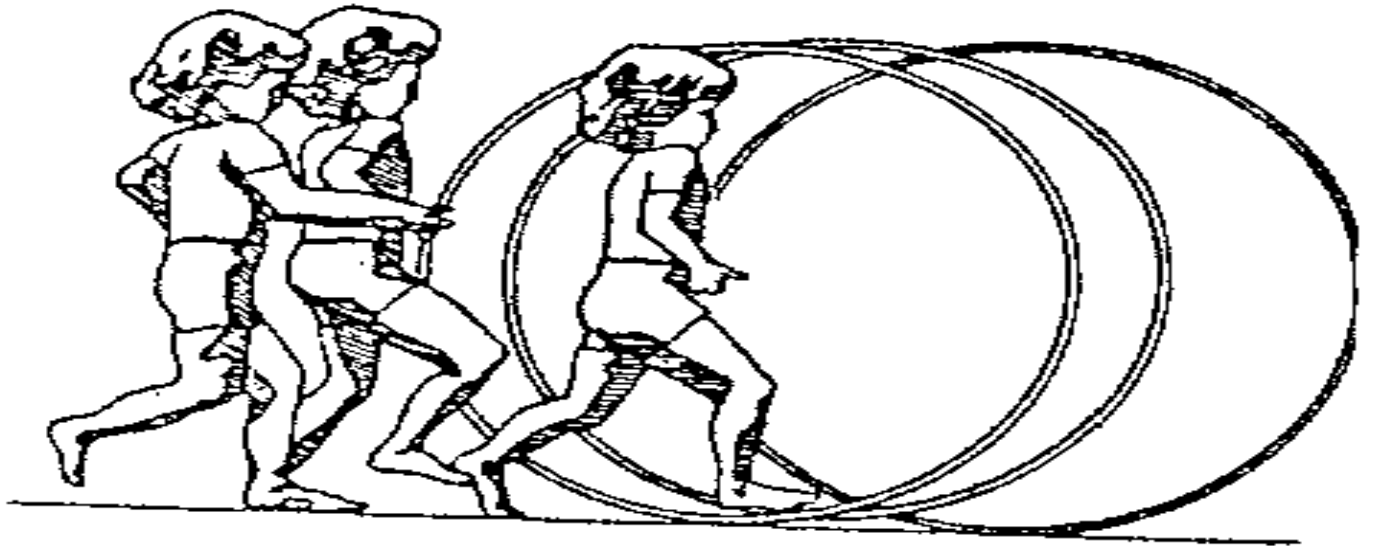


Council for Children's Expanded Physical Education



CELEBRATES!!

**The 25th Annual Northwest
Conference on Children's
Physical Education**

**Doubletree Hotel – Lloyd Center
February 4 & 5, 2005**

Welcome to the 25th Annual Northwest Conference on Children's Physical Education

Brought to you by the Council for Children's Expanded Physical Education

CCEPE is a non-profit organization dedicated to improving Children's Physical Education.

Current Board of Directors

- **Kari Anderson - Charter Member**
- **Barbara Cusimano - Oregon State University**
- **Emily Foster - Portland Public Schools**
- **Meg Greiner - Central School District**
- **Karyn Hartinger - Hillsboro School District**
- **Kris Rold - Evergreen School District, WA**
- **Matt Rold - Evergreen School District, WA**
- **Tonia Wubbena – On Special Leave**
- **Don Zehrung - Beaverton School District**
- **Craig Zetterberg - Beaverton School District**

“Retired” Board of Directors who were not Charter Members

- **Randy Denley - Hillsboro School District**
- **Forrest Hall - Beaverton School District**
- **Ed Langsdorf - Linfield College**
- **Kim Modrall - David Douglas School District**
- **Richard Shaw – Beaverton School District**

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- **Kari Anderson**
- **Cheryl Close**
- **Carol Hammett**
- **Bill Klug**
- **Jo Lynne Roberts**
- **George Rochat**
- **Ron Speck**

Conference Information

www.ccepe.net

Name Badges: Required for admission to all sessions. Please place your badge where it can be readily seen. At the end of the conference, please recycle your badge by placing it in one of the Conference Evaluation Box along with your evaluation. **The final GRAND PRIZE DRAWING will come from the returned badges!**

Most Sessions REPEAT! Based on conference participant feedback, we have asked presenters to present their sessions twice – one of Friday – one on Saturday. *There are a few exceptions.* If a session is offered once each day, you will see “REPEAT” at the end of the session description in the program.

Lunch on YOUR OWN: No lunch is provided this year due to our location and participant feedback. We have allowed a 90 minute lunch break each day so you can get back to sessions on time.

Raffle Directions: A raffle ticket has been placed in your packet. Please write your name legibly on the back and put that ticket into our raffle box placed next to the registration table. Winners will be drawn throughout the conference. **All winners will be posted on our Raffle Board and must claim their prizes in person before the final session BEGINS on Saturday.** If you are a winner, go to the registration table to collect your winning certificate then proceed to the exhibitor identified on your certificate to collect your prize. **Please let the exhibitors know how much you appreciate their donations for raffle prizes.**

Oregon PDU Certificates will be available at the registration table at the end of the last session on Saturday at the registration table. You must pick these up in person.

WA Clock Hours: You must register at the beginning of the conference and meet with Matt Rold at the end of the conference to complete paperwork.

Oregon State University Distance Education: You may sign up for this one credit on Friday AM only. Please note OSU has a Quarter System not a Semester System. You may sign up for either WA clock hours or OSU credit but not both.

Conference Evaluation Form: Please fill out the evaluation form located in the packet and place it in the “evaluation” boxes as you leave the conference. We value your input!

Questions: If you have questions, please ask one of the Current Board of Directors wearing long sleeve versions of the conference t-shirts or go to the Registration Table.

FEATURED CONFERENCE KEYNOTER



GEORGE M. GRAHAM

Director, Pedagogy of Physical Activity Laboratory
Professor of Kinesiology
Penn State University, University Park, PA

George Graham, Ph.D. has been on the faculty at Penn State University since 2002 and a member of the Academy of Teaching Excellence since 1992. He began his career teaching and coaching in the public schools of California and Oregon and served on the faculties of Virginia Tech, University of Georgia, and University of South Carolina before moving to University Park. He has published extensively on topics related to teaching children physical activity with fifteen books/monographs to his credits and over 50 articles. He is a much sought after speaker delivering the keynote address at over 75 state, regional, national and international conferences. In addition, he has served as a consultant to sixty-five school districts, the United States Tennis Association (USTA) and the Professional Golf Association (PGA).

Dr. Graham served as the President of NASPE 2003-2004. He has been honored with the Margie Hanson Honor Award presented by the Council on Physical Education for Children and the National Association for Sport and Physical Education Curriculum and Instruction Academy Honor Award. He served as the Executive Director of the United States Physical Education Association and was Co-Founder and Director of Curriculum and Instruction for the American Master Teacher Program. He serves as the Senior Advisor for PE Central, the ultimate web site for physical education teachers.

