



2018 STATE CONVENTION ARKAHPERD

ARKANSAS ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE

CONWAY, ARKANSAS

November 8 - 9, 2018

WE'RE ALL IN THIS TOGETHER



**Arkansas Association for Health, Physical Education,
Recreation & Dance
University of Central Arkansas Conway, Arkansas
November 8 - 9, 2018**

This form is signed in recognition of attendance and participation at the Arkansas Association for Health, Physical Education, Recreation, & Dance [ArkAHPERD] State Convention held in Conway, Arkansas at the University of Central Arkansas on November 8 – 9, 2018.

Charles Hervey

Charles Hervey
ArkAHPERD, Executive Director

**To evaluate a session, please scan
the QR Code below using a QR
Reader app or type in the
link below.**



Signature of Participant
November 8, 2018
8 hours

Signature of Participant
November 9, 2018
6 hours

<https://bit.ly/2RZb2pD>

Note: The awarding of professional development credit based on attendance at this workshop is at the discretion of the local school districts.

Focus area: 5.02.02 Instructional Strategies
[ArkAHPERD ID 7411071400000-001]
[ADE ID 7411071400000]

**Don't forget to get your passport stamped by the exhibitors for a chance to win
a grand prize at the closing ceremony.**

2018 ARK AHPERD AGENDA

Thursday, November 8, 2018

8:00AM-3:00PM	Registration	Student Center Atrium
9:00AM-4:00PM	Exhibits Open	Student Atrium/Rm 213/214
8:30AM-11:30AM	Physical Education Workshop	Student Center Ballroom A & B
11:30AM-12:00PM	Break	Exhibit Hall Rm 213/214
12:30PM-1:20PM	Session #1	See Program
1:30PM-2:20PM	Session #2	See Program
2:30PM-3:15PM	General Session	Student Center Ballroom B
3:15PM-3:30PM	Break - SNACK ATTACK	Exhibit (US Games) Rm 213
3:30PM-4:20PM	Session #3	See Program
4:30PM-5:20PM	Session #4	See Program
6:00PM-6:30PM	Meet & Greet	McCastlain Fire place room
6:30PM-7:00PM	Silent Auction	McCastlain Fire place room
7:00PM-8:00PM	Banquet	McCastlain Ballroom
8:00PM-8:50PM	Awards & Presentation	McCastlain Ballroom
9:00PM-10:30PM	B-I-N-G-O	McCastlain Ballroom

Friday, November 9, 2018

7:00AM-8:20AM	ArkAHPERD Board Breakfast	Farris Center 123A HPL
8:00AM-8:50AM	Session #5	See Program
9:00AM-12:00PM	Exhibits Open	Basketball Stage Area
9:00AM-9:50AM	Session #6	See Program
10:00AM-10:50AM	Session #7	See Program
11:00AM-11:50AM	Session #8	See Program
12:00PM-12:15PM	ArkAHPERD Closing Ceremony	Main Gym

Passports must be submitted for Grand Prize drawing at the Exhibits Basketball Stage Area.

Don't forget to get your passport stamped by the exhibitors for a chance to win a grand prize at the closing ceremony.

2018 ARK AHPERD CONVENTION PROGRAM

Thursday, November 8, 2018

8:30AM–11:30 AM | UCA STUDENT CENTER: Ballroom A & B

Pre-convention Physical Education Workshop – Joanna Faerber, Baton Rouge, LA. 2009 NASPE National Elementary Physical Education Teacher of the Year. Specializes in best practices and fitness education model.



11:30AM-12:30 | Break

Visit the Food Court in the Student Center & Exhibits Rm. 223

2018 ARK AHPERD CONVENTION PROGRAM

Thursday, November 8, 2018

SESSION 1

12:30PM-1:20PM

Location

#1 Elementary Physical Education I

Ballroom A & B

Outstanding Physically Engaging New Activities: OPEN for ALL! – This session is jam packed with exciting, standards-based activities from OPEN (OPENPhysEd.org) that are sure to jump start your elementary PE program! Participants will get first-hand experience in awesome skill- focused, social and emotional learning and instant activities that are sure to delight your students. Come learn more about this FREE resource available to all!



