New York State and Every Child Succeeds Act - All Areas

Where are we now and where are we going? A look at the future of Health and Physical Education and what you can do about it. NYSED has recently begun regional ESSA meetings to determine school district funding. As a Health or Physical Educator, what can you do to make sure that your subject area gets the monies they are entitled to?

Maurice Watson
Schenectady City Schools
NYS AHPERD Advocacy Committee

LGBTQ+ 101

This interactive training delves into the differences between sexual orientation, gender identity, gender expression, and assigned sex. Participants will learn better practices for how to navigate language and create affirming environments for LGBTQ+ people, while reflecting on their own intersecting identities.

Kamryn Wolf
Program & Volunteer Coordinator
Pride Center of the Capital Region
Formative/Summative Assessments - Technology in HPE
Participants can expect to learn about different ways to assess their students more efficiently, sometimes more effectively when dealing with 200+ students. With your own devices (phone/tablet/computer) learn how to use Plickers, Google Forms, and a little bit more!

Ashley Chapple
Physical Education Teacher
Albany High School

Tennis in Schools – No Courts? No problem!
USTA Eastern wants to partner with your school to bring tennis to your students! We’ll give you the tools you need – fun, interactive training on your schedule, equipment (modified for all ages, safe for indoor use), curriculum guides, and more!

Domingo Montes
Program Director at 15-LOVE
Jenny Irwin
Tennis Service Representative at USTA Eastern

Rhythm And Dance For The Rhythmically Challenged 😊
Come play with us and see how we use basketballs, buckets, sticks, toilet plungers and other fun equipment to teach rhythm. We will also teach you some fun dances from around the world!

Chris Scanlon and Colleen Mickle
Physical Educators
Guilderland Elementary, Guilderland NY

Throw Your Lessons Out The Window
Go Beyond traditional field trip planning and design a meaningful field experience. This dynamic session will get you thinking outside the box to enrich student learning.

Tricia Biles
Director of Outdoor Education and Group Services
YMCA Camp Chingachgook

10:00-10:30 Visit Vendors and Network
10:40-11:30  SESSION 2

**LGBTQA+ Affirming Sex Education**

This workshop will explore how to administer sex education that is affirming and empowering for LGBTQA+ people. We will cover the basics of how to talk about anatomy, relationships and safer sex practices.

Kamryn Wolf  
Program & Volunteer Coordinator  
Pride Center of the Capital Region

**Fostering Critical/Creative Thinking Skills with SuperSquish Balls in PE!**

*Workshop focuses on fostering critical and creative thinking skills in your classes while reinforcing fitness, motor skill development, coordination and socialization through the use of foam-covered balls. An array of activities from icebreakers, warm-up, skill tasks, and group experiences will be presented in a layered approach to accommodate students in the K-12 setting.*

George Blessing  
Educational Consultant, ADA Sports and Rackets

**Speed Stacks: Get Moving with New Curriculum!**

*Come learn and experience new and exciting fitness-based sport stacking (cup stacking) games from the NEW Speed Stacks Instructor Guide, as well as effective teaching techniques for the stacking patterns. Excellent for leveling the playing field in PE, and motivating your non-athletic type students to excel at something unique. Great for kids from ALL backgrounds and abilities!*

Kailey Diedrick  
Program Director  
Speed Stacks, Inc.

**Building An Athletic Program From the Ground Up**

*Establishing a program that all can be proud off. Junior Programs, motivation, practice thoughts, and ways to establish pride in your program.*

Gary Bynon  
Physical Education Teacher & Coach  
Burnt Hills-Ballston Lake HS
Sweethearts and Heroes- become highly “Affective” with Anti-Bullying game changing perspective shifts
This session will cover the 5 Bully Buttons of Bystander Empowerment while awakening and igniting a whole new perspective that will give your students a 240X greater effort. If you’re sick of hearing about anti-bullying and awareness, this is a call to action and Physical Education can change the game.

Jason Spector
Co-Founder Sweethearts and Heroes Anti-Bullying Organization
Middle School Physical Education and Varsity Wrestling Sweetheart
South Glens Falls Middle School Superhero

11:30-12:00 LUNCH

12:00-12:15 RAFFLES

12:25-1:15 SESSION 3

Childhood Obesity through a Health Educator’s Lens
Come one, come all! This session provides statistics, facts and user friendly information for health educators to implement ideas, activities and learning experiences into their health education curriculum.