FEATURED CONFERENCE KEYNOTER



ROBERT P. PANGRAZI

Gopher Sport and Walk4Life
Professor Emeritus, Arizona State University

Robert Pangrazi, Ph. D. currently works with Gopher Sport and Walk4Life having recently retired from the Department of Kinesiology at Arizona State University after serving as a teacher, researcher, and administrator. He continues to work with teachers throughout the United States and beyond. Bob regularly conducts training sessions in schools and universities and is regarded as a motivational speaker. His approach to elementary school physical education has been adopted worldwide by the Department of Defense Dependent Schools and is used in hundreds of public, private and charter schools. He is co-author of NASPE's *Physical Activity for Children: A Statement of Guidelines for Children Ages 5-12*, 2nd edition with Dr. Charles Corbin.

Dr. Pangrazi's books, *Dynamic Physical Education for Elementary School Children*, 14th edition, and *Dynamic Physical Education for Secondary School Students*, 4th edition are used in teacher preparation courses in many colleges and universities. He has written over 30 other textbooks, served as editor of professional journals and authored more than 60 research/journal articles. Robert Pangrazi has been the keynote speaker and invited presenter for numerous state, district, national and international conventions. Dr. Pangrazi is an Honor Fellow of AAHPERD and a Fellow in the American Academy of Kinesiology and Physical Education. He has also been honored by NASPE with the Margie Hansen Distinguished Service Award.

SPECIAL INVITED PRESENTER



Don Hellison

Professor, School of Kinesiology
University of Illinois, Chicago

Don Hellison, Ph. D. directs The Urban Youth Leader Project for underserved children and youth in Chicago. This role involves program development, delivery, and evaluation as well as the professional preparation of pre-service teachers and youth workers who work in these programs. These programs use taking responsibility as a framework for teaching physical activities before and after school (in-school programs are also provided on occasion). Three broad goals that go beyond the purposes of traditional sport and exercise programs provide direction for all programs: self-responsibility for one's effort and self-direction, social responsibility for respecting the rights and feelings of others and for being sensitive and responsive to the needs of others, and group responsibility for teamwork and group betterment. Several strategies -- including conflict resolution, required cooperation built into the activities, peer and cross-age coaching, group meetings to evaluate and improve the program, and self-reflection journals at the end of each lesson -- are employed to help participants take personal, social, and group responsibility. Processes and outcomes are disseminated in publications, presentations, and teacher and youth worker workshops, most recently in New Zealand, England, and Spain.

Don spent 16 years doing this work on the west coast and has been at the University of Illinois at Chicago for the past 15 years. He was awarded the International Olympic Committee President's Prize in Lausanne, Switzerland in 1995 and has received five national awards since that time in recognition of this work. His latest book, with the National Youth Leader Partnership he formed several years ago, is Hellison & Cutforth et al., "Youth Development and Physical Activity: Linking Universities and Communities," published in 2000 by Human Kinetics.

SPECIAL INVITED PRESENTER



DOROTHY (DOLLY) LAMB DIN

President, National Association for Sport and Physical Education, 2004-2005
Senior Lecturer, Physical Education Teacher Education
Department of Kinesiology and Health
University of Texas, Austin

Dolly Lambdin, Ed. D teaches courses and supervises student teachers in the Physical Education Teacher Education Program at the University of Texas at Austin. In addition, Dolly provides leadership and direction to the physical education profession at the local, state and national levels to improve the quality of teachers. She is a National Faculty Member of the American Master Teacher Program in Physical Education and has served as NASPE's Cabinet Council Coordinator. She served as a member of the committees to develop Beginning Teacher Standards for NASPE and the State of Texas. She also served on the Texas Education Agency Clarification Team for Essential Elements in Health and Physical Education. In 2000 Dolly received a Dean's Technology Award to develop the use of hand held and speech recognition software to input assessment data into data based programs like Filemaker Pro or Learner Profile.

CCEPE Recognition Award

**The Council for Children's Expanded Physical Education
recognizes**

Senator Peter Courtney

This year's "CCEPE Citizen of the Year" award goes to a most distinguished Oregon public servant. Senator Peter Courtney has served in the Oregon legislature for twenty years. He was recently selected by his colleagues to serve as president of the Senate during the 2005-6 legislative session. Senator Courtney's history in Salem has demonstrated his commitment to K-12 and higher education. As a valuable member of the Western Oregon University faculty, Senator Courtney practices what he preaches when it comes to the need to maximize the educational opportunities for Oregon's students. And now, I am pleased to announce, the Senator has embraced a new cause that is important to us all; increasing the time our student's spend in instructional physical education. Senator Courtney has introduced SB 228 which would require all of Oregon's students in grades K-8 receive the NASPE recommended number of minutes each week in physical education. The bill also requires that of those minutes spent in PE class (150 per week for K-5 and 225 per week for 6-8), at least 50% of the minutes must be spent in moderate to vigorous physical activity. Senate Bill 228, if passed and signed by the governor, will forever change the landscape of physical education in Oregon, and will enable PE professionals such as yourselves the time necessary to assist your students in meeting the new state standards and benchmarks.

**The Board of Directors of the CCEPE wishes to recognize the efforts of
Senator Peter Courtney on behalf of the wellness needs of the children of
Oregon.**

Past Honorees include:

- John Valley, Oregon Government Affairs Director, American Heart Association/Oregon Chapter (2004)
- Dr. Bob Scruggs, Portland State University
- Dr. George Graham, Pennsylvania State University
- Senator Cliff Trow, Minority Leader/Corvallis (1998)
- Aleita Hass-Holcombe, OAHPERD Advocacy Chair (1999)
- Dr. Minot Cleveland, President Oregon Chapter, Am Heart Assoc.(2000)
- Dr. Robert Ritson, Oregon Department of Education (2001)
- Representative Lynn Snodgrass, Sponsored HB 3307
- Don Zehring, Beaverton School District