Presenter: Michael Martinez, New York City Department of Education

#2 Athletics and Sport I

Room 223

Disability Sports Certification: CARSS I – Increasingly, individuals with disabilities are turning to sport and recreation to address their physical activity needs. As this increase in participants continues there is a greater need for individuals certified to provide developmentally appropriate programming. The Certified Adaptive Recreational Sport Specialist I (CARSS I) is a beginning level national certification related to teaching sport and recreation for individuals with disabilities.

Presenters: John O'Connor, Rockie Pederson, & Pete Kelly, Arkansas Tech University

#3 Health I

Room 224

Mental Health: Mind Matters – Mental Health: Mind Matters will present information on the correlation between mental and physical health. Lesson plan ideas and information will be provided in the workshop. Arkansas Health Frameworks are proposing a Mental Health strand for the upcoming revision.

Presenter: Laura Abbott, Cabot Public Schools

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2018 ARK AHPERD CONVENTION PROGRAM

Thursday, November 8, 2018

#4 Elementary Physical Education

Room 215

Nutrition in Elementary Physical Education – This session will include a discussion of the importance of covering the nutrition standards in the elementary physical education classroom. Attendees will also have a chance to participate in movement activities that can be used while covering these standards in their classrooms.

Presenter: Janet Filbeck, Greenland School District

SESSION 2

1:30PM-2:20PM

Location

#5 Physical Education

Ballroom A

Bringing Lacrosse to your Field – This will be a fun-filled activity session showing you all the basics to get Lacrosse into your schools. Learn some easy, fun activities that can be used with any age group.

Presenter: Christina Courtney, University Laboratory School

#6 General Division

Room 215

Every Student Success Act (Title IV) – ESS Act is a student support and academic enrichment grant. This grant allows the school district to assess their needs to improve achievement in the area of physical education and health. Participants will gain access to the website and handouts from the SHAPE America Handbook to write their grant proposal.

Presenter: Charles Hervey, University of Central Arkansas

#7 General Division

Room 225

Resources to Make Inclusion a Reality – Special Olympics Arkansas offers resources for educators from Pre-K to College aimed at increasing actual inclusion in physical activity and health through schools. At the college level the program offers resources and lectures for current higher education professors to utilize within their classrooms, ensuring future professionals have the confidence to make a truly inclusive impact. This unique segment is about resources and opportunities—not an information session on Special Olympics.

Presenter: Camie Powell, Special Olympics Arkansas

#8 Elementary Physical Education

Room 224

Nutrition in Elementary Physical Education – This session will include a discussion of the importance of covering the nutrition standards in the elementary physical education classroom. Attendees will also have a chance to participate in movement activities that can be used while covering these standards in their classrooms.

Presenter: Janet Filbeck, Greenland School District

General Session All Convention Members

2:30PM-3:15PM



Leah Queen, President

TAMPA, FLORIDA APRIL 9-13, 2019

Ballroom 205 B
Board Member Elections



Don't forget to get your passport stamped by the exhibitors for a chance to win a grand prize at the closing ceremony.

2018 ARK AHPERD CONVENTION PROGRAM

Thursday, November 8, 2018

SESSION 3

3:30PM-4:20PM

Location

#9 Secondary Physical Education

Ballroom A & B

OPEN Up Your Secondary PE Program – Calling all secondary PE teachers! This session features loads of high energy, standards-based activities from OPEN (OPENPhysEd.org)! Whether you're focused on fitness, looking to take invasion games to the next level or interested in incorporating academic vocabulary and depth of knowledge questions into your arsenal, this session is sure to offer something for EVERYONE! Come on out and OPEN up the possibilities!

