

2024 CAHPERD Conference



*Hyatt Regency Orange County
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February 1-3, 2024*



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MANAGING EDITOR:
BARBARA ANN BUCKALEW
DESIGN: DEBBI TEMPEL



Welcome to CAHPERD 2024!

I am thrilled to welcome you to this year's CAHPERD State Conference, **EveryBody Moves!**

I chose this theme because it has special meaning to me. In high school I was not able to access physical education due to a chronic medical condition, but I had a teacher who found ways to include me. The theme for the conference celebrates how we move individually and how we move collectively as a community of educators. No matter your age, ability, ethnicity, sexual orientation or gender identity, we all move. We move differently and yet we **all** move with one goal in mind, the health and well-being of our students. No matter how big or small, all movement matters.

This conference embraces the diversity of our profession as evidenced by the wide variety of sessions and presentations. We have three very full days of sessions and, hopefully, you will leave the conference feeling energized and excited about what you have seen. The conference team has worked very hard, and they are pleased to bring you this incredible event. Many volunteer hours go into organizing a conference like this, and I want to thank my team for all their hard work. I would also like to thank our conference sponsors for supporting us this year. Please support our sponsors and vendors and stop by their booths in the Exhibit Hall.

Lastly, I want to say thank you to the members and attendees who are here at this conference. Your dedication to your profession by attending this conference and/or being a CAHPERD member is to be commended. Sharing your knowledge and expertise with your fellow educators is invaluable. I hope you will take time to network with your peers and enjoy all this conference has to offer.

#EverybodyMoves

Kathy Russell
CAHPERD President 2023-24



CAHPERD 2024

EVERYBODY MOVES



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Featured Speakers



Melvin Adams

NCAA All-American Basketball Player
Team Captain of the Harlem Globetrotters
Heart of a Mentor, Personality of a Comedian

Melvin Adams knows firsthand how to achieve great things despite challenging circumstances.

Even though he was only 5'8", he became a two-time NCAA All-American basketball player and the team captain of the World Famous Harlem Globetrotters.

As an underdog who went on to become a professional basketball player, Melvin asks audiences, "Imagine what you can do?" Today, he encourages and entertains audiences and demonstrates how they can achieve their dreams no matter the circumstances they face.

Melvin grew up in poverty and with an abusive father in Houston, Texas. He was challenged early on with extremely negative circumstances. However, he dreamed of playing professional basketball. One coach told Melvin that he'd never play professional basketball because of his height. Melvin chose not to let those words dictate his future. He chose not to let any disadvantages stop him. He chose success. He out-trained his competitors and inspired his college teammates to always aim for more as well.

Melvin's tenacity on the court and his winning record earned him the opportunity to play for the world-famous Harlem Globetrotters. Not only did he become the face of the Globetrotters in the media, but he became Team Captain and was named "Mr. Globetrotter" numerous times. The title "Mr. Globetrotter" is presented every year to the teammate that exemplifies the most excitement and energy associated with the Globetrotters.



Lauren Lieberman, Ph.D.

Lauren J. Lieberman, Ph.D. is a Distinguished Service Professor in the Kinesiology Department at The State University of New York at Brockport, (SUNY) in adapted physical education. She started her career teaching at The Perkins School for the Blind in the Deafblind program. She is co-director of The Institute on Movement Studies for Individuals with Visual Impairments or Deafblindness (IMSVI) (See www.brockport.edu/IMSVI.)

She is also the founder and director of Camp Abilities, an educational sports camp for children with visual impairments, which has been replicated in 20 states and eight countries. Lauren has published over 200 peer-reviewed

articles and 23 books on Inclusion in Physical Education and on Teaching Children with Sensory Impairments. She has delivered several keynote presentations and has been an invited guest speaker across the US and in over 20 countries. She won an Access Award from AFB for starting Camp Abilities and helping to start camps all over the world. In 2017 she won a Points of Light Award from the US Government for her work with Camp Abilities. Camp Abilities has been featured on CNN, NBC and HBO Real Sports. In the Fall of 2019, she was awarded a Global Fulbright Scholarship to promote Camp Abilities world-wide. In 2020 she received The Joy of Effort Award from SHAPE America and in 2023 she was honored with the Julian Stein Lifetime Achievement Award from SHAPE America.



