Only)	12:15 p.m 1:15 p.m.
Northeastern District Social	5:00 p.m 6:00 p.m.
All Convention Dance	8:30 p.m11:30 p.m.

# IAHPERD is an ISBE LICENSURE PROVIDER for hours. 6 hours are available to earn each day.

#### **ALL CONVENTION SOCIAL**

Thursday 8:30 p.m. - 11:30 p.m.

#### **North Exhibit Area**

**Dance Gala** 

**Friday** 

12:15 - 1:15 p.m.

**Exhibit Hall B** 

#### **MEMBERSHIP**

Everyone must be a current member of IAHPERD to attend the convention.

Members of SHAPE America must still become members of IAHPERD

You may pay membership at the same time you pre-register for convention. If your school district is paying only the pre-registration, make sure you send IAHPERD your membership FIRST.

#### **SESSION HANDOUTS**

All current members of IAHPERD who <u>pay to attend the 2023 State Convention</u> will have the ability to compile their own resource guide based on the session handouts. Members will use the membership portal to obtain the handouts.

These materials are not available for viewing until after December 16th, and not all presenters participate.

If you are planning on using this service, please read the materials in the convention packet as the detailed instructions on accessing the session handouts will be included in the Convention Program Book.

#### Two Ways to Book Your Hotel Room:

**EVEN Hotel at Tinley Park Convention Center** 

Call the Front Desk at 708.444.1100 and reference the group code IHP

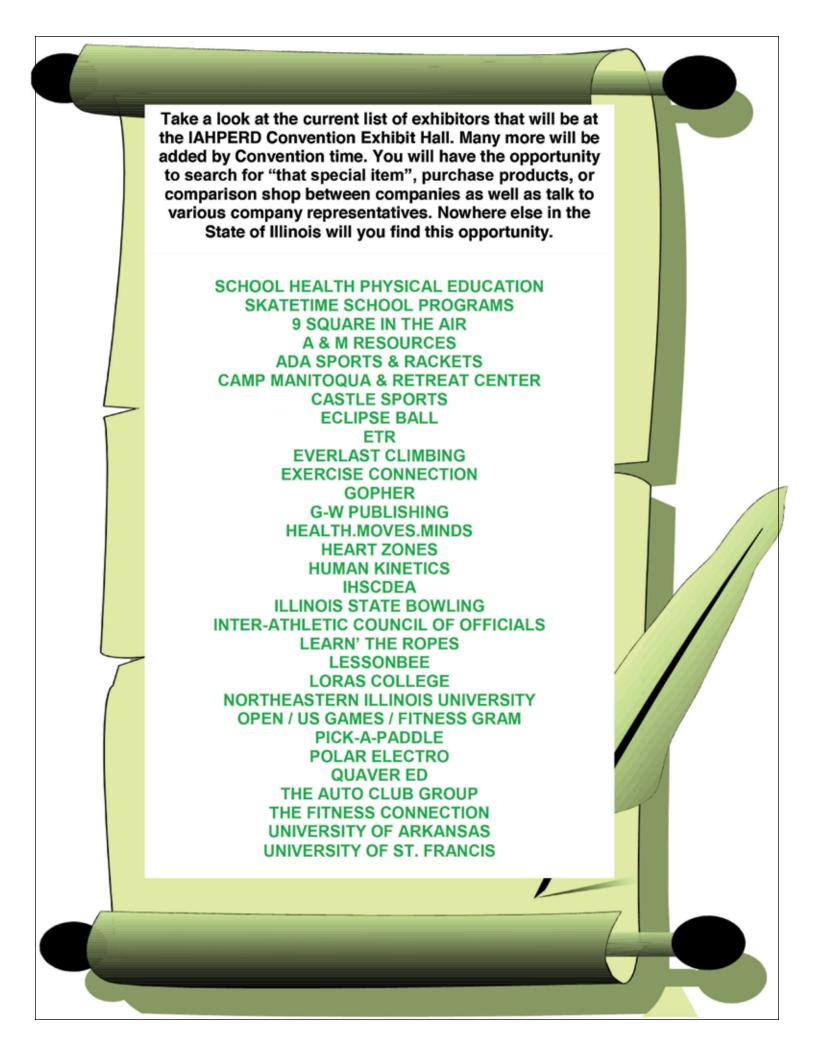
OR

Website <a href="http://www.evenhotels.com/chitinleypark">http://www.evenhotels.com/chitinleypark</a>, enter stay dates and group code IHP