FRIDAY, FEBRUARY 4, 2005

TIME	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4	ACTIVITY 5	CLASSROOM 1	CLASSRM 2
RM/ LEVEL	EXHIBIT HALL Garage Area	HELENS/HOOD Level 2	BACHELOR Level 2	3 SISTERS Level 2	OREGON Level 1	WASHINGTON Level 1	IDAHO Level 1
8:00– 8:30	TEAM TIME Meg Greiner						
8:45-9:45	See the USA the Pedometer Way! Bonnie Hopper	Motivating the Unmotivated: Techniques & ideas for increasing physical activity George Graham	Goal Ball: Awareness thru Disability Sport Dan Tindall John Foley	Vigorous Planned Play: Games & Activities for Early Childhood Nicki Geigert	Making Everyday Active! Michael Wright	Performance Requirements in Physical Education Margaret Bates	Beginning Teacher Panel Facilitator: Maile Keliheleua
9:45- 10:15	EXHIBITORS SHOWCASE						
10:15- 11:30		CONFERENCE WELCOME & KEYNOTE: Just Thinking...Accountability for What? Robert Pangrazi					
11:30	LUNCH ON YOUR OWN!						
1:00-2:00	Teaching to All ABLE-ties thru Dance Kelly Mucha Dawn Markell	A Little of This and a Lot of That! John Thomson	Assessing Large Groups in Small Areas Kathy Grove	Making Fitness Count Dani Blackwell Jeannie Harris	Experiential Education for Physical Educators Lindsey Haggas Glenda Lunstedt	Teaching Responsibility in the Gym: An Update Don Hellison	
2:15-3:15	50's Family Dance Night Sherry Rhoades	Everybody Plays Everybody Wins Don Fogle	Taking a Step in the Right Direction: Pedometers Heidi Wegis Ada Massa Gonzalez	Including Everyone: Strategies that Rock! Debra Patterson	Lunchtime Sports: An Intramural Program for 4th - 6th Graders Jonathan Lambrose	Inch By Inch, Row by Row; Our Time Is Here, Watch Us Grow! Dolly Lambdin	
3:30-4:30	Starting Sport Education: Lessons from Beginning Teachers Hans van der Mars Deborah Tannehill	Maximizing Inclusion: Principles & Practices Jim Stiehl Christina Sinclair	Teaching Invasion Games Using Teaching Games for Understanding Stephen Harvey	Bouldering Wall Sharing Session Jeff McNamee	How Do You Do That?! Individual Jump Rope Skills Dana Strowbridge	PE on a PDA (or a Personal Data Assistant) Matt Tornow	Creating a Culturally Responsive Gym Gay Timken
4:30-6:00	SOCIAL						

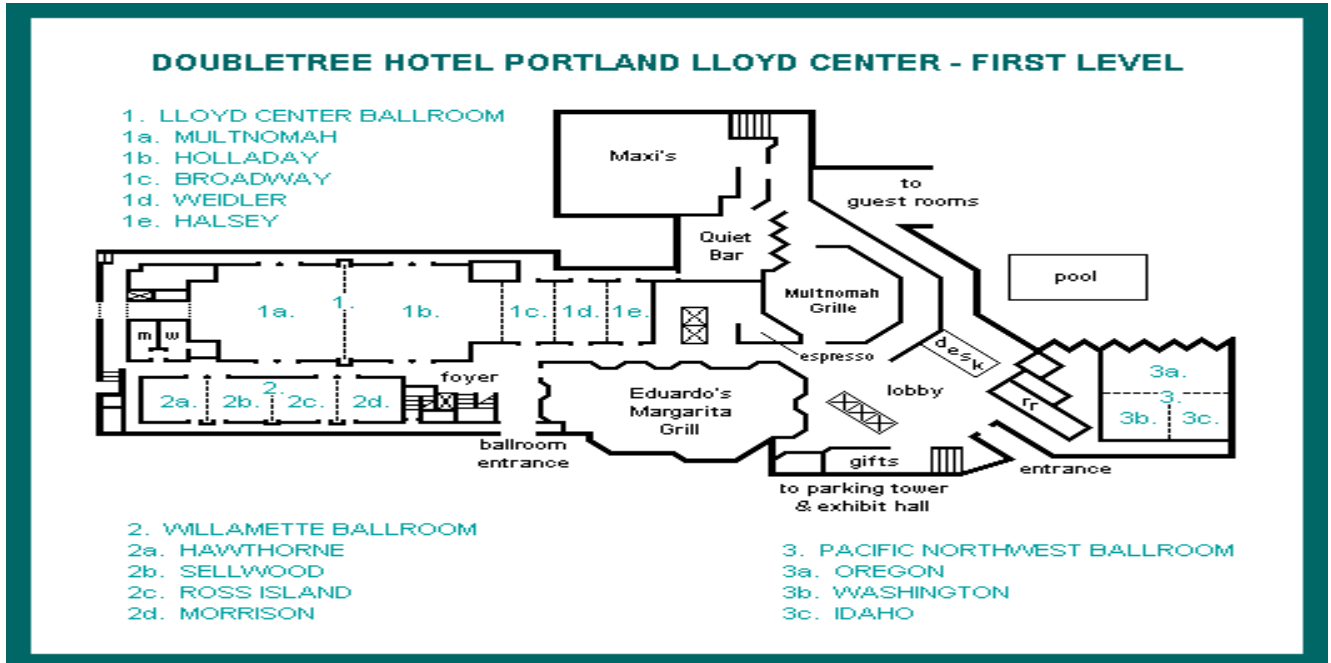
SATURDAY, FEBRUARY 5, 2005

TIME	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4	ACTIVITY 5 (AM) CLASSROOM (PM)	CLASSROOM 1
ROOM/ LEVEL	EXHIBIT HALL Garage Area	HELENS/HOOD Level 2	BACHELOR Level 2	3 SISTERS Level 2	OREGON Level 1	WASHINGTON Level 1
8:00-8:30	TEAM TIME Meg Greiner					
8:45-9:45	Heart Adventure Challenge Course Edwin Jaffarian Bill Forrest	Teaching Invasion Games Using Teaching Games for Understanding Stephen Harvey	Jump Rope Spells "Cooperation" Dana Strowbridge	Assessing Large Groups in Small Areas Kathy Grove	Bouldering Wall Sharing Session Jeff McNamee	Teaching to the Oregon Standards though Life Skills, Bullying and Harassment Dave Gable
10:00-11:00	Teaching to All ABLE-ties thru Dance Kelly Mucha Dawn Markell	Using Pedometers to Promote Student Activity Time Robert Pangrazi	Promoting Your PE Program in Your Building and Beyond Dan Mertz Anne VanLaeken	Making Everyday Active! Michael Wright	Experiential Education for Physical Educators Lindsey Haggas Glenda Lunstedt	Creating a Culturally Responsive Gym Gay Timken
11:00-12:30	LUNCH ON YOUR OWN!					
12:30-1:30	50's Family Dance Night Sherry Rhoades	Everybody Plays Everybody Wins Don Fogle	Promoting Your PE Program in Your Building and Beyond Dan Mertz Anne VanLaeken	Including Everyone: Strategies that Rock! Debra Patterson	Teaching Responsibility in the Gym: Sharing Implementation Issues Don Hellison	
1:45-2:45	Lunchtime Sports - Games That Work @ Lunch Recess Jonathon Lambrose	Maximizing Inclusion: Principles & Practices Jim Stiehl Christina Sinclair	Vigorous Planned Play: Games & Activities for Early Childhood Nicki Geigert	Taking a Step in the Right Direction: Pedometers Heidi Wegis Ada Massa Gonzalez	Inch By Inch, Row By Row; Our Time Is Here, Watch Us Grow! Dolly Lambdin	
2:45-3:15	EXHIBITORS SHOWCASE					
3:15-4:30		KEYNOTE: Why Teach Physical Education? GEORGE GRAHAM				
		CONFERENCE WRAP-UP				