Tonya Moore – Los Angeles County Office of Education

Tonya Moore is the Coordinator III, Physical Education & Comprehensive Health, at the Los Angeles County Office of Education. She provides extensive support to 79 school districts, offering professional learning opportunities and technical assistance in the domains of physical education, health education, adapted physical education, and inclusive practices for the LGBTQIA+ community.

As the Immediate Past-President for CAHPERD, and as the PRISM Coordinator, she brings valuable first-hand knowledge and experience to guide CAHPERD during this crucial period regarding best inclusive practices for the LGBTQIA+ community. Tonya firmly believes in the significance of providing comprehensive support to all educators, equipping them with knowledge and skills rooted in California and federal legislation.

A core tenet that Tonya believes is that it is imperative to foster collaboration with community partners, as it is through these partnerships that we can bridge gaps and enhance the effectiveness of our policies and practices. By expanding and strengthening our connections with external stakeholders, we can make significant contributions toward achieving the mission and goals of CAHPERD.

Tonya was an Online Physical Education Network (OPEN) National Trainer. In service to CAHPERD, she has held several leadership positions, including Chair of State Council on Adapted Physical Education, Vice President of Health Education, Assessment Task Force Co-Chair and 2022-2023 President. In 2013, she was named the Adapted Physical Education Teacher of the Year!

Board of Directors

Kathy Russell.....	President
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Stephanie Butler-Adams.....	Dance
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Heather Deckard	Leadership & Administration
Amy Matarazzo.....	Physical Education-Elementary
Adam Galvez	Physical Education-Secondary
Peter Straus.....	Recreation
Kimberly Hunt.....	Retired Members
Natalie Wells.....	Council of Regions

Special thanks to all CAHPERD leaders, officers, committee members and everyone who served the Association throughout the year!

CAHPERD wishes to extend appreciation to the entire Conference Planning Committee and all the volunteers for making this event such a success.

Conference Director	Margaret Weimer
Program Manager.....	Marci Pope
Audio-Visual	Jessica Monlux
Continuing Education Units	CSU, Long Beach
Elections.....	Tonya Moore
Equipment	Mark Hanke
Exhibits.....	Brent Powell
Hospitality.....	Hannah Williamson
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EXERCISE YOUR RIGHT TO VOTE



All eligible CAHPERD members are encouraged to cast their ballots in the 2024 elections. Please stop by the voting table in the registration area to view photos and biographical statements of the candidates, as well as any proposed changes to the CAHPERD Bylaws. Information will be on display throughout the conference and voting will be open on Friday, February 2nd, from 10:00 am – 4:00 pm. We appreciate your active involvement in this process!

Looking Ahead

The CAHPERD awards program provides opportunities to recognize and honor members for their distinctive contributions to the profession. All CAHPERD members are encouraged to submit nominations for awards offered by the Association, including the Verne Landreth, Honor, Phyllis A. Blatz Exemplary Leadership Award, Teacher of the Year and other prestigious honors!

Please visit the CAHPERD website for more details at www.cahperd.org!



ACTION!TM

TEAM GAMES

Join us for an action-packed workshop featuring team games to boost engagement!

Friday at 3:00 pm | Terrace A-F



CAHPERD Business Meetings

Cabinet	Saturday,12:15-1:15pm
	Grand A
Board of Directors Meeting	Saturday,2:45-3:45pm
	Grand A
Town Hall	Saturday,10:45-11:15am
	Grand A

Council Meetings

Council meetings are open to all members/attendees of the conference. Attend a session in a focus area of interest. During these sessions you will discuss content related to that focus area. You will also have an opportunity to learn how you can get more involved with CAHPERD leadership.