Presenter: Michael Martinez, New York City Department of Education

#10 Physical Education Division

Room 215

Physical Literacy For All – An introduction to Rising New York Road Runners, a completely FREE program that provides PE teachers with great resources and support to teach physical literacy—the ability, confidence and desire to be physically active for life. The program served more than 1,300 schools/200,000 Pre-K – HS students nationwide last year. This is a remote presentation using a “Go TO Meeting” type format. Attendees will view the presentation on a screen and can ask questions.

Presenter: Cliff Sperber, New York Road Runners

#11 General Division

Room 223

The Effect of Exercise and Quality of Life in Adults in the U.S. that Suffer from Cystic Fibrosis – This will be a presentation of the presenter's thesis to show that exercise improves the quality of life in adults that suffer from Cystic Fibrosis in the United States. The presenter, herself, has Cystic Fibrosis and therefore has insights in the daily struggles involved.

Presenter: April Pitts, University of Arkansas at Little Rock

#12 Athletics and Sports

Room 224

Impact of Club Sports and Travel Ball – Club sports and travel ball are here to stay and they are impacting our community leagues and school programs. This session will be a discussion of the various impacts associated with travel and club ball along with what can and/or should be done as physical education professionals.

Presenter: Stephen Burks, Harding University

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2018 ARK AHPERD CONVENTION PROGRAM

Thursday, November 8, 2018

Session 4

4:30PM-5:20PM

Location

#13 Future Professionals

Ballroom A & B

College Bowl – UALR’s Connections Team, a UALR student organization, will host the College Bowl. The college bowl will consist of competitive games and activities that will test one college student organization against another.

Presenters: Chad Sanders, UALR Connections Team, University of Arkansas at Little Rock

#14 Physical Education Division

Room 215

Getting to the Heart of Physical Education through Technology – One of the best ways to motivate and capture a student’s imagination, while also enhancing the understanding of their own health, is through the use of technology in the PE classroom. Come learn, be inspired and experience Interactive Health Technologies’ “Spirit System” which is revolutionizing PE with the simplest, most innovative heart rate monitor and curriculum assessment technology in the educational market.

Presenter: Bob Knipe, Interactive Health Technologies

#15 Physical Education Division

Room 223/224

Are You SQAIR? (Sequence, Question, Accountability, Identify and Reflection) – Explore new activities that incorporate specific exercises designed for individuals and pairs, small groups, and large groups that are suitable for the classroom, physical education, before/after school programs, or having fun at home.

Presenters: Jade Ng, and Margaret Guerra, FCS

BANQUET, SILENT AUCTION & AWARDS PRESENTATION 6:00PM-11:00PM

McCastlain Hall Fireplace Room



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Thank You to Our Sponsors



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2018 ARK AHPERD CONVENTION BANQUET

President

Leah Queen

Invocation

Janet Forbess

Dinner & Silent Auction

JRFH & HFH Coordinator of the Year

Cathryn Bass

Teacher of the Year

Elementary TOY

Jr. High TOY

Bennie Prince

Higher Ed TOY

Bennie Prince

College Bowl

Chad Sanders

Scholarship Awards

Rockie Pederson

Lifetime Achievement Award

Janet Forbess

Silent Auction Winners

Leah Queen

New Board Members

Leah Queen

Convention Address

Charles Hervey

BINGO

Janet Forbess

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2018 ARK AHPERD CONVENTION PROGRAM

Thursday, November 8, 2018

ArkHPERD BOARD MEETING 7:00AM-8:45AM

Location

Farris Center I Room 123A Human Performance Lab

All newly elected and current board members, as well as those whose term is ending, are expected to attend.

Session 5

8:00AM-8:50AM

Location

#16 Dance Division

Room 210

Live to Dance & Dance to Live for a Lifetime – Lifetime Dance is designed to promote enjoyment in moving harmoniously with music, while engaging the cardiovascular system, challenging cognition, developing social skills and discovering pleasure in physical activity in a healthy environment. American Heritage/Traditional dance includes Contras, Squares, historical English Country Dance, and Round dancing to name a few examples.