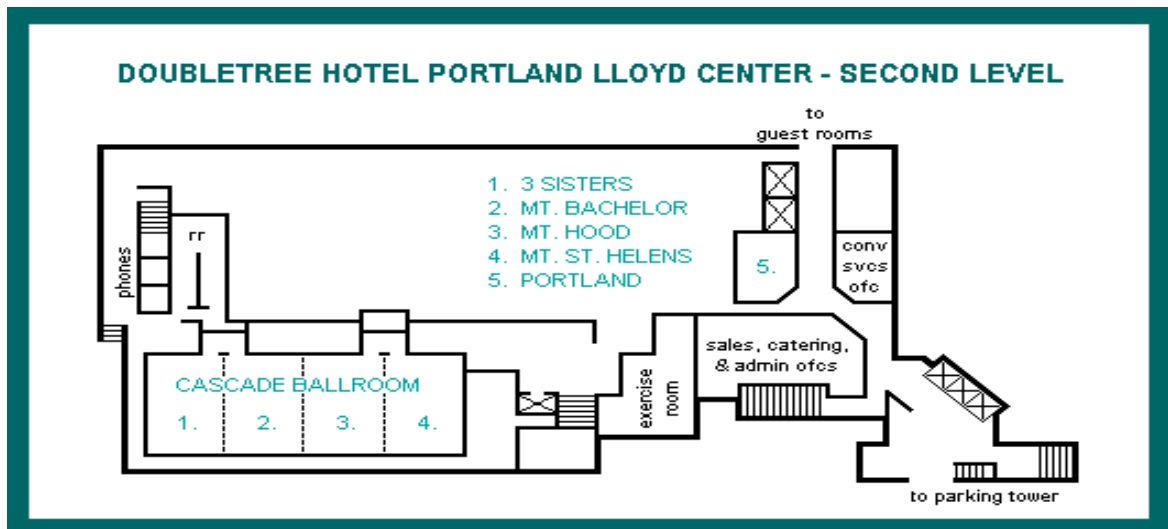
Doubletree Hotel Conference Room Locations

- Level 1:** Pacific Northwest Ballroom Area:
 3a. Oregon
 3b. Washington
 3c. Idaho

Exhibit Hall: Outside Lobby Entrance across drive to SE corner of Garage area.



- Level 2:** Cascade Ballroom Area only:
 1. 3 Sisters
 2. Bachelor
 3. Helens/Hood



Complete Conference Schedule

Friday, February 4, 2005

On-site Registration: 7:00 AM

8:00 – 8:30	TEAM TIME
8:45 – 9:45	Breakout Session I
9:45 – 10:15	EXHIBITORS' SHOWCASE
10:15 – 11:30	Conference Welcome AND Keynote: Robert Pangrazi
11:30 – 1:00	LUNCH ON YOUR OWN
1:00 – 2:00	Breakout Session II
2:15 – 3:15	Breakout Session III
3:30 – 4:30	Breakout Session IV
4:30 – 6:00	Conference Social

Saturday, February 5, 2005

On-Site Registration: 7:30 AM

8:00 – 8:30	TEAM TIME
8:45 – 9:45	Breakout Session V
10:00 – 11:00	Breakout Session VI
11:00 – 12:30	LUNCH ON YOUR OWN
12:30 – 1:30	Breakout Session VII
1:45 – 2:45	Breakout Session VIII
2:45 – 3:15	EXHIBITORS' SHOWCASE
3:15 – 4:30	Conference Wrap Up AND Keynote: George Graham

Friday, February 4, 2005

8:00 – 8:30	
<p><i>TEAM TIME - Together Everyone Achieves More</i> Get energized with Meg doing "TEAM Time" each morning. Meg will get you moving and grooving while you follow along. She will lead you through a variety of movement and flexibility activities. You might even learn a new dance or two!!</p> <p>Meg Greiner: Independence Elementary School NW District Elementary School Physical Education Teacher of the Year</p>	<p>Exhibit Hall</p> <p>Level 1 Across from Lobby</p>

Friday, February 4, 2005

8:45 – 9:45	
<p><i>See the U.S.A. the Pedometer Way!</i> This NEW action-packed session will take you on a “road trip” throughout the U.S.A. like you’ve never taken. Geography, history, language arts, and math concepts will all be reinforced through innovative physical education activities. This session will promote learning on the move or perhaps it’s better said.... “Learning on the road!” Pedometers will be loaned to participants during this session. FYI....No luggage required for this trip!</p> <p>Bonnie Hopper, Exhibitor/Innovative Fitness Connections</p>	<p>Exhibit Hall</p> <p>Level 1 Across From Lobby</p>
<p><i>Motivating the Unmotivated: Techniques and Ideas for Increasing Physical Activity in Youngsters in School and at Home:</i> This session will provide insights and tips about how to encourage youngsters in p.e. class, especially the unmotivated, poorly skilled youngsters and also describe new technologies and web sites that can be used to motivate the unmotivated outside of school.</p> <p>George Graham, Penn State University, University Park, PA</p>	<p>Helens/Hood</p> <p>Level 2</p>
<p><i>GOALBALL: Disability Awareness through Disability Sport:</i> This session will provide an example, through game play, of how to integrate disability awareness into your middle school curriculum through disability sport. Exposure, awareness, and understanding are important components in developing positive attitudes towards individuals with disabilities in the physical education/activity setting. GOALBALL, for example, is an excellent and simple activity that may help foster these components in children at the middle school level, both disabled and non-disabled.</p> <p>Dan Tindall, Central Missouri State University, Warrensburg, MO John Foley, Oregon State University, Corvallis, OR</p>	<p>Bachelor</p> <p>Level 2</p>
<p><i>Vigorous Planned Play: Games and Activities for Early Childhood:</i> The purpose of this session is to provide some tools for physical educators and other early childhood teachers that will address the concerns not only of our national Early Childhood obesity crisis, but will also provide fun activities that address the developmental needs of young children that in turn lead to higher levels of psychomotor and sensory motor development, which in turn affect cognitive development. REPEAT</p> <p>Nicki Geigert, Early Childhood Motor Development Consultant, San Diego, CA</p>	<p>3 Sisters</p> <p>Level 2</p>
<p><i>Making Everyday “Active”:</i> Recognizing that student engagement in moderate to vigorous physical activity is a crucial element in any well rounded physical education experience, the focus of this session will be to learn simple strategies for making typical physical education experiences better suited to deliver this objective. Participants will learn about teaching strategies and technologies that will promote engagement in physical activity without making wholesale changes to a curriculum.</p> <p>Michael Wright, California State University, Sacramento, CA</p>	<p>Oregon</p> <p>Level 1</p>
<p><i>Performance Requirements in Physical Education:</i> The law (ORS 329.485) says “Each year the resident district shall be accountable for determining the students progress toward achieving the academic content standards. Progress toward the academic content standards shall be measure in a manner than clearly enables the student and parents to know whether the student is making progress toward meeting or exceeding the academic content standards.” Since students in elementary and middle school should be making progress toward meeting or exceeding physical education content standards, this session will be about the scoring of students. Specifically, scoring tools being looked at as the state adopted scoring guides.</p> <p>Margaret Bates, Oregon Department of Education, Salem, OR</p>	<p>Washington</p> <p>Level 1</p>
<p><i>Beginning Teacher Panel:</i> A panel of first year physical education teachers will discuss their challenges & successes and respond to questions from participants.</p> <p>Maile Keliheleua (Facilitator), Fred Patton Middle School, McMinnville, OR</p>	<p>Idaho</p> <p>Level 1</p>