Rate is \$139.00 per night plus taxes

Group rate discount ends NOVEMBER 13, 2023

The number of rooms in the block may sell out prior to this date - Please book early



#### **TENTATIVE CONVENTION SESSIONS**

Because so many session topics cross several age and topic lines, the 2023 programs will be listed here by category and grade level.

The sessions listed in this Pre-Convention flyer are **TENTATIVE** and could be subject to change at any time.

## IAHPERD HAS NO CONTROL OVER CANCELLATIONS BY PRESENTERS (WITH OR WITHOUT PRIOR NOTICE INCLUDING BEFORE OR DURING THE CONVENTION)

#### MORE SESSIONS ARE BEING SUBMITTED EACH DAY!

A complete and updated program will be available after October 31, 2023 on the IAHPERD website. (www.iahperd.org)

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#### **ADAPTED**

Who are we? A.P.E!

APE: How to identify and utilize the resources available to you from PE to SPED

Do ANYTHING Without Limits

Inclusive PE: Bridging the gap between Adapted and General Physical Education

PE/APE Roundtable

Building Professional Community in Adapted Physical Education

Adapted PE Activity Social

Using structure to support students with autism in your PE/APE classes

Physical Education, Adapted Physical Education, Unified Physical Education - What's What!?

Visuals 101: Learn how to make Your Own Visuals to meet your own student's needs in PE

Reverse Inclusion: Adapted Physical Education Leadership

Gathering Data for evidence and goal setting in Adapted physical education

Empowering the Unified Generation Through Sport and Physical Education

#### ADULTS

Student mentor poster session

The Good, the Bad, and the ugly of teacher retirement accounts

**IAHPERD Research Grant Presentations** 

Attendees Will Be Able Gain Information About The Endorsement Program That Is Offered Through The University Of St. Francis

Stretching your Mind: Supporting your Students and Athletes

Tips and strategies for applying for Teacher of the Year

Al: What is it and how can it help me with a better work life balance as a student, PE/health Teacher, and PETE professional

A Quantitative Analysis of PETE Students' Knowledge of Physical Literacy

Tired of a Tiny Budget? Make a BIG Impact with this Free Resource!

CTFP Pension Workshop

TRS Pension Workshop

Questions on EdTPA? Let's Chat!

#### COUNCIL OF FUTURE PROFESSIONALS (COLLEGE/UNIVERSITY)

Urban Education: What Health and Physical Educators should Know

Super Stars Competition

Adapted – Relationships with Paras and Involvement in IEPs

The Benefits of Endorsements

Advocating for Your Programs for Beginning/Non-Tenured Teachers Balancing Teaching Responsibilities and Extra Curricular Activities Importance of Belonging to both State and National organizations

#### CHILDREN (PK - 5th Grade)

Classroom Management Strategies in Elementary Physical Education

Change A Game

Standard based Learning activities 101

How many skills can you utilize using one set-up?

We Got Game

Classroom Management and Discipline

Tabletop Games with a Fitness Twist--Part II

More Than Just a Stationary Activity - Experience Speed Stacks!

Maximizing student involvement through activity

Integrating Sport Education to Increase Participation, Physical Activity, and Enjoyment in Elementary or Secondary Schoolers.

Stations In PE

The Jump Rope Recipe: Ingredients to a successful unit!

Incorporating Fun into Physical Fitness Activities

Dice, Dice Baby!