Presenter: Linda Narisi, President & dance caller for the Arkansas Country Dance Society & Little Rock Athletic Clubs.

#17 Health Division

Room 200

CATCH My Breath Youth E-Cigarette Prevention Program – Youth e-cigarette use is an emerging public health crisis. In this session, participants will learn how schools across the U.S. are using CATCH My Breath to deliver e-cigarette prevention education to their students and how to access this free program for use in their own schools.

Presenter: Daniel Thompson, CATCH Global Foundation, Inc.

#18 Athletics and Sports

Room 201

Leadership and Ethics in Sport and the NCAA – Given the current climate of unethical behavior by sport leaders, it is imperative that scholars and practitioners work together to dissuade such behaviors. The presenter will highlight cases of unethical behavior in sport. Guidelines for best practices to train leaders to recognize and stop unethical behaviors will also be presented.

Presenter: Zack Damon, University of Central Arkansas

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2018 ARK AHPERD CONVENTION PROGRAM

Friday, November 9, 2018

Session 6

9:00AM-9:50AM

Location

#19 Secondary Physical Education

Auxiliary Gym

Upper Level Share Session – Let's come together and share our amazing ideas. Learning from each other is one of the best resources available.

Presenters: Leah Queen, Gentry Intermediate School, & Michael Martinez, New York City Department of Education

#20 Elementary Physical Education

Basketball Main Gym

Elementary Share Session – We all have amazing ideas and learn best from one another. Please come and discuss and learn from your fellow elementary colleagues.

Presenters: Jamie Oitker, Central Elementary, Cabot & Cathryn Bass, Center Valley Elementary, Russellville

#21 Research Poster Session

Main Gym, North Balcony Stage

Poster Session - Attendees are invited to come view the posters and interact with the presenters.

Does Syncing Fitbits During Physical Education Significantly Decrease Physical Activity?

Presenters: Shelia Jackson, Cathryn Bass, Kaitlin Burgess, Arkansas Tech University

Using Activity Trackers to Meet Arkansas Technology and Physical Education Standards (Pilot Study)

Presenters: Shelia Jackson, Cathryn Bass, Kaitlin Burgess, Arkansas Tech University

Creating a Stress-Free Environment for Physical Educators

Presenter: Jingyang Huang, Southern Arkansas University

Student Teachers and iPads

Presenters: John O'Connor, Rockie Pederson, Pete Kelly, Arkansas Tech University

Fitnessgram: How Fit are our Arkansas Tech University HPE Students?

Presenters: Pete Kelly, John O'Connor, Rockie Pederson, Arkansas Tech University

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2018 ARK AHPERD CONVENTION PROGRAM

Friday, November 9, 2018

Session 7

10:00AM-10:50AM

Location

#22 Dance Division

Main Basketball Gym

This is Not Your Mama's SQAIR Dance – Discover a new way to teach dance that is less about feeling awkward and more about taking ownership of a dance your students work together to create. Assessments with SHAPE HPE standards met. Take rhythm to the funniest level ever!

Presenters: Jade Ng, Margaret Guerra, FSC

#23 Physical Education Division

Auxiliary Gym

Jump, Run, Code: Connecting Computer Science to Physical Game Design – This presentation will demonstrate all new Unruly Splats as a tool for integrating coding and physical game design into PE classes. With these devices, teachers and students can create games and experiences that encourage learning and movement.

Presenter: Jason Trumble, University of Central Arkansas

#24 Athletics and Sports/Physical Education

Room 210

Make Your Run Club EZ – Interested in starting a Run Club? Worried it may take too much time? Worry no more! Learn how EZ Scan®, an online lap counting program, organizes and tracks everything. Saves you time, improves organization, reduces volunteer time, and allows you to focus on what's really important—your runners!