Friday, February 4, 2005

9:45 – 10:15

Exhibitors Showcase

**Visit our exhibitors while we set up for the
Keynote presentation!**

Exhibit Hall

**Level 1
Across
From
Lobby**

10:15 – 11:30

**Conference Welcome
&
KEYNOTE**

**Dr. Robert Pangrazi
Gopher Sport & Walk4Life
Professor Emeritus, Arizona State University**

Just Thinking...Accountability for What?

This presentation will focus on why elementary school children need increased activity and a greater focus on their health status. Cumulative activity patterns of youth are often overestimated leaving schools to believe they are meeting the needs of their youth. Specific strategies for changing the school environment to meet health and activity needs will be an important aspect of this presentation.

**Cascade
Ballroom**

**including
3 Sisters
Bachelor
Helens
Hood**

Level 2

11:30 – 1:00 LUNCH ON YOUR OWN

Friday, February 4, 2005

1:00 – 2:00	
<p>Teaching to all ABLE-ities through Dance: Description: Adapting Dance units to include students of all cultures, abilities...and even danceaphobics! REPEAT</p> <p>Kelly Mucha, Cedar Park Middle School, Beaverton S. D., Beaverton, OR Dawn Markell, Mt. Hood Community College, Gresham, OR</p>	<p>Exhibit Hall</p> <p>Level 1 Across From Lobby</p>
<p>A Little of This and a Lot of That! This session is a compilation of games & procedures from the past, present, & future. There will be camouflage fitness, drills, funnoodle challenges, mini-parachute activities, & of course, some crazy "critter" tricks.</p> <p>John Thomson, Exhibitor/U.S. Games</p>	<p>Helens/Hood</p> <p>Level 2</p>
<p>Assessing Large Groups in Small Areas: In this session we will learn creative ways to meet our assessment needs while being flexible with space. REPEAT</p> <p>Kathy Grove, Reynolds S. D., Fairview, OR</p>	<p>Bachelor</p> <p>Level 2</p>
<p>Making Fitness Count: Do you want a way to encourage Fitness for a lifetime with your middle school students? During this session we will show you how you can incorporate the <i>Fit For Life</i> curriculum into your program. With this program you will teach students to "self-assess" their current fitness levels, increase their physical activity levels, improve wellness, improve nutrition, and help them manage stress. Students will also have the opportunity to perform a variety of lifetime activities, such as orienteering, exercise circuits, jollyball, and Frisbee golf. Let's make fitness fun.</p> <p>Dani Blackwell, West Albany High School, Albany, OR Jeannie Harris, South Albany High School, Albany, OR</p>	<p>3 Sisters</p> <p>Level 2</p>
<p>Experiential Education for Physical Educators: Experiential Education is a process of interpersonal and intrapersonal growth through the use of challenging activities selected purposely to engage the learner physically, cognitively, and emotionally. Programmed activities are set-up and facilitated to encourage participants to challenge themselves to leave their comfort zone and enter a planned disequilibrium that motivates and develops new knowledge. This hands-on workshop is an introduction to facilitation of experiential education. The workshop will encompass how to play and debrief, to maximize learning; of icebreaker games, cooperative games, no-prop initiative problem solving games, and low prop initiative games. Some of the goals underlying the games are emphasized through the debriefing which lead students towards an understanding of such attributes as: teambuilding, leadership, self awareness, and trust. Workshop participants will engage in activities and learn to devise safe and effective programs that can be incorporated into their physical education curricula. REPEAT</p> <p>Lindsey Haggas, Philomath Middle School, Philomath, OR Glenda Lunstedt, Oregon State University, Corvallis, OR</p>	<p>Oregon</p> <p>Level 1</p>
<p>Teaching responsibility in the gym: An update: Many teachers now use TPSR, and my work with kids continues as well. As a result, new ideas and instructional strategies continue to emerge. In addition, misinterpretations of TPSR continue to occur, suggesting that this session ought to be called "Lost in translation"! This session will address both of these issues.</p> <p>Don Hellison, University of Illinois at Chicago</p>	<p>Washington And Idaho</p> <p>Level 1</p>

Friday, February 4, 2005

<p>2:15 – 3:15</p> <p><i>50's Family Dance Night – dance instruction and event planning:</i> Participants will learn the basic swing step and moves all of your students can do. You will also learn a variety of 50's dances: "Hand Jive", "The Stroll", "Twist", "Bunny Hop" and the "Limbo". Event planning ideas for a fun-filled "50's Family Sock Hop", including an easy check-off sheet – complete with ideas for contests and fun activities that your PTA/PTO can help set up to make the night fun for all. REPEAT</p> <p>Sherry Rhoades, River Grove & Bryant Elementary, Lake Oswego S. D.</p>	<p align="center">Exhibit Hall</p> <p align="center">Level 1 Across From Lobby</p>
<p><i>Everybody Plays, Everybody Wins!</i> Utilizing a wide variety of equipment, this activity session will address sequential learning, gross and fine motor skill development and techniques for inclusion. REPEAT</p> <p>Don Fogle, Exhibitor: W.E. C.A.R.E. Sports</p>	<p align="center">Helens/Hood</p> <p align="center">Level 2</p>
<p><i>Taking a Step in the Right Direction: The Use of Pedometers to Assess and Motivate:</i> Pedometers can be used to motivate, assess, promote and teach physical activity in numerous settings. The use of this tool allows the physical educator to determine how much physical activity their students are getting, and provides the students with immediate feedback regarding their current activity. This session will provide tips and information on their use, as well as some sample activities that incorporate pedometers. REPEAT</p> <p>Heidi Wegis, Oregon State University, Corvallis, OR Ada Mass Gonzalez, Oregon State University, Corvallis, OR</p>	<p align="center">Bachelor</p> <p align="center">Level 2</p>
<p><i>Including Everyone: Strategies that ROCK!</i> This activity session will provide strategies for including all students of varying abilities into successful experiences and fun physical activities. NASPE Standards (3, 5, and 6) are addressed in this session. REPEAT</p> <p>Debra Patterson, California State University, Northridge, CA</p>	<p align="center">3 Sisters</p> <p align="center">Level 2</p>
<p><i>Lunchtime Sports - An Intra-Mural Program For 4th - 6th Graders:</i> This session will help you with the "nuts and bolts" of organizing an intra-mural program at your school. You will leave with all the "how to's" of starting a program at your school. Your administrator, your staff and your students will love you for it!</p> <p>Jonathan Lambrose, Kyrene S. D., Kyrene, AZ</p>	<p align="center">Oregon</p> <p align="center">Level 1</p>
<p><i>Inch by Inch, Row by Row: Our time is here, watch us grow!</i> All around our country we see signs of renewed interest in children's health and physical activity. Professional standards for curriculum, appropriate practices, and standards of service are being used to guide appropriate programming. Community and government support are beginning to make a difference. This session will bring you up to date on the steady progress we are making through NASPE standards development and professional collaborations as we grow support for quality physical and health education for all children. REPEAT</p> <p>Dolly Lambdin, University of Texas, Austin, TX; NASPE President</p>	<p align="center">Washington & Idaho</p> <p align="center">Level 1</p>

