

2005 IAHPERD State Convention
Ottumwa High School, Ottumwa, IA.

Friday, November 4th, 2005

7:00-10:00 PM IAHPERD Legislative Council Dinner Meeting
10:00-Midnight President's Reception

(# before names indicated featured speakers and * before names indicates exhibitor presentations)

Saturday, November 5th, 2005

7:00-8:00 Registration and Exhibits

8:00-8:30 Getting to Know You Mary Orman Cafeteria
A fun and active opening session which will allow participants the opportunity to get to know and network with professionals from across the state. Activities are designed to challenge, amuse, and use when you go back to your schools!

Session I: 8:40-9:30

- 1. Forget Dodgeball: Warm-ups that are Fun and Efficient** #Lane Schurr Rubber Gym
This session is packed with fun and exciting methods and activities that are used to warm-up your students. Cardiovascular fitness, muscle development and sports skills are emphasized throughout the various activities. All activities can be incorporated into any physical education curriculum
- 2. Hip Hop 101: Teaching Hip-Hop Dance in PE Class** Julie Hicks Multi-purpose
With the ever-present demand for ideas to teach dance, hip-hop will be introduced and you will discover how easy it is to include in your curriculum and how much fun the students will have with it. I saw this session at Central District and it is a blast!!
- 3. Using Body Master in Your School** Warren Dew P.E. Classroom
Part I- This presentation will demonstrate how using the Body Master weight equipment will provide a quality strength and conditioning experience for your students.
- 4. Becoming a Star School** #Marcia Schmidt Room 128
Being the 2005 Midwest Teacher of the Year and a teacher in an AAHPERD Star 2 school I will share what it takes to apply and become a "Star" designated school.
- 5. Using PE Manager for Assessment and Reporting** George Centeio Computer Rm
Polar software program, PE Manager, allows teachers to perform a number of assessment functions using a handheld computer and then produces reports for students and parents. The capabilities of this program will be demonstrated.
- 6. It Takes Two: Teenagers and Sex** Tracie Boxx-Vass Room 127
How to address issues of sex and pregnancy prevention in Health class
- 7. A.I.M. (All in Motion) for Fitness: Making A Good Program Better with PEP** Regina McGill Room 126
Deb Patterson, Diane Lichtenberg, Rod Moeller, Bobby Sturms. (Part I)
The "largest" ever received by the Bettendorf Community School District is a Carol M. White Physical Education for Progress Grant. Learn about the actual grant writing, the program goals to improve student fitness and activity with an emphasis on nutrition, and professional development opportunities for teachers. Hear from elementary, middle, and high school teachers what's being done to improve the physical education program.
- 8. Tri-Fit assessments will be conducted in the weight room for anyone that is interested.** Fitness Center
Diane Delozier Lahr & Deb Delozier

Session Two: 9:40-10:30

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| 9. Forget Dodgeball: Lead-up Games and Cooperative Activities
This session will provide a variety of lead-up games that will enhance your student's sport and cooperative skills. The games are designed to provide maximum participation with an emphasis on skill development as well as cross-curricular learning. | #Lane Shurr | Rubber Gym |
| 10. Bowling in the Schools
Equipment to bring the alley into the school. Introduction of a simple method of teaching bowling "basics" along with several fitness options that a bowling unit provides. Introduction of new, fun activities that teachers can add to existing bowling curriculums. | *Bob Rea | Wooden Gym |
| 11. Adult Stress in a Kid's World: Family Mental Health and Substance Abuse
Working with students with family mental health and substance abuse issues – what behaviors you can expect and ideas for how to address these. This program tells you how to deal with kids under stress. | Amanda McCrea | Room 127 |
| 12. A.I.M. (All in Motion) for Fitness: Making A Good Program Better with PEP
Deb Patterson, Diane Lichtenberg, Rod Moeller, Bobby Sturms. (Part II)
The "largest" ever received by the Bettendorf Community School District is a Carol M. White Physical Education for Progress Grant. Learn about the actual grant writing, the program goals to improve student fitness and activity with an emphasis on nutrition, and professional development opportunities for teachers. Hear from elementary, middle, and high school teachers what's being Done to improve the physical education program. | Regina McGill | Room 126 |
| 13. Using Body Masters in Your School (Part II)
This presentation will demonstrate how using the Body Master weight equipment Will provide a quality strength and conditioning experience for your students. | *Warren Dew | Fitness Center |
| 14. Adapted Physical Education Teacher of the Year: Autism Spectrum Disorder: Equipment and Turn-On's.
Come explore some unique equipment that helps students with autism "tune in and turn-on" to play and activity. | #Ann Griffin | Multipurpose |
| 15. Using Heart Rate Monitor's in Teaching.
Many schools now have purchased heart rate monitors, this session will help you see possibilities for how these can be used as a part of your curriculum as well as community outreach. | Emily Buss | Computer Room |