Presenter: Amber Johnson, Bentonville Schools

#25 Athletics and Sports/Future Professionals

Room 200

The State of Sports: The Good, The Bad, & The Ugly – With the rise of sport popularity, what is our current state of sport? We will have a candid discussion about areas of sport that are sometimes forgotten and pushed under the rug. If you are a future coach/physical educator, you will not want to miss this discussion!

Presenters: Pete Kelly, Troy Norton, Marty Barnes, Arkansas Tech University

#26 Health Division

Room 201

Health Literacy: Ignorance Is Not Always Bliss – Health and physical education instructors may be the best source of health literacy information and skills training for Arkansas youth. Health literacy skills allow people to live healthier lives. Health literate practices impact individuals and society.

This presentation will help Educators Bridge the gap for students.

Presenter: Laura Abbott, Cabot Public Schools

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2018 ARK AHPERD CONVENTION PROGRAM

Friday, November 9, 2018

Session 8

11:00AM-11:50AM

Location

#27 Physical Education Division

Main Basketball Gym

Can You Spare a SQAIR? – Understand how to teach and easily implement a progressive program with limitless and timeless potential. Have an organized, comprehensive and logical system that enables teachers to determine appropriate progressions for their students using our color coded, easy to understand, extremely versatile system.

Presenters: Jade Ng & Margaret Guerra, FSC

#28 Physical Education Division

Auxiliary Gym

Eclipse: Expand Your Racket Activities With Your Students – Eclipse is a racket game played on a volleyball court. The ball used is unique to the game (an eclipse ball) and makes for a fast paced game that requires communication and cooperation among players. Because the ball can bounce once between players, the length of scoring points is expanded to increase student level of activity. Students love this fast moving game that requires quick thinking and moving.

Presenters: Sue Ball & Tonya Rayborn, Pulaski County Special School District

#29 General Division

Room 201

LGBTQ Policies in Schools and Athletics – Schools and athletic organizations are still struggling with how to provide rights and fair treatment for all regardless of race, sex and religion despite the fact that Title IX has been on the books for 40+ years. This presentation will examine Arkansas statutes and policies for students and athletes that are LGBTQ.

Presenter: Angie Smith-Nix, University of Arkansas

#30 Health Division/Physical Education Division

Room 200

All Things Health and Physical Education – New things from the Department of Education for health and physical education! Arkansas is one of seventeen states that was awarded funding through the Centers for Disease Control for 1801: Improving Student Health and Academic Achievement through Nutrition, Physical Activity, and the Management of Chronic Disease.

Presenter: Lisa Mundy, Arkansas Department of Education

#31 Elementary Physical Education

Room 210

Get Moving With GoNoodle! – Are students bouncing off the walls? GoNoodle improves child engagement and focus by helping educators and health professionals channel kid energy for good. Movement boosts learning! Brain breaks integrate physical activity with core subjects like math, spelling and vocabulary.

Presenter: Bret Neiser, GoNoodle

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2018 ARK AHPERD CONVENTION PROGRAM

Friday, November 9, 2018

Closing Ceremony 12:00PM-12:15PM

Location

Basketball Gym

Come join us for a celebration of learning, friendship, and support.
Prizes will be awarded!



First Floor



GROUP PHOTO WILL BE TAKEN AT CENTER COURT

Second Floor. The RED ARROWS ARE VENDORS LOCATIONS



ROOM 213 & 214 ARE VENDORS LOCATIONS. THE ROOM WILL NOT HAVE A PETITIONED / AT 3:00pm A SNACK BAR WILL BE SET UP IN THE ROOM