Friday, February 4, 2005

3:30 – 4:30	
<p><i>Starting Sport Education: Lessons From Beginning teachers:</i> Sport Education has gained popularity among physical education teachers both in the United States and abroad. This curriculum and instruction model aims to offer student with more authentic and complete sport experiences than typically seen in school programs. This session will provide a brief outline of the model and present multiple examples of how first-year teachers from two northwest Physical Education teacher Education programs have implemented their first Sport Education season. Their experiences will be presented in poster format, allowing for conference attendees to see the range of examples and have one-on-one discussions with the presenting teachers.</p> <p>Hans van der Mars, Oregon State University, Corvallis, OR Deborah Tannehill, Pacific Lutheran University, Tacoma, WA</p>	<p>Exhibit Hall</p> <p>Level 1 Across From Lobby</p>
<p><i>Maximizing inclusion: Principles and practices:</i> Irrespective of one’s goals (e.g., skills, fitness, adventure, responsibility, teamwork) or preferred curricular model (e.g., sport education, fitness education, character education), the success of any activity-based, purpose-driven program will depend on the learning climate. In a healthy learning climate, kids feel safe, capable, successful, motivated, and connected to others. They also have a sense of ownership or “buy in.” In this session we will share practical ideas for tweaking your favorite activities in order to boost the involvement of every child, regardless of his or her level of skill, fitness, or motivation. Different abilities and interests may require different challenges. We firmly believe that inclusion is not just a slogan, and that activities are not sacred – kids are! REPEAT</p> <p>Jim Stiehl, University of Northern Colorado, Greeley, CO Christina Sinclair, University of Northern Colorado, Greeley, CO</p>	<p>Helens/Hood</p> <p>Level 2</p>
<p><i>Teaching Invasion Games Using Teaching Games for Understanding (TGFU):</i> This session will focus on the way in which to instruct children to play invasion games through the use of TGFU. Games will either represent or exaggerate elements of the parent game in order for the instructor to help the children solve tactical problems that they encounter. Parent games will be simplified by using smaller sided games (5 v 5, 3 v 3, 2 v 2 etc.), modifying the use of equipment and/or space in order to help develop students learning of tactical concepts within games. REPEAT</p> <p>Stephen Harvey, Oregon State University, Corvallis, OR</p>	<p>Bachelor</p> <p>Level 2</p>
<p><i>Bouldering Wall Sharing Session:</i> On and off-wall bouldering activities will be presented. Come with your ideas and/or modifications to share. Bring along any special equipment that you utilize for these activities to share with others. REPEAT</p> <p>Jeff McNamee, Oregon Health Sciences University, Portland, Or</p>	<p>3 Sisters</p> <p>Level 2</p>
<p><i>How Do you Do That?! Individual Jump Rope Skills:</i> Have you ever looked at a move and wondered how a person was able to accomplish that? Jumping rope has become a lot more fun when kids are able to jazz it up with moves that look complex. Learn how to break down moves such as caboose, leg over, and Round the World. Basic cues also provided for approximately 25 moves. Participation is required at your energy level.</p> <p>Dana Strowbridge, Hoover Elementary School, Corvallis S. D., Corvallis, OR</p>	<p>Oregon</p> <p>Level 1</p>
<p><i>PE on a PDA (or a Personal Data Assistant):</i> Practical uses for handheld technology in physical education. Utilizing a PDA for the physical educator is like teaching young people to dance, you just do it with unashamed enthusiasm.</p> <p>Matt Tornow, Richmond Elementary School, Salem Keizer S. D., Salem, OR</p>	<p>Washington</p> <p>Level 1</p>
<p><i>Creating a Culturally Responsive Gym:</i> This session will engage participants in discussion about teaching in more culturally responsive and inclusive ways in physical education. Different curricular models of teaching specific to physical education (i.e., Sport Education, Games for Understanding, Social Responsibility; Outdoor / Adventure) will be used to create examples of more culturally responsive and inclusive teaching practices. REPEAT</p> <p>Gay Timken, Western Oregon University, Monmouth, OR</p>	<p>Idaho</p> <p>Level 1</p>

Friday, February 4, 2005

4:30 – 6:00

All Conference Social

You are invited to join the Council, Keynoters, and Presenters to relax and network. Light refreshments will be served. Beverages will be available for purchase at a no-host bar.

Exhibit
Hall

Level 1

Across
From
Lobby

We hope you take the opportunity to dine with friends and colleagues then return on Saturday ready for another full day of activity and invigorating experiences.

Saturday, February 5, 2005

8:00 – 8:30

TEAM TIME - Together Everyone Achieves More

Get energized with Meg doing "TEAM Time" each morning. Meg will get you moving and grooving while you follow along. She will lead you through a variety of movement and flexibility activities.

You might even learn a new dance or two!!

