

**Council for Children's
Expanded Physical Education
*CELEBRATES!!***



**The 26th Annual Northwest
Conference on Children's
Physical Education**

Conestoga Middle School

February 25, 2006

Welcome to the 26th 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 Andersen - 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**
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- **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**
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- **Richard Shaw – Beaverton School District**

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- **Kari Andersen**
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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 Boxes along with your evaluation. **The final GRAND PRIZE DRAWING will come from the returned badges!**

Lunch will be provided at 11:45 to 12:45: Lunch will be distributed in the Commons area and exhibitors will be showcasing their merchandise.

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.** 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.**

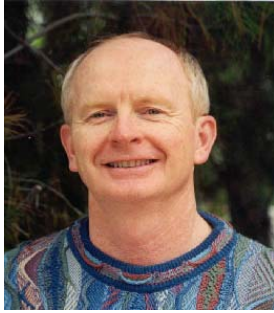
Oregon PDU Certificates will be available at the registration table at the end of the last session. You must pick these up in person.

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.

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 KEYNOTERS



Thomas L. McKenzie, Ph.D.

Professor, Department of Exercise and Nutritional Services
San Diego State University, ENS 314
San Diego, CA 92128-7251
Office 619-594-4817, fax 619-594-6553
e-mail: tmckenzie@sdsu.edu

Dr. Thom McKenzie is Emeritus Professor of Exercise and Nutritional Sciences at San Diego State University and Adjunct Professor of Pediatrics at the University of California, San Diego. He is a former public school physical education and health teacher, coach, and administrator. He has authored or co-authored over 120 scientific papers and chapters, developed numerous curricular materials, and presented over 300 papers at state, national, and international conferences. His expertise in designing and assessing physical activity and exercise programs for diverse populations ranging from obese children to Olympic athletes is widely recognized. AIESEP awarded him the prestigious International Olympic Committee President's Prize for sport and physical education program development, research, and scholarship in 2003, and he was selected as Alliance Scholar of AAHPERD in 2004.

Dr. McKenzie is a Fellow of four professional organizations: the American College of Sports Medicine (ACSM), the American Academy of Kinesiology and Physical Education (AAKPE), the Research Consortium of the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), and the North American Society of Health, Physical Education, Recreation, Sport and Dance Professionals.

Dr. McKenzie has been a major investigator on eight multidisciplinary research projects supported by the National Institutes of Health, including SPARK (Sports, Play, and Active Recreation for Kids), CATCH (Child and Adolescent Trial for Cardiovascular Health), and MSPAN (Middle School Physical Activity and Nutrition).



Meg Greiner

Independence Elementary School
Central School District
503-606-2180
greiner@aol.com

Meg Greiner, 2005 NASPE National Elementary Physical Education Teacher of the Year, 2005 USA Today All-USA Teacher Team, has been teaching elementary physical education for 18 years. She is National Board certified and received her Masters of Education in Adapted Physical Education from Oregon State University. She teaches Kindergarten - 4th grade and Adapted Physical Education at Independence Elementary School, Independence Oregon.

Personal Quote: "You Don't Stop Playing Because You Grow Old, You Grow Old Because You Stop Playing!" Play on!!

Personal Story:

I do what I love and I love what I do. My passion for teaching is fueled by the children. They are truly the reason that I love to go to work each day. They are so precious. By teaching physical education I get to touch thousands of children's lives and I hope that in a small way I have had the opportunity to encourage and inspire them to reach for the stars, dance like no one is watching, and to become physically educated and physically active for life. I am the richest person in the world, everyday I get to play, dance, laugh, and love. It doesn't get any better than this!

I received the following letter from one of my students as she graduated from school this year.

Ms. Greiner:

I will never forget you. You have been great. Never forget me because I will never forget you. Good luck next year. Keep on teaching. Lot's of kids need you. Thanks to you I learned how to juggle, ride a unicycle, be strong, and to keep my heart healthy. If you get sad because we leave just remember you will always be in my heart. I will keep on exercising, don't worry. I will come and visit you at least I will try to once a week. I will always remember you! Love,

Veronica

Past CCEPE Recognition Awards

- 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 Zehrunge, Beaverton School District

