7:45 – 8:15  Registration and Check-In
8:15 – 8:30  Welcome

8:30 – 11:00

**PLYOGA**
Stephanie Lauren – PLYOGA Fitness, Forked River, New Jersey

(Advance registration required for PLYOGA– See link on website to reserve your spot)

PLYOGA is a resourceful tool for elevating your options in Physical Education. As a fitness system that requires only the body, PLYOGA utilized fundamental balance and flexibility tenants of Yoga as an active recovery for fun, agility, and endurance intervals. Join us for a session of modifiable movement, social-emotional learning tools, our Movement Revolution concepts, and much more.

8:30 – 11:30

**Administrators Forum (Advocacy, Teacher Evaluation, Roundtables to Share Information)**
Judy Tiggelaar – IAHPERD Advocacy Consultant
Deb Vogel – IAHPERD Coalition Committee Chair

8:30 – 10:30 (Double Session)

**Bicycle Safety**
Cynthia Hoyle – Champaign Urbana Safe Routes to School Project, Urbana

Bicycling is an activity we can enjoy throughout life. Teaching children how to bicycle and be safe is an important skill set. Cycling Games are a number of well-known movement games which are performed on a bicycle with the purpose of teaching children to cycle, to develop their safety on the bike, and give them a joy cycling. The Illinois Bicycle Safety Quiz is an online tool that teachers can use to help teach the rules of the road and other important safety skills. Both programs are available to schools free of charge.

8:30 – 10:30 (Double Session)

**Peaceful Playgrounds**
Carrie Flint – Peaceful Playgrounds, Lake Elsinore, California

The mission of Peaceful Playgrounds is to create a safe play environment, support healthy active kids, and advocate for recess and free play. The session will cover conflict resolution techniques, game rules, equipment distribution and monitoring, staff role and responsibility for safe playgrounds, laying out the playground, and staff training strategies.
8:30 – 9:30
Cross Curricular PE: ELA and Math Games for your Elementary Students
Kelly Zerby – Jefferson Elementary School, DeKalb

Are you looking for activities to incorporate some language arts and math activities into your PE Program? I have some exciting activities for you to try. Come and learn some new ideas for your students.

8:30 – 9:30
Debunking Ideal Body Shape, Color, and Size: Health-Related Fitness for All
Emily Jones – Illinois State University

The session will introduce inclusive strategies to promote health related fitness and healthy body image that contrasts with mainstream portrayals of body shape, color, and size.

8:30 – 9:30
How Standards Based Grading Includes ALL Students
Dana Curby – Evans Jr. High, Bloomington

We will briefly look at what SBG is/is not. Then dive into how SBG allows all students to show what they know.

9:30 – 10:30
Simple Games for Elementary Inclusion
Becky Gohs and Ryan Galletti – Dunlap CUSD #323, Peoria

The session will address a one way to embed Universal Design for Learning into your PE class organization as well as demonstrate a variety of simple elementary games that foster inclusion. Games include various movement and motor skills and equip educators to improve class cohesiveness by working with others during physical activity. A Google slideshow of inclusive games will be shared with conference participants.

9:30 – 10:30
Developing Diversity Sensitivity Skills within a Physical Education Faculty
Maria Pessman and Steve Paxson - University High School, Normal

Educating faculty on effective communication and decision-making skills to use in an inclusive environment to promote a welcome and healthy environment for students.

9:30 – 10:30
Successful Physical Education for Children with Autism
Mary Henninger – Illinois State University
Geralyn Miskulin and Nikki Michalak

Perspectives from a parent, a special education specialist and a physical educator about how to provide successful physical education for children on the spectrum.
10:30 – 11:30  
**Cross Curricular PE: ELA and Math Games for your Elementary Students – Room 126C**  
Kelly Zerby – Jefferson Elementary School, DeKalb

Are you looking for activities to incorporate some language arts and math activities into your PE Program? I have some exciting activities for you to try. Come and learn some new ideas for your students.

10:30 – 11:30  
**Setting Up ALL Students for Success in PE**  
Blake Dole – Cooperative Association for Special Education (CASE) DuPage, Glen Ellyn

Learn about strategies to help create a successful environment for all students to succeed in PE.

10:30 – 11:30  
**health.moves.minds**  
Mary Kennedy – IAHPERD Joint Projects Coordinator

Learn about the new SHAPE America / IAHPERD fundraising program. The program has educational components as well as activities for your students. This is a great way to receive money for your school.

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11:30 – 12:30  
**Lunch catered by HyVee Markets – McCormick 252**  
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12:30 – 3:00  
**PLYOGA – Room 127**  
Stephanie Lauren – PLYOGA Fitness, Forked River, New Jersey

(Advance registration required for PLYOGA – See link on website to reserve your spot)

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12:30 – 2:30 (Double Session)  
**Bicycle Safety**  
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12:30 – 1:30
Advocacy for All
Judy Tiggelaar – IAHPERD Advocacy Consultant

Suggestions for promoting your PE program to all stakeholders.

12:30 – 1:30
Training Peer Tutors for Inclusive Physical Education
Becky Gohs – Dunlap CUSD #323, Peoria

The session will address training peers to be leaders in an inclusive PE setting. PE presents a unique opportunity for peers to lead activities, offer suggestions for game rules that lead to all students being engaged, and encourage positive social interaction. A Google slideshow of inclusive games will be shared with conference participants.

12:30 – 1:30
Ins and Outs of Teaching Skills-Based Health
Deb Vogel – IAHPERD Coalition Committee Chair

Health teachers: Learn how to use skills to teach health content and health content to teach skills.

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1:30 – 2:30
Developing Trauma-Informed SEL Practices In to An Already Packed Curriculum
Megan Weemer – Illinois State University, Normal

Trauma is one of the largest health issues facing today’s student. The how and why of trauma informed teaching, and teaching strategies will be discussed.

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1:30 – 2:30
Successful Physical Education for Children with Autism
Mary Henninger – Illinois State University
Geralyn Miskulin and Nikki Michalak

Perspectives from a parent, a special education specialist and a physical educator about how to provide successful physical education for children on the spectrum.

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2:30 – 3:30 MidState Wrap Up / Check Out