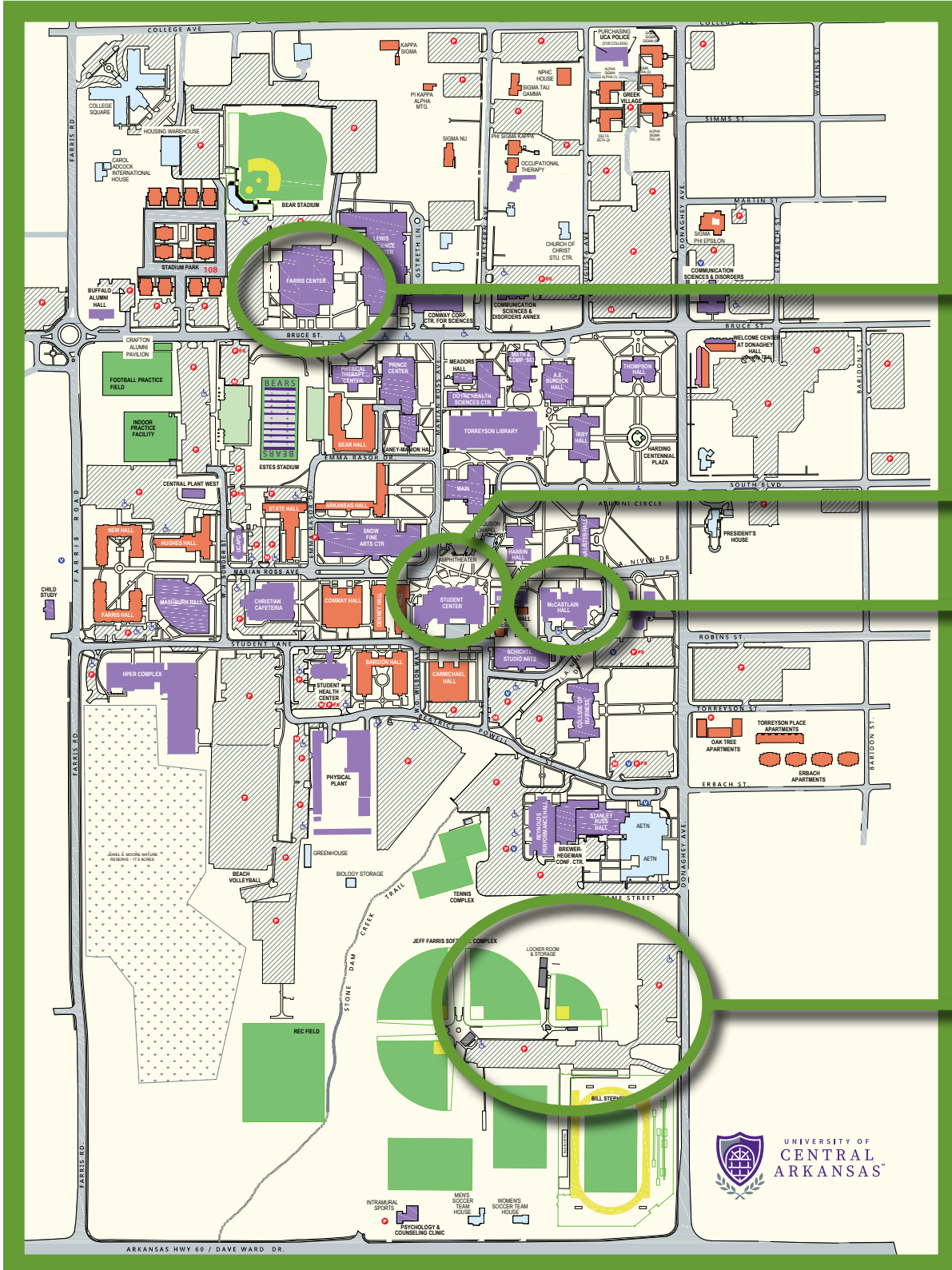
The Blue arrows are the Classroom for presentations. Ballroom 205 A&B 215, 223 & 224 Classroom rooms

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2018 ARK AHPERD EVENT MAP

CONVENTION

University of Central Arkansas Campus



FARRIS CENTER
Friday Event
Location &
Parking

STUDENT CENTER
Thursday
Event Location

MCCASTLAIN HALL
Banquet
(Thursday Evening)

Thursday Parking
& Shuttle



**WE'RE ALL IN
THIS TOGETHER**