SATURDAY, FEBRUARY 25, 2006

TIME	LARGE GYM	SMALL GYM	ACTIVITY GYM	BAND ROOM	CLASSROOM E-4
8:00-8:20	TEAMTIME: MEG GREINER				
8:30-9:20	Get moving with ropes, rhythm sticks, ribbons and more. Brandi Bazarto	A quality lesson from start to finish: "When you don't have a second to lose!" Ron Malm	Expanding P.E. curriculum through the infusion of disability sports and activity. Marquell Johnson and Bekkie Bryan	Yoga with weights and relaxation techniques. Paula Jack-Fix	P.E. on a PDA. Matt Tornow
9:30-10:20	Striking and fielding games using the Teaching Games for Understanding (TGFU) approach. Stephen Harvey	Teamwork through rhythms. Cheryl Wardell	Adventure on the cheap: Getting more with less. Gay Timken	Assessing movement outcomes in Elementary P.E. Michael Wright	Showcasing Your PE/Health Program Dan Mertz and Anne Van Laeken
10:30-11:45	WELCOME AND KEYNOTE THOM MCKENZIE: Promoting Physical Activity in Schools				
11:45-12:45	LUNCH AND EXHIBITORS SHOWCASE in the Commons				
1:00-1:50	Strategies for successful inclusion. Mag Hughes & Don Fogle	Step and dance...How do Salsa, Merengue and pedometers mix together? Heidi Wegis, Ada Massa and ZaNeen McClain		Measuring physical activity in schools. Thom McKenzie	Isn't volleyball just volleyball in any culture: Thinking more globally about culturally responsive teaching. Gay Timken
2:00-2:50	Assessing students when using games-based approaches to teaching. Stephen Harvey	Put on your dancing shoes, "FUN"damentals of swing dance. Craig Tacla	Literacy and P.E. : Do they complement each other? Dana Galle-Strowbridge	PlayStation 2-Dance Dance revolution & Eye Toy: An introduction to whole body video games. Kathy Edmiston & Monica Roshak	Beginning teacher panel. Facilitator: Raquel Tambio
3:00-4:15	KEYNOTE: MEG GREINER: "If it's to be it's up to me - public relations from the trenches!"				

Complete Conference Schedule

Saturday, February 25, 2006

On-site Registration: 7:00 AM

8:00 - 8:20	TEAM TIME
8:30 - 9:20	Breakout Session I
9:30 - 10:20	Breakout Session II
10:30 - 11:45	Conference Welcome AND Keynote: Thomas McKenzie
11:45 - 12:45	Lunch and Exhibitors showcase
1:00 - 1:50	Breakout Session III
2:00 - 2:50	Breakout Session III
3:00 - 4:15	Keynote: Meg Greiner

Saturday, February 25, 2006

8:00 – 8:20 Session Description	Location
<p>TEAM TIME - Together Everyone Achieves More Get energized with Meg doing "TEAM Time". 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, Independence, OR 2005 NASPE Teacher of the Year</p>	Large Gym
8:30 – 9:20 Session Descriptions	Location
<p>Get moving with ropes, rhythm sticks, ribbons and more. Participants will learn a variety of activities that incorporate music to get kids moving. The session will include warm-ups and rhythmic routines using ribbons, rhythm sticks, parachute and ropes. Rhythmic routines can be used to develop a sense of rhythm, beat awareness and timing. In addition, rhythmic activities provide students a way to feel good physically, be mentally stimulated, develop self esteem, and appropriately interact with their classmates. Brandi Bazarro: Evergreen School District, Vancouver, WA</p>	Large Gym
<p>A quality lesson from start to finish: “When you don’t have a second to lose!” Description (to be included in the program): Come and experience a quality lesson that weaves academics, motor skills and fitness related activities together in a 30 minute lesson. Quality lessons designed by physical educators for physical educators will be shared and demonstrated. Leave this session with multiple ideas to use on Monday and beyond. Ron T. Malm: Focused Fitness, Spokane, WA: EXHIBITOR</p>	Small Gym
<p>Expanding P.E. curriculum through the infusion of disability sports and activity. Description (to be included in the program): Provide a brief history and highlight rules of a variety of disability sport and activities. Present ways on how disability sports and activities can be infused into the regular physical education curriculum. This session will provide an opportunity for the attendees to participate in some of the presented activities. Marquell Johnson and Bekkie Bryan: Oregon State University, Corvallis, OR</p>	Activity Gym