PhysEd IS Health Ed

What's there not to love about stations!

Multiple Minds-Maximum Movement- Professional Learning Communities in Action

How Do You Enhance Students Participation? - Come Learn Dr. Curt Hinson's Games

The BIG 3 Movement, Fitness, & Team Building

Elementary Fitness Drumming

Making Moves with Health Education

If You Build It, They will Team Build

Fundamental Fitness

#PHYSED ISLAND

Sound Minds, Fit Bodies Re-Do: Activities You haven't seen before

ROPENASTICS: Rope Jumping in a New Dimension

TGMD-3 Case Study: University resources for early Elementary Motor Skill Assessment

Higher Level Learning / Thinking (Turn & Talking): Games Galore IX

**Budget Friendly Fun** 

Competitive Sport Stacking

Best of the Best on Social media: Must see activities

Engaging Students with limited equipment

Get Your-SEL-f Moving

What the Hack 2.0 Repurpose that equipment Refresh your lessons Renew the excitement!

This is how We...MOVE IT!

Fostering social emotional learning by using teaching personal and social responsibility model

Exploring Meaningful PE

#### DANCE

Teaching Dance in P.E.

Dance Gala

Swing dance with and without a partner

Move To The Beat

Strength and conditioning for dancers

Building your dance community in the classroom and beyond

Implementing culture in K-12 dance & PE

ABBA Tribute

World of Dance

Teaching Dance to your own beat!

#### **HEALTH**

How to Plan a Fitness Day at your school involving the community
Upper Crossed Syndrome: Detection, Treatment, Prevention
Preventing Substance Misuse Among Adolescent Athletes
An Introduction To The Illinois Success Sequence Program – Scott Phelps
Escaping Boredom: connecting classroom content with escape boxes
Why Marriage Matters In An Abstinence Program - Scott Phelps
Using Formative Assessments to Monitor Learning in Health Class
Relaxation Exercises
How being an endurance athlete carries over to other areas of life
10 Ways to Promote Better Mental Health
Fitness for Life: how to emphasize physical fitness in PE curriculum
Essential Components of Sex Education: Consent, Boundaries and Communication

#### **HEALTH.MOVES.MINDS**

IAHPERD #GetHyped Coffee Talk

#### **TECHNOLOGY**

Makers Space for HPE Professionals

### THEFT OF SERVICE

- ATTENDING ANY IAHPERD AFFILIATED EVENT WITHOUT REGISTRATION
- SHARING BADGES/REGISTRATION MATERIALS AT ANY IAHPERD AFFILIATED EVENT

<u>VIOLATION OF THIS POLICY MAY RESULT IN SCHOOL/DISTRICT PERSONNEL</u>
BEING NOTIFIED AND/OR EXCLUSION FROM FUTURE IAHPERD EVENTS

## EARLY BIRD REGISTRATION ENDS:

**SEPTEMBER 15, 2023** 

#### **TEENAGE YOUTH**

Utilizing Heart Rate Monitors to Support Students with Emotional Regulation More than Just a Game
Co-ed active games by eclipse ball
Getting Unified Physical Education Started
Online Tools to Support Offline Health
20 ways to play 9 Square and Gaga Ball
Engagement Activities that are fun and keep your kids smiling
Bump Up Your Volleyball Unit!
Yoga Series: Shoulders
Keep it On the Right Track

HIIT Intervals with Basic Kickboxing Tchoukball: A Fun Invasion Game for Everyone!

Fitness Testing Done Easy!

Ready? Set. Geaux! ACTION! Team Games

### **REFUND POLICY**

Refunds will be considered for convention registration only based on requests received in writing prior to November 1, 2023, with a \$25 processing fee. Refund checks will not be processed until after the 2023 convention is over and monies are reconciled (After December 31, 2023).

No refunds will be granted for any requests received after the November 1, 2023 deadline.

No refunds will be granted for the membership fee.