Adapted Physical Education.....	Thursday9:00-10:00am
	Regal
Dance	Thursday,1:15-2:15pm
	Imperial
Diversity & Social Justice	Thursday, 9:00-10:00 am
	Salon I
Elementary Physical Education	Thursday,1:15-2:15pm
	Harbor
Health	Thursday,9:00-10:00am
	Pacific
Higher Education.....	Thursday,1:15-2:15pm
	Salon V
Interscholastic Athletics	Thursday,9:00-10:00am
	Salon II
Leadership and Administration	Thursday,9:00-10:00am
	Salon V
Recreation	Thursday,9:00-10:00am
	Harbor
SCAPE Business Meeting	Thursday,11:30am-1:15pm
	Regal
Secondary Physical Education	Thursday,1:15-2:15pm
	Pacific
Council of Regions	Friday,4:00-4:45pm-
	Grand A

Miscellaneous

APE University Coordinators	Thursday,2:30-3:30pm
	Regal
CSU Chairs.....	Friday,8:00am-4:00pm
	Salon II
2025 Conference Planning Committee Meeting	Sunday,9:30-11:30am
	Pacific

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General Information

Registration Hours:

Thursday, February 1st
7:00 am – 4:00 pm

Friday, February 2nd
7:00 am – 3:00 pm

Saturday, February 3rd
7:30 am – 11:00 am

Conference Badges

A conference badge is issued upon registration. This badge is required for admission to all meetings, sessions, exhibits and any scheduled social event. Badges must be worn in clear sight at all times. There will be a fee for replacement badges.

Conference App

EduPlus is the provider of the mobile app for this conference. Download from the app store or type the URL into your browser and choose the correct platform for your device.

<http://e.confplusapp.com/main.html>

Certificate of Attendance

CAHPERD will offer certificates of attendance acknowledging your participation in this Professional Development Conference. As an attendee, it is your individual responsibility to document session attendance and present it with the certificate to your local school administrators to meet the requirements of your district. Certificates will be available in the registration area.

Continuing Education Units

1.5 Continuing Education Units (CEUs) are offered by California State University, Long Beach. Interested participants can enroll online by clicking the link below, no later than February 12th. The cost is \$40.

<https://www.cpie.csulb.edu/courses/cahperd-conference>

Commercial Exhibits

CAHPERD is pleased to welcome its exhibitors to the Annual Conference. The Grand Opening of the Exhibit Hall will take place on Friday morning at 9:00. We invite you to join in the excitement of the grand opening and welcome the exhibitors. The exhibitors are here to visit with you, so don't hesitate to stop and ask questions. Vendors welcome the opportunity to exchange ideas about products to serve your needs. The exhibit hall will be open from 9:00 am – 4:00 pm on Friday and 8:00 am – 1:00 pm on Saturday.



CAHPERD 2024

EVERYBODY MOVES

Thursday – February 1st

Sessions and Activities

8:00-10:00 am

ELEMENTARY PHYSICAL EDUCATION and
SECONDARY PHYSICAL EDUCATION

Soccer in School – Make it your Goal!

Royal C/D

Participate in the Soccer for Success School Curriculum training, powered by the U.S. Soccer Foundation and US Youth Soccer. This K-8 resource, aligned to the National Physical Education Standards, provides a turnkey way for educators to teach the fundamentals of soccer while integrating activities that empower students to establish life-long healthy habits and improve their physical and health literacy. Designed to teach soccer skills and increase moderate to vigorous physical activity, lessons form a complete soccer unit yet are flexible enough to fit any physical education schedule. You'll have access to the online curriculum, summative assessments, skill videos and other resources.
Speaker: Sari Rose, U.S. Soccer Foundation

8:00-10:00 am

ELEMENTARY PHYSICAL EDUCATION and
ADAPTED PHYSICAL EDUCATION

**USTA Schools Program – Teacher
Workshop**

Garden 2

This workshop is designed for teachers/admin interested in bringing tennis into their P.E. program. This presentation will cover a sample of K-12 activities and games that you will find in the curriculum that will be given to all who attend. Even if you have zero "tennis" experience, you will feel confident at the end of this workshop that you will be able to conduct tennis unit for your upcoming P.E. session.

*Speaker: Kevin Finkelberg, United States
Tennis Association (USTA)*

9:00-10:00 am

CAHPERD

Council Meetings

CAHPERD members are encouraged to attend council meetings based on their area of interest. They are welcome to attend more than one meeting if their schedule permits. Council meetings are a great way for members to share their thoughts and questions. Councils are always looking for members who want to volunteer for various projects. Please see page 12 for the location of each meeting.