Dr. Kristie Lynch
Manhattanville College

Apps for Health & P.E.
With the proliferation of lower-cost laptops, smartphones, and other portable devices, more students, teachers, and schools are equipped with advanced technology at their fingertips. Through active participation, live demonstrations, and plenty of visuals, participants will discover several quick and easy ways to put these devices to use to better engage students and juggle administrative tasks with ease.

Ryan Fisk
Assistant Professor
Manhattanville College
**MVPA Unleashed**

Come experience a lesson that will explain MVPA in easy to understand terms. Please bring your ideas to share regarding how we can help our students become physically literate in a way that will impact their lives in practical ways.

Colleen M. McHeard  
Physical Education Teacher  
William B. Tecler Arts in Education Magnet School

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**Outcomes-based, Purposeful, Engaging, Non-stop Activities**

Come to this session ready to move and celebrate the joy of teaching physical education. Leave with a wide-variety of activities that will span all grade levels. The Online Physical Education Network (OPENphysed.org) is a free resource that is everything described in the title of this session and more.

Nicholas Kline  
National Board Certified Teacher  
US Games

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**Putting Together a Season From Tryouts to Your Banquet**

Discussion will be held on dealing with parents, dealing with players from your best one to one that doesn't play a lot, game preparation, the importance of preparing for post season.

Gary Bynon  
Physical Education Teacher & Coach  
Burnt Hills-Ballston Lake HS

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**Sweethearts and Heroes- the most important area of health and lifelong fitness is Empathetic Fitness**

This session will re-define Empathy, identify the Empathy Killers and create a deeper understanding of the work that we do in physical education and it’s value to the real world. Empathetic Fitness is an original concept created through 18 years in the lab experimenting in the most social emotional environment in a school, a deep understanding of Empathetic Fitness will revitalize and charge attendees to #ChangeTheWorld right in their very own P.E. class.

Jason Spector  
Co-Founder Sweethearts and Heroes Anti-Bullying Organization  
Middle School Physical Education and Varsity Wrestling Sweetheart  
South Glens Falls Middle School Superhero
Unleashing the Power of Prevention through Collaboration
This presentation was requested to mirror parts of a session conducted at the recent NYSAHPERD conference. The presenter will focus on current collaborative endeavors to address substance abuse prevention in schools.

Laura Ficarra, Ph.D.
Prevention Planning and Education Coordinator
NYS OASAS

CDC’s CSPAP To Support PE Teachers As The Backbone Of School Physical Activity
Learn how the wellness policy can work for you and talking points for your administrators to become a vital part of student’s academic success. Receive resources for your PE Plan, Physical Activity opportunities throughout the school day and your class! Learn what other districts in your Zone are doing.

Alyssa Joseph & Victoria Keir
Program Coordinators
Community Health Programs
St. Peter’s Health Partners

Integrating Special Olympics Curriculum Into Physical Education and Adapted Physical Education (with Certification)
We will be offering a Special Olympics certification, while focusing on the implementation of our curriculum. IT will be a fun and interactive program that asks teachers to participate in some of our skills and drills while learning about ways in which they can offer students practices within their classes.

Ryan Miller-Director of Program
Danielle Armstrong-Program Specialist
Special Olympics NY
The Open 8 Global PE Challenge
Come experience the new cooperative global PE challenge available on OPENPhysEd.org. Students navigate the globe to test their skill in cultural games from Africa, Cambodia, Hawaii, and Silicon Valley. It’s the 21st Century Learning in action!

Aaron Hart
Director of Educational Programs
OPEN/US Games

Snowshoeing in PE
Did you ever want to teach snowshoeing? What grade levels should you try it with? What if we don’t have snow? Come to this session to find out how to get started!

Jo Ann Sabourin
Rosendale Elementary
Niskayuna Central Schools

Sweethearts and Heroes- Bully Drills and Super Hero Powers (Tools) for your classroom.
This session goes beyond DASA and other anti-bullying messages to give attendees the answer and an action plan for what to do to gain ground on this thing called bullying. This session will aim to provide attendees with real super powered methods and strategies to employ and self reflect in their pursuit toward becoming highly “Affective”.

Jason Spector
Co-Founder Sweethearts and Heroes Anti-Bullying Organization
Middle School Physical Education and Varsity Wrestling Sweetheart
South Glens Falls Middle School Superhero