Meg Greiner

**Independence Elementary School
NW District Elementary Physical
Education Teacher of the Year**

Exhibit
Hall

Level 1

Across
from
Lobby

Saturday, February 5, 2005

8:45 – 9:45	
<p><i>Heart Adventure Challenge Course:</i> Experience the heart with the heart adventure course set up in your gym. Students learn all aspects of the heart as they physically move through each obstacle.</p> <p>Edwin Jaffarian, McCornack Elementary School, Eugene S.D. Bill Forrest, Kelly Middle School, Eugene SD</p>	Exhibit Hall
<p><i>Teaching Invasion Games Using Teaching Games for Understanding (TGFU):</i> This session will focus on the way to instruct children to play invasion games through the use of TGFU. Games will either represent or exaggerate elements of the parent game in order for the instructor to help the children solve tactical problems they encounter. Parent games will be simplified by using smaller sided games (5 v 5, 3 v 3, 2 v 2 etc.), modifying the use of equipment and/or space in order to help develop students learning of tactical concepts within games. REPEAT</p> <p>Stephen Harvey, Oregon State University, Corvallis, OR</p>	Helens/Hood Level 2
<p><i>Jump Rope spells “Cooperation”:</i> This session will have the participant learning how to jump and turn one or two ropes with a partner. Partner tricks, Twins and The Wheel, long rope tricks, The Traveler (one rope and many partners) and Double Dutch will be introduced and actively practiced! Now’s the time to strut your stuff!</p> <p>Dana Strowbridge, Hoover Elementary School, Corvallis, OR</p>	Bachelor Level 2
<p><i>Assessing Large Groups in Small Areas:</i> In this class we will learn creative ways to meet our assessment needs while being flexible with space. REPEAT</p> <p>Kathy Grove, Reynolds S. D.</p>	3 Sisters Level 2
<p><i>Bouldering Wall Sharing Session:</i> On and off-wall bouldering activities will be presented. Come with your ideas and/or modifications to share. Bring along any special equipment that you utilize for these activities to share with others. REPEAT</p> <p>Jeff McNamee, Oregon Health Sciences University</p>	Oregon Level 1
<p><i>Teaching to the Oregon Standards through Life Skills, Bullying and Harassment:</i> Focusing first on behavior as the driving force, or lesson theme and then introducing the day’s activity reverses many physical educators thinking. Re-teaching and re-focusing students to the behavior concentration during the skill or activity development can be a very positive experience for students.</p> <p>Dave Gable, Cheldelin Middle School, Corvallis S. D., Corvallis, OR</p>	Washington Level 1

Saturday, February 5, 2005

10:00 – 11:00	
<p><i>Teaching to all ABLE-ities through Dance:</i> Description: Adapting Dance units to include students of all cultures, abilities...and even danceaphobics! REPEAT</p> <p>Kelly Mucha, Cedar Park Middle School, Beaverton S. D. Dawn Markell, Mt. Hood Community College</p>	<p>Exhibit Hall</p> <p>Level 1 Across From Lobby</p>
<p><i>Using Pedometers to Promote Activity Time:</i> This session will concentrate on how to increase physical activity awareness in a school setting. Part of the session will be hands-on activity with pedometers. Also covered will be a web-based activity and health monitoring program.</p> <p>Robert Pangrazi, Gopher Sport & Walk4Life Professor Emeriti, Arizona State University</p>	<p>Helens/Hood</p> <p>Level 2</p>
<p><i>Promoting Your PE Program in Your Building and Beyond:</i> Participants will gain information on ideas on receiving recognition for quality programs, showcasing a program, creating newsletters and many more. REPEAT.</p> <p>Dan Mertz, Evergreen S.D., Vancouver, WA Anne VanLaeken, Evergreen S.D., Vancouver, WA</p>	<p>Bachelor</p> <p>Level 2</p>
<p><i>Making Everyday “Active”:</i> Recognizing that student engagement in moderate to vigorous physical activity is a crucial element in any well rounded physical education experience, the focus of this session will be to learn simple strategies for making typical physical education experiences better suited to deliver this objective. Participants will learn about teaching strategies and technologies that will promote engagement in physical activity without making wholesale changes to a curriculum. REPEAT</p> <p>Michael Wright, California State University, Sacramento, CA</p>	<p>3 Sisters</p> <p>Level 2</p>
<p><i>Experiential Education for Physical Educators:</i> Experiential Education is a process of interpersonal and intrapersonal growth through the use of challenging activities selected purposely to engage the learner physically, cognitively, and emotionally. Programmed activities are set-up and facilitated to encourage participants to challenge themselves to leave their comfort zone and enter a planned disequilibrium that motivates and develops new knowledge. This hands-on workshop is an introduction to facilitation of experiential education. The workshop will encompass how to play and debrief, to maximize learning; of icebreaker games, cooperative games, no-prop initiative problem solving games, and low prop initiative games. Some of the goals underlying the games are emphasized through the debriefing which lead students towards an understanding of such attributes as: teambuilding, leadership, self awareness, and trust. Workshop Participants will engage in activities and learn to devise safe and effective programs that can be incorporated into their physical education curricula. REPEAT</p> <p>Lindsey Haggas, Philomath Middle School, Philomath, OR Glenda Lunstedt, Oregon State University, Corvallis, OR</p>	<p>Oregon</p> <p>Level 1</p>
<p><i>Creating a Culturally Responsive Gym:</i> This session will engage participants in discussion about teaching in more culturally responsive and inclusive ways in physical education. Different curricular models of teaching specific to physical education (i.e., Sport Education, Games for Understanding, Social Responsibility; Outdoor / Adventure) will be used to create examples of more culturally responsive and inclusive teaching practices. REPEAT.</p> <p>Gay Timken, Western Oregon University, Monmouth, OR</p>	<p>Washington</p> <p>Level 1</p>
11:00 – 12:30 LUNCH ON YOUR OWN	

Saturday, February 5, 2005

12:30 – 1:30	
<p><i>50's Family Dance Night – dance instruction and event planning:</i> Participants will learn the basic swing step and moves all of your students can do. You will also learn a variety of 50's dances: "Hand Jive", "The Stroll", "Twist", "Bunny Hop" and the "Limbo". Event planning ideas for a fun-filled "50's Family Sock Hop", including an easy check-off sheet – complete with ideas for contests and fun activities that your PTA/PTO can help set up to make the night fun for all. REPEAT</p> <p>Sherry Rhoades, River Grove & Bryant Elementary, Lake Oswego S. D.</p>	<p>Exhibit Hall</p> <p>Level 1 Across From Lobby</p>
<p><i>Everybody Plays, Everybody Wins!</i> Utilizing a wide variety of equipment, this activity session will address sequential learning, gross and fine motor skill development and techniques for inclusion. REPEAT</p> <p>Don Fogle, Exhibitor: W.E. C.A.R.E. Sports</p>	<p>Helens/Hood</p> <p>Level 2</p>
<p><i>Promoting Your PE Program in Your Building and Beyond:</i> Participants will gain information on ideas on receiving recognition for quality programs, showcasing a program, creating newsletters and many more. REPEAT</p> <p>Dan Mertz, Evergreen S.D., Vancouver, WA Anne VanLaeken, Evergreen S.D., Vancouver, WA</p>	<p>Bachelor</p> <p>Level 2</p>
<p><i>Including Everyone: Strategies that ROCK!</i> This activity session will provide strategies for including all students of varying abilities into successful experiences and fun physical activities. NASPE Standards (3, 5, and 6) are addressed in this session. REPEAT</p> <p>Debra Patterson, California State University, Northridge, CA</p>	<p>3 Sisters</p> <p>Level 2</p>
<p><i>Teaching Responsibility in the Gym: Sharing Implementation Issues:</i> This follow-up session is designed for those teachers who have tried to put TPSR into practice as well as those who want to do so. Participants will share their implementation experiences as well as their own modifications and additions to TPSR. Issues in implementation will also be discussed. A small group lesson planning exercise will be included in the session.</p> <p>Don Hellison, University of Illinois at Chicago</p>	<p>Oregon</p> <p>Level 1</p>