10:00-11:15 am

CAHPERD

**Opening General Session-RESET: Get
Unstuck, Regain Hope and Redefine
What's Possible**

Grand A

CAHPERD24 kicks off the conference with the Opening General Session, featuring Keynote Speaker Melvin Adams. Melvin knows first-hand how to achieve great things despite challenging circumstances. Even though he was only 5'8", he became a two-time NCAA All-American basketball player and the team captain of the World-Famous Harlem Globetrotters. In this dynamic presentation, Melvin delivers a timely message mixed with comedy, powerful stories that connect, and a practical message that sticks. Join us as Melvin shares his story and encourages us to achieve our dreams no matter the circumstances.

Keynote Speaker: Melvin Adams



CAHPERD 2024

EVERYBODY MOVES

Opening General Session

Thursday, February 1, 2024

10:00 - 11:15 am

Grand A Ballroom

Welcome Greetings

Kathy Russell, President

Sarah Benes, SHAPE America President

health. moves. minds.

Stephanie Jumps, SHAPE America

Keynote Address – “RESET: Get Unstuck, Regain Hope, and Redefine What’s Possible”

Melvin Adams

CAHPERD24 kicks off the conference with the Opening General Session featuring Keynote Speaker, Melvin Adams. Melvin Adams knows first-hand how to achieve great things despite difficult circumstances. Although he is only 5’8”, he became a two-time NCAA All-American basketball player, professional basketball competitor, and a member of the World-Famous Harlem Globetrotters. In this dynamic presentation, Melvin delivers a timely message mixed with comedy, powerful stories that connect, and a practical message that sticks.

Closing Remarks/Announcements

Kathy Russell, President

11:30 am-12:30 pm

DANCE and DIVERSITY & SOCIAL JUSTICE

Adrienne's Salsa Cardio – for Everyone!
Terrace

This multilevel, low impact presentation integrates cardiovascular movement into foot patterns (Salsa, Cha-Cha, Merengue and Bachata), emanating from the infectious Latin, rhythms of the Caribbean – notably, Puerto Rico, Cuba and the Dominican Republic. These patterns may be applied in social situations. In addition, variations will be provided in the forms of: A Latin Line Dance, Birthday Circle and floor aids which will accommodate the elementary student to the active mature adult. If you love the music, you'll love this spicy workout!

Speaker: Adrienne Bratton, LA County Parks and Recreation

11:30 am-12:30 pm

ELEMENTARY PHYSICAL EDUCATION and RECREATION

Flourish in Elementary Childhood by Starting with the Heart*Garden 3*

Research completed by the National Association for Sport and Physical Education (NASPE) and Centers for Disease Control and Prevention (CDC) reveals that there is a direct relationship between academic achievement and fitness. Our open-source (free) Flourish and Start with the Heart resources are a scalable solution that maintains and improves the social and emotional lives of youth, thereby improving their capacity to learn as well as improving their physical and psychological health and well-being.

Speaker: Erin Cooney, Pure Edge Inc.

11:30 am-12:30 pm

ELEMENTARY PHYSICAL EDUCATION and ADAPTED PHYSICAL EDUCATION

Cross Curricular Activities: Gross Motor Skills AND...*Royal A/B*

Research has shown that students learn best when they are fully engaged. This presentation is all about ACTIVE LEARN-

ING and how you, the physical educator, can collaborate with classroom teachers and demonstrate that movement and academics can go hand in hand. A variety of cross-curricular ideas and activities will be presented. This session is packed with multi-sensory lessons that promote ACTIVE LEARNING opportunities.

Speaker: Carrie Flint, Musical PE Plus

11:30 am-12:30 pmADAPTED PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION
Approaches to Behavior Management: A Web-Based Guide*Imperial*

Physical Education is a unique learning environment full of external variables such as a noise, temperature, and movement that makes delivering lessons and managing behavior a challenge for physical educators. This presentation will detail a resource web-site (created by the presenters) for physical educators to provide cost-free, actionable behavior management tools to redirect behavior in a positive manner. It will feature behavior management tools based on three approaches, behavioral, humanistic, and biophysical approaches to behavior management. Specific behavior management tools that were most effective and used in adapted physical education, inclusion physical education classes and from literature will be highlighted.