## |heal+h.moves.minds.

### **An Event in 5 Weeks or Less!**

It's easy to raise funds for your school with the health. moves. minds.® program! Follow these steps to complete your event in 5 weeks or less, including ideas for incentives, lessons and a celebration. Get started today!

W	eek 1: Registration & Planning
	<u>Get approval</u> from your principal and sign up online ( <u>healthmovesminds.org</u> ) with our easy-to-use fundraising platform.
	Email healthmovesminds@shapeamerica.org to setup your personal planning call.
	Decide what you want to purchase with your funds from the <u>Copher catalog</u> and set a goal to achieve the items.
	Determine school-based incentives to encourage students to register and fundraise. Tip: Try "PE Teacher for a Day" for the highest fundraiser.
W	eek 2: Communication & Kick Off
	Send out parent announcements and share with students. Use the ready-made email templates provided in your Fundraising HQ!
	Host a kick-off assembly with your students during class. Show this <u>video</u> share the items to be purchased from Gopher and incentives that can be earned working as a Team reach your school's fundraising goal.
W	eek 3: Fundraising & Educational Activities!
	Choose to use the health, moves, minds, educational activities that best fits your students' needs or choose to use to your own educational materials focused around a specific physical activity unit.
W	eek 4: Celebrate
	Have a fun celebration after the completion of your fundraising event for working together as a Team at your school! Tip: Invite families to a Mind & Body Fitness Night using the health, moves, minds, Station Cards.
W	eek 5: Wrap Up Your Event
	Thank donors and congratulate students, staff and volunteers.
	Submit any offline donations and expect your Copher gift card and any earned incentives within 4-6 weeks after completing your event!



## heal&h. moves. minds.

### **Choose How to FUNdraise!**

There are two flexible options when you sign up for your health. moves. minds.® FUNdraiser to help you make the biggest impact in your school and community!

### OPTION 1 School FUNdraiser

#### Receive 50%

of all funds raised from your fundraising event in the form of a Gopher gift card.

#### Gift cards NEVER expire!

Support school wellness with ALL of Gopher's brands, including: Gopher, SPARK, Moving Minds, Play with a Purpose, Gopher Strength and STEM Supplies.

#### **Giveback Examples**

Event Raises		Your School
\$498	31	\$249.00
\$4,890	-	\$2,445,00
\$10.245	=	\$5,122.50

No matter the amount you raise - you receive 50% of what you raise back to your school in the form of a Gopher Gift Card.

It's that simple - no giveback limit!

## OPTION 2 Pay It Forward

#### Receive 25%

of all funds raised from your fundraising event in the form of a Gopher gift card.



#### **Give 25%**

of the overall funds from your program to a 501(c)(3) charity of your choice!

#### **Giveback Examples**

<b>Event Raises</b>		Your School (25%)	Your Charity (25%)
\$478	-	\$119.50	\$119.50
\$4,987		\$1,246.75	\$1,246.75
\$10,106	-	\$2,526.50	\$2,526.50

No matter the amount you raise - you receive 25% back to your school in the form of a Gopher Gift Card and your charity will receive 25% as a cash donation via ACH/Direct Deposit.

It's that simple - no giveback limit!

Your impact goes even further! The remainder of the funds raised will help support health and physical education programs and advocacy at the local, state and national levels.

#### TAKE AN ADMINISTRATOR TO CONVENTION

Your administrator can attend the 2023 Convention for Free !!
This is a wonderful opportunity to advocate for the profession.
Have your administrator attend sessions to see what you are learning and bringing back to your students while having some fun participating.

For more information on how you can invite and register your administrator, please contact <a href="mailto:iahperd@gmail.com">iahperd@gmail.com</a>





We are posting on your favorite platforms.

Find us at: www.IAHPERD.org













# WECOME TO THE TINLEY PARK CONVENTION CENTER

We are excited to be at this new venue for the third year!

We are sure that you are going to love it as well.

All meeting rooms and activity areas are on the same level in a centralized location – no more up and down stairs and around corners to find your way!