**10:30-10:45
EXHIBITS/ BREAK**

**10:45-12:00
KEYNOTE Address
Ruthie Bushnell – Health on the Move: Using Exercise to Teach Health and Nutrition to Children- Auditorium
Of all ages
(See more about her in the article on the convention.)**

**Noon – 12:45
LUNCH
Door Prizes**

**12:45-1:15
EXHIBITS/BREAK
Door Prizes in Exhibit Area**

Session Three: 1:30-2:20

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| <p>16. Health on the Move: Secondary Activities
A number of activities will be presented that allow secondary teachers to use the concepts of Health and nutrition in the gymnasium during activity.</p> | <p>#Ruthie Bushnell</p> | <p>Wooden Gym</p> |
| <p>17. A Little Latin, Folk and Line for 7-12
Presentation of “All My X’s and Southside”, “Never Fever and Buss Stop”, “This is July, Bele Dawe And Mexican Mixer”, and “Salsa and Meringue” with attendee participation. Participants will practice progressions for each dance. Ideas to expose students to multicultural dances.</p> | <p>Diane DeLozier Lahr</p> | <p>Multi-Purpose</p> |
| <p>18. Introduction to Pickleball
A lead up game to tennis, played on a badminton size court, with wooden or plastic Paddles and a perforated plastic ball. Easy, fun ways to use pickleball in your classes will be presented.</p> | <p>Mick Milby</p> | <p>Rubber Gym</p> |
| <p>19. School Interventions for Obesity
Introduction to the problem, BMR, Classroom evaluations, physical activities, diet and school snack machines. Synopsis of additional programming and resource needs.</p> | <p>Dr. Eric Dodson</p> | <p>Room 126</p> |
| <p>20. What They Don’t Teach You in College: Life as a First Year Teacher
Living the life of your first year teaching. Surviving the roller coaster of Teaching. Adapting to cultural differences. Teaching at a charter school Compared to a public school. Great for newer teachers.</p> | <p>Julie Hicks</p> | <p>Room 127</p> |
| <p>21. Plyometrics: Movements that Enhance Your Fast Twitch Muscle Fibers
A demonstration of the drills used by Ottumwa High School to enhance fast Twitch muscle fibers. This includes jumping, change of direction, and Agility drills.</p> | <p>Ted Heath</p> | <p>Wrestling Room</p> |
| <p>22. The Great Body Shop: One Stop Shopping
Looking for a K-8 health education program, that is current, easy to use and fun for kids? Participants will be provided with an overview of this research-based curriculum aligned To national health education standards providing teachers with easy-to-follow lessons, Cross-curricular activities, assessment tools, and an on-line grade book!</p> | <p>Pat Stewart</p> | <p>Room 128</p> |
| <p>23. Tri-Fit evaluations will be conducted for anyone that is interested. Diane Delozier Lahr & Deb Delozier</p> | | <p>Fitness Center</p> |
| <p>Session Four: 2:30-3:20</p> | | |
| <p>24. Health on The Move: Elementary Activities
A number of activities will be presented that allow elementary teachers to use the concepts of Health and nutrition in the gymnasium during activity.</p> | <p># Ruthie Bushnell</p> | <p>Wooden Gym</p> |
| <p>25. Reels, Circles, Squares
This participatory session will include dances that can be used in any Beginning situation and will only require that the teacher and dancers learn Basic movements. Participants will learn Reels, Circles, Contras, and Square Dances. We attended this session at the National Convention in Chicago and gave it rave reviews. Come and join the fun!!.</p> | <p>Valerie Unkirch
Margaret Bueter</p> | <p>Multi-Purpose Room</p> |
| <p>26. Gravionics in The Classroom
Learn more about what gravionics are, how they may help your students, and How to incorporate these exercises into your curriculum. Come find out why They are important and should be in your program.</p> | <p>Emily Buss</p> | <p>Wrestling Room</p> |
| <p>27. Iowa’s Partners for Healthy Kids and Team Nutrition: Working Together to Create Healthier Schools for Iowa’s Students.
Find out how you can become involved in Iowa Partners for healthy Kids locally To improve the school environment for healthier students. The session will Provide strategies to identify needs and resources for local use. Find out about Grants.</p> | <p>Gary Boeyink
Janet Wendland</p> | <p>Room 126</p> |
| <p>28. Open Discussion of the Star School Process</p> | <p>#Marcia Schmitt</p> | <p>Room 128</p> |

IAHPERD believes it is imperative that schools in the state of Iowa become Recognized as start schools. Marcia is willing to discuss the process with Anyone that is interested and help you get started in the process.