8:30 – 9:20 Session Descriptions Continued

<p>Yoga with weights and relaxation techniques. Yoga using teaching cards plus sun salutation. Yoga combined with light weights. Yoga combined with Jacobsen's (Harvard) progressive muscular relaxation technique. Come prepared to move, lift, stretch and relax.</p> <p>Paula Jack-Fix: Highland Park Middle School, Beaverton, OR</p>	<p>Band Room</p>
<p>P.E. on a PDA. This session will put a PDA in the hands of attendees for demonstration of how to utilize technology to assist you in teaching and organizing data for assessment and other purposes.</p> <p>Matt Tornow: Salem-Keizer School District, Salem, OR</p>	<p>Classroom E-4</p>
<p>9:30 – 10:20 Session Descriptions</p>	<p>Location</p>
<p>Striking and Fielding Games using the Teaching Games for Understanding (TGFU) Approach.</p> <p>The session will focus on presenting a small sample of various basic striking and fielding games that can be used by physical education teachers to teach tactical concepts in physical education settings to students in the upper elementary and middle school grade levels. Ways to organize students for games based instruction will also be addressed as will assessment ideas (which will also be presented in a follow-up session later in the day).</p> <p>Stephen Harvey: Oregon State University, Corvallis, OR</p>	<p>Large Gym</p>
<p>Teamwork through rhythms. Using rhythm activities students will work together to make routines. Lummi sticks, jump bands, hand dribbling, rope jumping and dance will be shown as rhythm activities that can be assessed on physical skills and social behavior. Music ideas will be included.</p> <p>Cheryl Wardell: Beaverton School District, Beaverton, OR</p>	<p>Small Gym</p>
<p>Adventure on the cheap: Getting more with less. This session will help physical education teachers use adventure education with their classes. One point is to demonstrate that adventure education can be done cheaply, with little or no equipment at all. The other point is to understand the debriefing process – how to get the bigger message (risk and challenge, acceptance and respect, trust and responsibility, communication and cooperation) across to students.</p> <p>Gay Timken: Western Oregon University, Monmouth, OR</p>	<p>Activity Gym</p>
<p>Assessing movement outcomes in elementary P.E. This session will introduce the participant to a variety of assessment tools used for evaluating students' movement performance during physical education. Assessment tools presented are designed for use during the instructional process to not only evaluate student performance, but to also be used as accountability measures for engaging students into subject matter.</p> <p>Michael Wright: California State University, Sacramento, CA</p>	<p>Band Room</p>
<p>Showcasing Your PE/Health Program</p> <p>Learn how the Evergreen Elementary PE staff promotes physical education with the community through their annual PE Showcase. Get a behind-the-scenes look at how the Showcase is developed and watch a video clip of our most recent Showcase. Gain ideas, tips and inspiration for organizing your own PE Showcase!</p> <p>Anne VanLaeken & Dan Mertz: Evergreen School District, Vancouver, WA</p>	<p>Classroom E-4</p>

<p>10:30 – 11:45 Welcome and Keynote: Thomas McKenzie Promoting Physical Activity in Schools</p>	<p>Large Gym</p>
<p>11:45 – 12:45 LUNCH AND EXHIBITORS SHOWCASE</p>	

<p>1:00 – 1:50 Session Descriptions</p>	<p>Location</p>
<p>Strategies for successful inclusion. This workshop is guaranteed to have everyone being physically active, feeling successful and having fun! Mag Hughes & Don Fogle: We Care Sports, West Linn, OR: EXHIBITOR</p>	<p>Large Gym</p>
<p>Step and Dance...How do salsa, meringue and pedometers mix together? This presentation integrates the use of pedometers and Latin dances as motivators for moderate to vigorous physical activity. Elementary school- age children are eager to learn and engage in rhythmical activities. Salsa and Merengue are two dances from the Caribbean characterized by moderate-to-fast tempo music. During this interactive presentation the participants will learn the basic steps of Salsa and Merengue. They will also be able to track, with a pedometer, the amount of steps taken throughout the presentation. This is a great activity that combines aerobics and rhythms with a dance that is in great demand. Heidi Wegis, Ada Massa and ZaNean McClain: Oregon State University, Corvallis, OR</p>	<p>Small Gym</p>
<p>Measuring physical activity in schools: How physically active children are at your school? This session focuses on using systematic observation to assess physical activity levels and associated environmental characteristics in physical education classes and at leisure time periods (i.e., at recess and before and after school). Thom McKenzie: San Diego State University, San Diego, CA</p>	<p>Band Gym</p>
<p>Isn't volleyball just volleyball in any culture: Thinking more globally about culturally responsive teaching. This session encourages participants to engage in a discussion about being more culturally responsive and competent as teachers of physical education. Many in the broad field of education are having this conversation; few in the field of physical education are – and we need to. We will draw on teacher expertise from the audience to illustrate how best to engage learners and movers from a variety of cultural backgrounds. Gay Timken: Western Oregon University, Monmouth, OR</p>	<p>Classroom E-4</p>