Speakers: Paul (E Koang) Kim, Cross Country Education, Melissa Bittner and Amanda Young, CSU Long Beach

11:30 am-12:30 pm

HEALTH EDUCATION

10 Instructional Strategies to Engage Students in Health Class*Salon IV*

Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, as she shares instructional strategies to engage students in practicing health skills. From warm up activities to in-class assessments and exit tickets, participants will leave with

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instructional best practices and health assessments for their teacher toolbox as well as complimentary access to our updated skills-based middle and high school health program.

Speaker: Mary McCarley, Goodheart-Willcox

11:30 am-12:30 pm

HEALTH EDUCATION and DIVERSITY & SOCIAL JUSTICE

Being an “Askable” Adult: Working Through Bias

Salon I

Want to learn how to be an “askable” adult who youth and young people feel comfortable going to for questions about sexual & reproductive health? In this workshop, participants will learn about common biases that can show up when discussing sexual & reproductive health with youth and young people and how they get there in the first place. Attendees will learn how to be a supportive and unbiased “askable” adult so they can better equip young people with the resources they need to make informed decisions about their sexual and reproductive health.

Speakers: Faviola Mercado and Amy Streavel, Planned Parenthood of Orange and San Bernardino Counties

11:30 am-12:30 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

What is your Ideal Physical Education? Goals, Activities, and Struggles

Salon II

What is your ideal PE class? In this session, the presenters will highlight and explain the status and future direction of Physical Education in the United States utilizing Occupational Socialization Theory (OST). Please join us to share your teaching experience and your vision for one of the most important academic subjects.

Speakers: Chan Woong Park, Craig Tacla and Julie Kuehl-Kitchen, CSU, Sacramento

11:30 am-12:30 pm

FUTURE PROFESSIONALS and LEADERSHIP & ADMINISTRATION

Coach Mental Wellness: Prioritizing Self to Better Serve Others

Salon VII

As a busy coach, you likely haven’t spent time thinking about your own mental health and wellness. Sure, you’ve told your athletes to seek professional help if they need it, or maybe even spent time doing group activities with your team to promote mental wellness. But how are YOU doing? A coach who isn’t taking time for their own mental wellbeing is at a serious disadvantage, and you can’t be an effective coach if you’re struggling internally. Join us to learn how establishing actionable mental wellness habits today can help you become both a better coach and a healthier person.

Speaker: Audrey Shaw, TrueSport

11:30 am-12:30 pm

EXHIBITOR SHOWCASE

Measuring Running Motivation Using R Squared

Royal E/F

Training students to run properly involves consistent regular workouts and feedback. This session will discuss the use of a proven Olympic training technique that provides the student with instant feedback and long-term data that measures motivation. This can be done with mass numbers of kids running at the same time using tracking technology that allows for constant flow of students around a loop without stopping to be scanned.

Speaker: Gregory Stewart, Orbiter, Inc.

11:30 am-12:30 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Mindfulness in Health and Physical Education

Salon V

Mindfulness is nonjudgmental, moment by moment awareness that arises through paying attention to thoughts, emotions, and bodily sensations. Mindfulness practices conducted in health and physical education

classes can be a powerful teaching method to elicit feel good hormones (e.g., serotonin and dopamine) to increase attention, reduce stress, and lift mood. This session will cover the foundations of mindfulness and tips on how to introduce these practices to students. Participants will have an opportunity to learn and perform several mindfulness practices to be used in and outside the classroom.

Speakers: Paul Stuhr, Esther Ortiz-Stuhr and Denis Schulz, CSU, San Marcos

11:30 am-12:30 pm

HIGHER EDUCATION and ELEMENTARY PHYSICAL EDUCATION

From PETE Faculty to PE Teacher: A Transformation Story

Harbor

After 20 years as a PETE professor, I had lost touch with today's youth in PE. To enhance my knowledge as a teacher educator and to gain current experience in elementary PE, I taught part-time physical education for one year at a K-8 school. This presentation will share the lessons learned from my one-year journey and how it transformed my teaching in the university classroom.