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| 29. Kin-Ball
This is a participation session about the game of Kin-Ball. Kin-Ball sport is Based on cooperation, sportsmanship, technical abilities and physical development. | Hans Guenin | Rubber Gym |
| 30. Training Athletes in 2005
The training techniques, modeled after the Iowa Program, used at Ottumwa High School for athletic programs will be presented with the intent that a Similar program could be implemented at any high school. | Joe Curran | Free Weight Room |

3:20 – 3:30 Exhibits and Break

Session Five: 3:30-4:20

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| 31. Archery in the Schools
Want to hit a “bullseye” with your students? This unit is for your program. Come learn the basics and how to incorporate archery into your program. | Barb Brondyke | Rubber Gym |
| 32. Learn the Cowboy Cha-Cha and Cotton Eye Joe
So you don’t really know how to dance and aren’t sure you want to include Dance in your curriculum. Come to this presentation and you’ll be on Your way to a great dance unit. Learn two popular dances for your own Enjoyment and to teach your students. | Steve France | Multi-Purpose Room |
| 33. Here a Rubric, There a Rubric, Everywhere a Rubric, Rubric.
How often have you attempted to grade your students’ work only to find that the Assessment criteria were vague and the performance behavior was overly Subjective? Could you justify the assessment or grade if you had to defend it? In this session, you will learn how to create your own rubric for assessing Student performance. Numerous examples of rubrics commonly used for Assessing physical education student teacher performance will be presented. Further, professional dispositions as related to rubrics will be explored. | Ellen Drewes-Stoen
Jacki Wright | Computer Lab |
| 34. Training Athletes in 2005 (Repeat of Session #29)
The training techniques, modeled after the Iowa Program, used at Ottumwa High School for athletic programs will be presented with the intent that a Similar program could be implemented at any high school. | Joe Curran | Free Weight Room |
| 35. Asthma and Exercise Induced Brochospasm in High School Students:
How to Tell When it is the Real Thing
The different diagnoses and treatments of exercise induced dyspnea, the hyperventilation vocal cord dysfunction, and asthma. Complete with Sound effects and audience participation. | Dr. Ron Graeff | Room 127 |
| 36. AEA Representative Meeting | Jane (Vandenburg) Anema | Room 126 |

**4:20-4:50
Exhibitors**

4:50-6:00 Free

**6:00-6:30: Social
Cash Bar
Knights of Columbus
123 W. 3rd Street**

6:30-11:00: Dinner, Awards Presentation, Door Prizes, Speaker, and Dance at the Knights of Columbus.

SUNDAY NOVEMBER, 6, 2005

7:00 AM – 8:00 AM Registration
8:00 AM – 8:30 AM Exhibits

Session Six: 8:30-9:20

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| 37. IOWA Elementary TOY: Activities to Excite
Come learn new and exciting activities and practices to enhance Your elementary physical education program. Pick Jan's brain On how to have a great program in your school. | #Jan Lehman | Wooden Gym |
| 38. IOWA College Dance TOY- (National TOY):
Come hear the best talk about dance in the schools. What should It is and how can you get there with your program. Lots of Hands on ideas for your program. | #Cindy Herndon | Multi-Purpose Room |
| 39. Legislative Update and Advocacy
Come and learn who your state and national representatives and senators Are. Learn what has happened at the 2004 State Legislature and what to Say and how to say it to your legislators. Also plans for 2005-2006. Be a Part of impacting legislation – learn how here. | Steve France | Room 126 |
| 40. Health 6-8: Teaching Middle School
Need some new ideas for Middle School health? This is your Session. Innovative teaching and content ideas will be covered. | Jackie Weeber | Room 127 |
| 41. OMNIKIN Cooperative Games
Participants in this session will learn the latest OMNIKIN cooperative games played with our Lightweight MULTI-color balls, ULTRA ball and AIR balls. These games are guaranteed to be a hit with your students. | Hans Guenin | Rubber Gym |
| 42. Surf's UP!!!!!!!
Connecting kids to the world: How do we as educators, help our students find the most recent and up to date information about their health and fitness? Using the eBoard in the classroom is an easy and efficient tool for facilitating student's quest for knowledge. Surf's up.....catch the wave Of information that is easy to find using your own eBoard. | Jane (Vandenburg) Anema | Computer Lab |

Session Seven: 9:30-10:20

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| 43. Health on The Move: Elementary Activities(Repeat)
A number of activities will be presented that allow elementary teachers to use the concepts of Health and nutrition in the gymnasium during activity. | # Ruthie Bushnell | Wooden Gym |
| 44. Bowling in the Schools (Repeat)
Introduction of a simple method of teaching bowling "basics" along with several fitness options that a bowling unit provides. Introduction of new, fun activities that teachers can add to existing bowling curriculums. | *Bob Rea | Rubber Gym |
| 45. Let's Get Dancing
More new ideas for your dance units, elective dance class Or after school dance program. Come join the fun! | Gary Sanders
Deb Stephenson | Multi-purpose Room |
| 46. Methamphetamine Awareness
Come hear someone on the front lines talk about Meth use, manufacturing and consequences. It will help you identify meth use in your students. | Lt. Mike
McDonough | Room 126 |