#### Just a few venue directions to get you started:

- Preregistration check in / check out will be in the North and West Lobbies (#19 & #20 on the map)
- On Site registration will be in the South Lobby (#24 on the map)
- The Exhibit Hall will be located in the South Exhibit and South Pavilion areas (#11 & #12 on the map)

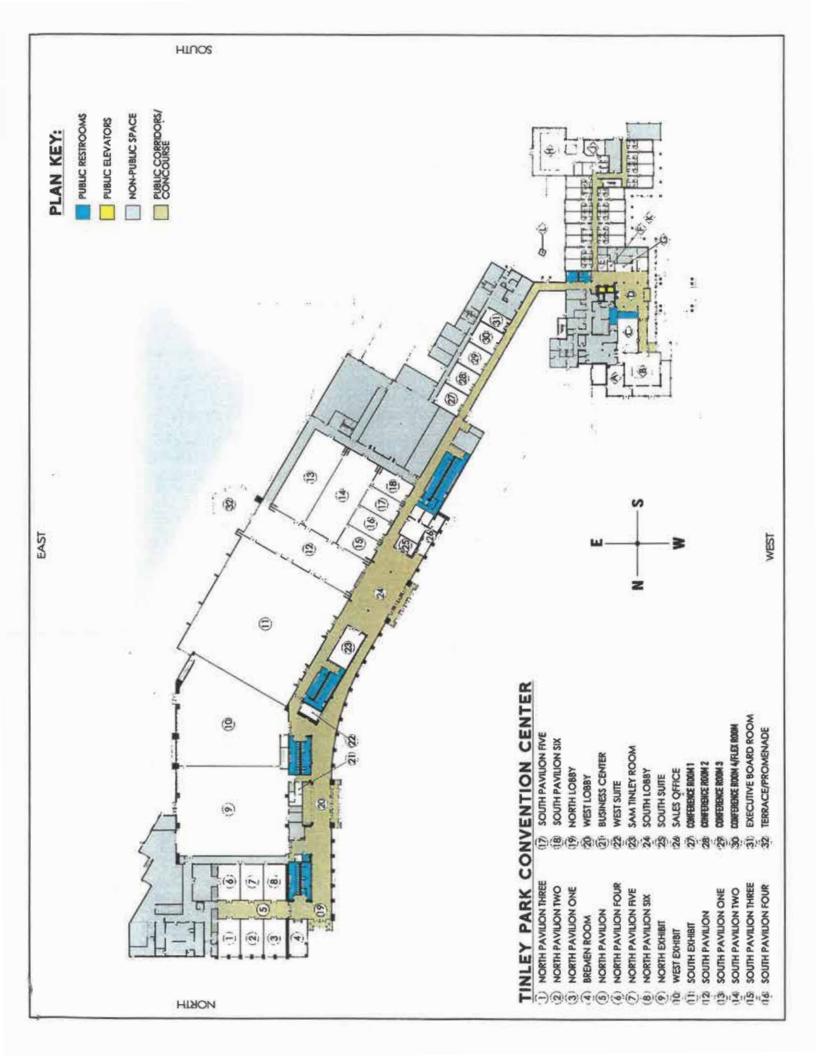
#### **Suggested Driving Directions**

#### From Chicago:

- I-94 to I-57 South to I-80 West
- Exit Harlem Avenue North (148B)
- Turn Right at 183rd Street (1st Stoplight)
- Continue one block and turn Right on Convention Center Drive

#### From Joliet:

- I-80 East to Harlem Avenue North (148B)
- Turn Right at 183rd Street (1st Stoplight)
- Continue one block and turn Right on Convention Center Drive



