

Monday, August 1, 2022

7:15am - 8:30am

Registration

8:30am - 9:20am

Keynote



Dan Tennesen

"Your Yellow Brick Road"

The journey toward excellence in teaching is never a straight path, and the twists and turns can often be unexpected. But what if you could travel down a path to meet someone with the ability to improve one aspect of your teaching? What would you pick, and why would you pick it? Are you unsure what you would choose? Perhaps more importantly, who should you ask?

9:30am - 10:20am

Session 1

Wrestling Gym



Randy Spring

"Striking IN!":

Have you struggled to implement open-hand, volleying, and paddle striking units into your already jam packed P.E. curriculum? Look no further! Come to this session to learn how you can take two cones and GOPHER's NowNet Instant Net to create a game model that can be utilized multiple times a year to help your students strike IN, not out, when it comes to your striking units and lessons. From "Floor Ball" to "2-Tangle", to traditional small-sided volleyball and paddle striking games, you'll leave this session with a tool box of ideas to teach your students to work cooperatively and competitively while maximizing FUN and PLAY in whatever striking units you plan throughout your school year.

Randy Spring - So. Wash Cty Schools

Health Room



Jessica Matheson

Making Parent(s)/ Guardian(s) Your Allies

Are helicopter, lawnmower, and/or bulldozer parents driving you crazy? We've all heard about it, and perhaps been on the receiving end of it, parents sending frequent emails, overchecking grades, questioning/criticizing teaching practices, calling/texting their child during class, and micromanaging their child. In this session, you will be provided with strategies to make parent(s)/guardian(s) your allies in an effort to best support their child...and you!

Jessica Matheson - Rockford HS

Weight Room



Amanda Berg

Charge Em' Up! Introducing Youth to Strength and Conditioning

This presentation will outline some key movements, progressions and strategies to introduce youth or middle school students to the weight room and set them up for a fun, safe and successful experience in strength and conditioning.

Amanda Berg - Dassel-Cokato HS

10:35am - 11:25

Session 2

Synthetic Gym



Lisa Paulson



Mike Doyle

Teaching Skills-Based Units and Activities in Elementary PE

A large problem in physical education is teaching team sports in elementary school, while the emphasis should focus on fundamental skill development and small-sided games. Come learn how to implement quality activities through teaching skills while allowing for creativity, choice, ownership, and inclusion.

Lisa Paulson & Mike Doyle

Wrestling Gym



Doug Satre

Join us for an action-packed workshop featuring team games that are class-oriented, teacher-friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged. We won't just be playing games though; you'll also learn classroom management and skill development strategies that you can take home and implement in your program. Get ready to sweat, learn and have fun!

Doug Satre - Gopher

PAC 1



Darrell Salmi

Technology, when paired with instructional strategies and engaging activities, can be used to help students become more physically literate and reach MVPA. Technology tools that can be used are heart rate sensors, GIF files, Schoology, tablets, and apps for purposeful learning. Participants will leave this session knowing how to use the technology, instructional strategies, and engaging activities to further enhance their teaching effectiveness and to allow for personalized learning experiences for all students. We will teach students how to use heart rate monitors to teach nutrition, intensity, heart rate recovery and a variety of other learning health and fitness components. **Darrell Salmi - Heart Zones**

11:40am - 12:30pm

Session 3

PAC 1



Ron Malm

Nutrition is the MISSION!

Your mission if you choose to accept it is to teach Nutrition! The good news is that this is not an impossible mission. This session will give you the necessary tips, tools, techniques and totally awesome activities to make your students hungry for more!

Ron Malm

Wrestling Gym



Kelly Zerby

Teaching dance to your own beat!

We aren't all natural dancers, and that is okay! You can teach rhythms in so many different ways. Come check out some creative and fun rhythmic warm-ups and dances, sometimes even using equipment, to bring rhythm and music into your PE classes.

Kelly Zerby

Synthetic Gym

**Unified
Special Olympics**

Need Picture

Coming

Special Olympics

12:30pm - 1:40pm

Lunch on your own

**Fast food restaurants
near by**

Arby's, McDonald's, Taco Johns, Noodles, Chipotle, Wendy's
Subway, Jimmy John's, Taco Bell, Culver's, Potbelly

**Sit down restaurants
near by**

Applebees, Buffalo Wild Wings, Joseph's, Leo's Malt Shop
Acapulco's

1:50pm - 2:40pm

Session 4

Wrestling Gym



Dan Tennesen

"OPEN Your PE Playbook"

Play is an essential part of a child's life, but we must make sure we are connecting our "why" to our students' bigger world so they understand the need and relevance for physical activity. This dynamic, high energy session will equip attendees with free K-12 content from OPEN designed to maximize learning time, skill development, and social interaction.

Dan Tennesen - OPEN US Games

Synthetic Gym



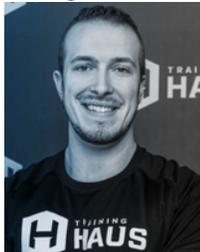
Ron Malm

Games that WIN!

Walk away with games that WIN for the students (fun), WIN for your program (standards-based) and WIN for you (quality PE content). Teaching quality PE includes the seamless integration of academic content, motor skills, SEL and fitness. You will leave with activities that connect, excite and provide your students with knowledge and skills for a lifetime!

Ron Malm

Weight Room



Michael Petitt

Health

Michael Petitt - TCO

Coming

2:55pm - 3:45pm

Session 5

Health Room



Jessica Matheson

Health Toolbox Exchange

Are you a department of one? Do you construct your health lessons alone? Are you looking for other dedicated health teachers to connect and collaborate with? This session will provide an open forum for health teachers to connect, collaborate, and create while discussing current practices, strategies, and assessments. Bring your favorite “tools” to share with other teachers and take home new ideas to your classroom. **Jessica Matheson**

Please Note: This will be a joint session with Kelley Walerius (kwalerius@isd717.org - Jordan High School)

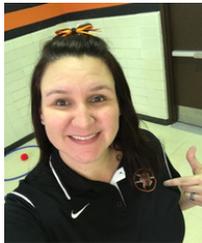
Wrestling Gym



Jo Bailey

Oh, the places You'll Go with Outdoor Education! But where do you start? Have you ever wanted to include outdoor education in your curriculum but aren't sure where to start? Would you like to expand on what outdoor activities you currently offer? Learn how hiking, fishing, backpacking, geocaching, survival skills, camping, biking, paddle activities, and so many more outdoor and adventurous activities can be included in your PE program. This session will show you hands-on activities from the Outdoors Tomorrow Foundation outdoor education curriculum and demonstrate how to bring the Meaningful PE framework, SEL, and the outdoors together. **Jo Bailey**

Synthetic Gym



Kelly Zerby

A Jumble of Fun...Engaging ideas for everyone!

Do you need some engaging, upbeat and purposeful activities for your PE classes? Come and try some new ideas for fitness, teamwork, and cross-curricular activities that you are sure to love!

Kelly Zerby

5:15pm - 7:45pm

Phys Ed Connections Social

Paddle Boat Ride



St. Croix River

You are invited to be a guest of Phys Ed Connections on a St. Croix River paddle boat. Enjoy a 3 hour tour of the beautiful St. Croix River complete with dinner, beverage, music, and games!

Provided By