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| 47. Lets Get Political
Discover your power. You <u>can</u> make things happen if you step up and Communicate with your legislators. Tips on the most effective ways to Get your message to the people who can make it all happen. Don't leave It to the other guy, your words is the most important. (Mary traveled to Washington, D.C. in the spring and has some great insights to share!) | Mary O'Connor | Room 127 |
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Session Eight: 10:30-11:20

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| 48. Health on the Move: Secondary Activities
A number of activities will be presented that allow secondary teachers to use the concepts of Health and nutrition in the gymnasium during activity. | #Ruthie Bushnell | Wooden Gym |
| 49. How to Enhance Your Student's Skills with Tchooukball (Part I)
Tchouckball is a unique game that incorporates many skills that are used in a variety of sports. Come learn about the game and how it can enhance your students' skills for a variety of activities. Come ready to participate. | *Pierre-Alain
Girandin | Rubber Gym |
| 50. Dancing for Dummies!
Learn the swing and magic step – the “easy” way and how to teach your Students. | Steve France | Multipurpose Room |
| 51. How to Construct a Management Plan That Works
Learn about the tools that will help keep your gym a safe and positive Place to be. Helpful hints, techniques, and strategies that have passed the “Test of time”. For elementary and adapted physical education teachers. | Karen Bagby | Room 126 |
| 52. Smart Muscles- Methods, materials, and motivators for effective group training.
The art and science of teaching students functional fitness skills that lead to lifelong strength, mobility, and endurance becomes much more complex as class sizes increase. Rational progression, variety, and precision are critical issues. These and other topics will be addressed in this hands-on presentation. | Ed Thomas | Room 128 |
| 53. Geocaching
What is it? Using global positioning equipment you follow clues to Locate “stashies” on long a route. Sound interesting and something That might work in your program. Come find out more! | Nancy Hamilton | Room 127 |

Session Nine: 11:30-12:20

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| 54. .How to Enhance Your Student's Skills with Tchooukball (Part II)
Tchouckball is a unique game that incorporates many skills that are used in A variety of sports. Come learn about the game and how it can enhance your Students' skills for a variety of activities. Come ready to participate. | *Pierre-Alain
Girandin | Rubber Gym |
| 55. Riding to the Rescue of Physical Education and Health: Wellness Policies and Advocacy.
The Iowa Partners for Healthy Kids is a coalition working to support Healthy school environments. The Partners selected three action goals from The Commitment to Change: Daily PE, Culturally Sensitive Health and PE, And School Foods that are consistent with the DGA. Working with IASB the Partners are helping schools meet the federal mandate for school wellness policies On nutrition and physical activity by July 2006. The Partners initiatives impacting Iowa Schools and school wellness policies will be covered. | Kathy
Thomas | Room 126 |
| 56. Let's Get Political.
Discover your power. You <u>can</u> make things happen if you step up and Communicate with your legislators. Tips on the most effective ways to | #Mary O'Connor | Room 127 |

Get your message to the people who can make it all happen. Don't leave it to the other guy, your words is the most important. (Mary traveled to Washington, D.C. in the spring and has some great insights to share!)

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| <p>57. Extra Steps to Your Basics: Fox Trot, Waltz, Cha-Cha.
Adding to the basics of these dances with ladies turn, crossovers, side steps, and full and half turns adds more challenge for your students.</p> | <p>Bob Nutgrass</p> | <p>Multi-purpose Room</p> |
| <p>58. Geocaching Field Trip
Applying knowledge and skills learned in the previous session on Geocaching.</p> | <p>Nancy Hamilton</p> | <p>Outside</p> |
| <p>59. Smart Muscles- Methods, Materials, and Motivators for Effective Group Physical Training - Part II.
The art and science of teaching students functional fitness skills that lead to lifelong strength, mobility, and endurance becomes much more complex as class sizes increase. Rational progression, variety, and precision are critical issues. These and other topics will be addressed in this hands-on presentation.</p> | <p>Ed Thomas</p> | <p>Room 128</p> |
| <p>60. Strengthening Your Adapted PE Program
This session will provide you with ideas and strategies that will help you to Strengthen your existing adapted physical education program. Focus will be On using your resources, easing paperwork headaches, moving beyond the General education curriculum, and much more!</p> | <p>Shira Brant</p> | <p>Wooden Gym</p> |

Luncheon, Door Prizes, and Closing
12:30-1:00

Come get your box lunch to eat in the cafeteria or to take on the road and hear results of the 2005 Elections and the passing of the Gavel to Ken Daley. There will be some great Door Prizes at this time and you must be present to win. ☺