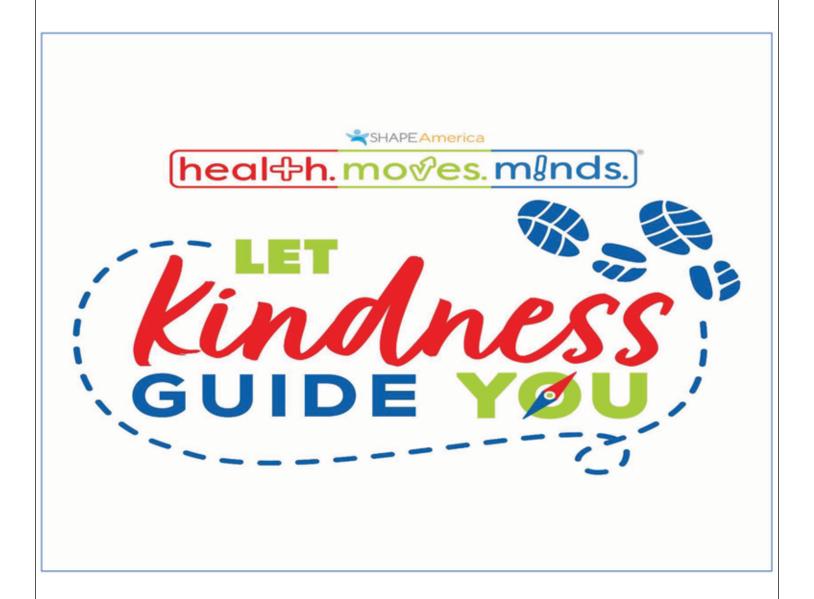
#### **CHECK-IN AND CHECK-OUT INFORMATION**

Don't forget to check in as early as possible to get to your first session on time.

Check-in and check-out will be electronic.

You must check-in and check-out for each day of convention attendance.

For check-out: Remember to have your barcoded badge ready. At the conclusion of convention, you will be emailed the ISBE evaluation form. When the evaluation form is completed and submitted, you will receive another email notifying you that the Evidence of Completion document can be accessed via your online portal account.



Membership Application

Illinois Association for Health, Physical Education, Recreation and Dance

	,,,	,			
Professional \$50	Associate \$65	Retired \$15	Student \$20		
(includes para-professionals and all graduate students)	(Business /Exhibitors)	Lifetime \$150	(Undergraduate Only) FR SO JR SR		
Mr., Mrs., Ms	First		Middle Initial		
IEIN Number (REQUIRED)			-		
E-Mail					
Mailing Address		City			
Home County					
Home Phone					
School / Place of Employment		City			
School County					
MULTIYEAR PROFESSIONA  2 YEARS FOR \$90, SAVE \$7		ABLE: RS FOR \$160, SAVE \$40			
IAHPEI	RD DOES NOT ACCEPT P	URCHASE ORDERS!!!			
METHOD OF PAYMENT: Check Payable to IAHPERD Circle one: Visa MasterCard Discover Amex					
IAHPERD will detach &	shred below this line after cred	it card information has prod	cessed		
*******************************	**********************	**********	*********		
Print Name of Card Holder as it appe	ears on Card				
Credit Card #		Expiration Date	Security Code		
Credit Card Billing Address					
City		State Zip Code	•		
Signature		_			
	MAIL APPLICATION TO:	P. O. Box 865			

iahperd@gmail.com

618-433-1764

#### **HOW TO REGISTER FOR CONVENTION**

#### Two ways to register for Convention:

· Send the hard copy registration form via mail, scan & email, or Fax

OR

Register through the website Online Portal

Everyone (professional/student/retired/associate) must be a current member of IAHPERD in order to attend the convention.

In order to pre-register, membership must be current through 12/3/2023. If you are completing the membership application or renewing your membership, you may also complete pre-registration at the same time. Check the membership portal to see when your membership expires or e-mail us at <a href="mailto:iahperd@gmail.com">iahperd@gmail.com</a>

Student members are those who are full-time undergraduate students only.

If you are attending graduate school full time and are not employed by a school, you are a professional for membership (\$50.00) but will pay convention registration at the undergraduate rate.