2:00 – 2:50 Session Descriptions	Location
<p>Assessing students when using games-based approaches to teaching. The session will focus on presenting various assessment tools for teachers who are interested in teaching using a more tactical/games-based approach to teaching. Practical games-based activities will be used as a vehicle to allow participants to learn and practice how to assess students using the various assessment tools. Assessment tools will include the Game Performance Assessment Instrument (GPAI) and then a sample of game play rubrics devised from analyzing the various tactical concepts and skills associated with various games.</p> <p>Stephen Harvey: Oregon State University, Corvallis, OR</p>	Large Gym
<p>Put on your dancing shoes, “FUN”damentals of swing dance. This active learning session is devoted towards putting the “fun” in the fundamentals of east coast swing. First a developmentally appropriate progression will be presented and once participants are comfortable they will be encouraged to explore their new movement vocabulary.</p> <p>Craig Tacla: California State University, Sacramento, CA</p>	Small Gym
<p>Literacy and Physical Education: Do they complement each other? There are many activities that involve literacy and physical education. I will be sharing the activities that I have found work well to enhance this subject as well as encourage students to work independently. Be ready to share ideas with the group ideas that you found.</p> <p>Dana Galle-Strowbridge: Corvallis School District, Corvallis, OR</p>	Activity Gym
<p>PlayStation 2-Dance Dance revolution & Eye Toy: An introduction to whole body video games. Learn how to incorporate PlayStation 2—DDR & Eye Toy video games into your P.E. classes.</p> <p>Kathy Edmiston: Harrisburg School District, Harrisburg, OR Monica Roshak: Beaverton School District, Beaverton, OR</p>	Band Room
<p>Beginning Teacher Panel: A panel of first year physical education teachers will discuss their challenges & successes and respond to questions from participants.</p> <p>Facilitator: Raquel Tambio: Santiam Christian School, Corvallis, OR Teachers: Brian Wood: Crater Elementary, Nick Coburn: Edward and Austin Elementary, J.R. Runyon: Itinerant, Tracie Nelson: Douglas High School, Will Boshuizen: Lincoln Elementary & Crescent Valley High & Monica Roshak: APE</p>	Classroom E-4
<p>3:00 – 4:15 Keynote: Meg Greiner: If it's to be it's up to me - public relations from the trenches! Bang your own drum and toot your own horn!! If you don't do nobody else will. Meg will share with you insights, ideas, and activities to help you put your best foot forward, infuse your brain, and pump up your PR. Everyone should know that physical education is where it's at! Let's get banging!!!</p>	Large Gym

CCEPE Wishes to Express a Sincere Thank YOU to:

- **Keynoters: Thomas McKenzie and Meg Greiner**
- **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!**
- **ALL our Breakout Presenters!!**

<u>Focused Fitness</u> Ron T. Malm 2630 W. Euclid Ave. Spokane, WA 99205 509-230-0905 www.focusedfitness.org	<u>PE Tees</u> Dianna Schaffer 3011 NE Hancock Street Portland, OR 97212 503-281-5405 dsrtst@qwest.net
<u>We Care Sports</u> Mag Hughes & Don Fogle 1900 16 th Street West Linn, OR 97068 800-645-4257 jugglemag@aol.com	<u>Shape Up Across Oregon</u> 6420 SW Macadam Ave. Suite 208 Portland, OR 97239 503-245-2102 sgreen@davidheil.com
<u>U.S. Games</u> John Thomson 1-800-327-0484 Voice Mail: X4450 www.us-games.com	<u>USTA/Pacific NW</u> Valerie Young 4840 SW Western Ave. # 300 Beaverton, OR 97005 503- 520-1877 x 14 www.pnm.usta.com
	<u>Kindertunes</u> Shelley Benfield P.O. Box 169 Corbett, OR 97019 503-695-5975 kindertunes@yahoo.com

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>

KEYNOTE HANDOUTS

THOM MCKENZIE

KEYNOTE HANDOUTS

MEG GREINER

PRESENTER HANDOUTS

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