Saturday, February 5, 2005

1:45 – 2:45	
<p><i>Lunchtime Sports - Games That Work @ Lunch Recess:</i> During this session you will learn a variety of games that 4th - 6th graders will love to play ALL year - even if you are not out on duty! Come learn how your students will love to play games where everyone enjoys the game. Come learn to play games like: Sideline hockey, Aerial Football, GatorBall and YardBall.</p> <p>Jonathan Lambrose, Kyrene School District, Kyrene, AZ</p>	<p>Exhibit Hall</p> <p>Level 1 Across From Lobby</p>
<p><i>Maximizing inclusion: Principles and practices:</i> Irrespective of one's goals (e.g., skills, fitness, adventure, responsibility, teamwork) or preferred curricular model (e.g., sport education, fitness education, character education), the success of any activity-based, purpose-driven program will depend on the learning climate. In a healthy learning climate, kids feel safe, capable, successful, motivated, and connected to others. They also have a sense of ownership or "buy in." In this session we will share practical ideas for tweaking your favorite activities in order to boost the involvement of every child, regardless of his or her level of skill, fitness, or motivation. Different abilities and interests may require different challenges. We firmly believe that inclusion is not just a slogan, and that activities are not sacred – kids are! REPEAT</p> <p>Jim Stiehl, University of Northern Colorado, Greeley, CO Christina Sinclair, University of Northern Colorado, Greeley, CO</p>	<p>Helens/Hood</p> <p>Level 2</p>
<p><i>Vigorous Planned Play: Games and Activities for Early Childhood:</i> The purpose of this session is to provide some tools for physical educators and other early childhood teachers that will address the concerns not only of our national Early Childhood obesity crisis, but will also provide fun activities that address the developmental needs of young children that in turn lead to higher levels of psychomotor and sensory motor development, which in turn affect cognitive development. REPEAT</p> <p>Nicki Geigert, Early Childhood Motor Development Consultant, San Diego, CA</p>	<p>Bachelor</p> <p>Level 2</p>
<p><i>Taking a Step in the Right Direction: The Use of Pedometers to Assess and Motivate:</i> Pedometers can be used to motivate, assess, promote and teach physical activity in numerous settings. The use of this tool allows the physical educator to determine how much physical activity their students are getting, and provides the students with immediate feedback regarding their current activity. This session will provide tips and information on their use, as well as some sample activities that incorporate pedometers. REPEAT</p> <p>Heidi Wegis, Oregon State University, Corvallis, OR Ada Mass Gonzalez, Oregon State University, Corvallis, OR</p>	<p>3 Sisters</p> <p>Level 2</p>
<p><i>Inch by Inch, Row by Row: Our time is here, watch us grow!</i> All around our country we see signs of renewed interest in children's health and physical activity. Professional standards for curriculum, appropriate practices, and standards of service are being used to guide appropriate programming. Community and government support are beginning to make a difference. This session will bring you up to date on the steady progress we are making through NASPE standards development and professional collaborations as we grow support for quality physical and health education for all children. REPEAT</p> <p>Dolly Lambdin, University of Texas, Austin, TX; NASPE President</p>	<p>Oregon</p> <p>Level 1</p>

Saturday, February 5, 2005

2:45 – 3:15

Exhibitors Showcase

**Visit our exhibitors while we set up for the
Keynote presentation!**

**Exhibit
Hall
Level 1
Across
From
Lobby**

3:15 – 4:30

**Conference Wrap-Up
&
KEYNOTE**

**George Graham
Professor
Penn State University
NASPE Past-President**

Why Teach Physical Education?

All too often physical educators feel picked upon and undervalued. This presentation will provide an inspirational, upbeat look at the importance of K-12 physical educators and why our work is valued as never before.

**Cascade
Ballroom

including
3 Sisters
Bachelor
Helens
Hood

Level 2**

CCEPE Wishes to Express a Sincere Thank YOU to:

- **Keynoters: Dr. George Graham and Dr. Robert Pangrazi**
- **Invited Guest Presenters: Don Hellison and Dolly Lambdin**
- **Special T-Shirt Designer: Dianna Schaffer (PE Tees)**
- **Copier: Peter Bilodeau from DocuMart**
- **Packet Stuffers: Reynolds High School Students & Staff**
- **On-site Help: OSU's Physical Education Teacher Education Graduate Students**

- **Exhibitors who have supplied our raffle prizes!**

<p><u>Focused Fitness</u> Ron T. Malm 2630 W. Euclid Ave. Spokane, WA 99205 509-230-0905 www.focusedfitness.org</p>	<p><u>Rocky Mountain Pedometer Co./Innovative Fitness Connection</u> Bonnie Hopper hopperbb@aol.com 1-877-685-9059</p>
<p><u>Kindertunes</u> PO BOX 169 Corbett OR 97019 kindertunes@yahoo.com</p>	<p><u>PE Tees</u> Dianna Shaffer 3011 NE Hancock Street Portland, OR 97212 503-281-5405 dsrtst@qwest.net</p>
<p><u>PlayFit Education</u> Dr. Curt Hinson 1945 Melson Way Hockessin DE 19707 drcurthinson@comcast.net</p>	<p><u>Shape Up Across Oregon</u> 6420 SW Macadam Ave. Suite 208 Portland, OR 97239 503-245-2102 sgreen@davidheil.com</p>
<p><u>U.S. Games</u> John Thomson 1-800-327-0484 Voice Mail: X4450</p>	<p><u>USTA/Pacific NW</u> Andrea Peltosalo 4840 SW Western Ave. # 300 Beaverton, OR 97005 503- 520-1877 x 14 andreaP@pnw.usta.com</p>
<p><u>Walk4Life</u> 12137 Rhea Dr. Plainfield, IL 60544 888-422-1806 www.walk4life.com</p>	<p><u>We Care Sports</u> Mag Hughes & Don Fogle 1900 16th Street West Linn, OR 97068 800-645-4257 jugglemag@aol.com</p>

Websites for Information on Physical Education:

American Alliance for Health, Physical Education, Recreation and Dance:

www.AAHPERD.org

Human Kinetics Publisher: www.HumanKinetics.com

National Association for Sport and Physical Education: <http://www.aahperd.org/naspe/>

National Board for Professional Teaching Standards: <http://www.nbpts.org/>

Oregon Physical Education Content Standards:

<http://www.ode.state.or.us/search/results/?id=53>

Physical Education Central: www.pecentral.com

PELINKS4U: <http://www.pelinks4u.org>

Washington Essential Academic Learning Requirements:

<http://www.k12.wa.us/curriculumInstruct/healthfitness/default.aspx>

NORTHWEST DISTRICT AAHPERD

DISCOVER THE FUTURE TODAY

Mt. Hood Community College

Gresham, OR

March 17-19, 2005

Registration forms can be downloaded from the NWDA Website. To get to the website go to www.aahperd.org ; click on districts and highlight Northwest; Click on “programs and conferences”.