If your School District doesn't pay your membership, make sure you pay your membership fee **BEFORE** the School District sends in the pre-registration payment.

<u>ATTENTION!!!</u> You know that some School Districts don't adhere to deadlines --- check with them to make sure your material gets sent in <u>on time!</u> It is your responsibility to get your request in to your School District office to give them ample time to meet deadline dates. IAHPERD DOES NOT ACCEPT PURCHASE ORDERS.

#### Please pay attention to the deadline dates:

- If you are sending your registration via mail, scan & email, or Fax, the deadline is November 10th
- If you are registering <u>via the IAHPERD Online Portal</u>, the deadline is November 22nd

## WALK IN ATTENDANCE IS ALWAYS WELCOME! THE ONLINE PORTAL WILL REOPEN ON TUESDAY NOVEMBER 28 ON SITE REGISTRATION WILL BEGIN ON WEDNESDAY NOVEMBER 29

Professional Member	\$185.00
Non member professional	\$235.00
Full time Graduate student member	\$ 55.00
Full time Graduate student non member	\$105.00
Undergraduate student member	\$ 55.00
Non member undergraduate student	\$ 75.00
Retired Member	\$ 30.00
Retired non member	\$ 45.00

#### 2023 IAHPERD CONVENTION REGISTRATION MAIL-IN APPLICATION

DO NOT SENT THIS MAIL-IN APPLICATION AFTER NOVEMBER 10

Badge Information (Print Clearly)	Waiver:
NAME	By completing this application, I agree and
IEIN REQUIRED BY ISBE	acknowledge that I am undertaking participation in the 2023 IAHPERD Convention events and activities
school/org	by my own free and intentional act, and I am fully aware that possible physical injury might occur to
CITYSTATEZIP	me as a result of my participation in these events. I
COUNTY	give this acknowledgement freely and knowingly and that I am, as a result, able to participate in the
E-MAIL	IAHPERD events, and I do hereby assume
Home Address (Print Clearly)	responsibility for my own well-being.
STREETCITY	STATE ZIP
COUNTY PHONE	
This request must be received no later than October 15, 2023 in order  IAHPERD DOES NOT ACCEPT PURC	r for appropriate arrangements to be made.
***Memberships must be current through December 3, 2023 to	o receive the member registration rate***
PAYMENT: Early Bird Until September	
CIRCLE AMOUNT SUBMITTED Professional Member / Non Member \$125.00 / \$175 Full Time Grad Student Member / Non Member Retiree Member / Non Member Undergraduate Student Member / Non Member	\$150.00 / \$200.00 \$35.00 / \$85.00 \$25.00 / \$40.00 \$35.00 / \$55.00
METHOD OF PAYMENT: Check Payable to IAHPERD Circle one: Visa MasterCard Dis	scover Amex
IAHPERD will detach & shred below this line after cred	lit card information has processed
Print Name of Card Holder as it appears on Card	
Credit Card # Expira	ation Date Security Code
Credit Card Billing Address	
City	StateZip Code
Signature	
P. C	HPERD D. Box 865 n, IL 62002

SCAN & EMAIL TO: <u>iahperd@gmail.com</u>

618-433-1764

ILLINOIS ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE P. O. Box 865 - Alton, IL 62002 (618) 433-9276 iahperd@gmail.com FAX (618) 433-1764 Non-Profit Org. U.S. Postage PAID Permit No. 404 Alton, IL

#### **HOTEL RESERVATION**

Even Hotel Chicago – Tinley Park Convention Center 18501 Convention Center Drive Tinley Park, Illinois 60477 Phone 708.444.1100

#### **Book Your Hotel Early:**

Reservations must be made by November 13, 2023 (It is possible that the number of rooms in the block may sell out prior to this date)

Special Rate of \$139 per night plus taxes.

Tinley Park
Convention
Center is
located on
I-80 at the
Harlem
Avenue
exit.

Over 1,500 FREE Parking Places ON SITE!!