Speaker: Josh Trout, CSU, Chico

11:30 am-12:30 pm

RETIRED MEMBERS and FUTURE PROFESSIONALS

Everything I Didn't Learn in School about Teaching: Tips and Tricks from Retirees

Pacific

Future professionals and new teachers come and chat with retired teachers on the tips and tricks of teaching that you didn't learn in school. This session will be an open panel discussion. Come bring your questions.

Speakers: Margaret Weimer, Retired and Kim Hunt, Retired

11:30 am-12:30 pm

EXHIBITOR SHOWCASE

Rookie Rugby

Garden 1/2

Our Rookie Rugby program is designed

especially for schools and teachers. This program is designed to introduce children to the exciting world of flag rugby, a fast-paced, high-energy sport that combines athleticism, strategy, and teamwork. Our Rookie Rugby program provides all the equipment, curriculum, and knowledge that Physical Education teachers need to implement in their classes for no charge at all. It is suitable for children of all ages and skill levels, from beginners to advanced players. With our program, your students will learn the fundamentals of the game, such as passing, catching, running, and evasion, in a safe and controlled environment.

Speakers: Kylee Wetsel and CJ Hussman, Legion Community Foundation and Guy Hagan, Major League Rugby

1:15-2:15 pm

CAHPERD

Council Meetings

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2:30-3:30 pm

HEALTH EDUCATION and LEADERSHIP & ADMINISTRATION

Leading Equitable and Inclusive Skills-Based Health Curriculum Revisions

Pacific

Learn how one large district prioritized equity and inclusion and utilized health teacher expertise to develop a skills-based instructional approach for 7th grade Health. Learn about their textbook adoption process, curriculum document development, and focus on teacher collaboration to drive the work.

Speakers: Esther Deth and Petja Waider, Long Beach USD

2:30-3:30 pm

EXHIBITOR SHOWCASE

**Revolutionizing Physical Education:
Integrating Heart Rate Sensors and
Step Trackers***Terrace*

Step into the future of physical education with our groundbreaking workshop by incorporating heart rate sensors and step trackers that bring a new dimension to your students' physical activity experience. Engage both teachers and students like never before as we seamlessly integrate body-worn sensors into your PE curriculum. During this interactive session, participants will immerse themselves in activities designed to assess various aspects of physical fitness. Explore assessments such as recovery heart rate, the Pacer test, ambient heart rate, and peak heart rate, which are utilized to establish personalized heart or step zones.

*Speaker: Sally Edwards, Heart Zones
Education Division*

2:30-3:30 pmSECONDARY PHYSICAL EDUCATION and
HEALTH EDUCATION**Raising the Rigor***Salon II*

In this session I will share strategies I have used regularly in my middle and high school PE classes that helped me be selected as the CAHPERD 2022-2023 High School PE Teacher of the Year. These strategies can be implemented immediately and will help raise the rigor and the use of academic language in the classroom. Be prepared to get up and move around a bit. After all, rigor is vigor!

Speaker: Betsy Erickson, Washington USD

Protect Children From Harmful Hypersexualized Dance



Join the **DANCE**
Movement!



Visit danceawareness.com

2:30-3:30 pm

SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION
**Working with Paraeducators Before,
During, and After PE: Bridging the Gap
(Part 1)**

Salon IV

As General Physical Education (GPE), Specially Designed Physical Education (SDPE) or Adapted Physical Education Specialist, this session is for you. In this panel we will discuss the barriers related to supporting students in PE environment. So often, the paraeducators are unsure of what their role is during PE. What are the teacher expectations? There are many considerations that are needed before, during, and after PE to provide support. Often the breakdown occurs in communication and expectations...what exactly do you want me to do? We just need to work more on bridging this communication gap. Bring your own knowledge and questions to share.

Speakers: Heidi Erickson, Gina McKellar and Lawna Dunbar, Butte County Office of Education

2:30-3:30 pm

HEALTH EDUCATION

**“Moving” Towards Health Literacy:
Incorporating Movement into the Health
Classroom**

Garden 1/2

We all know about the dangers of sitting too much for adults, but how does all that sitting affect our students? Join Diane Farthing, 2019 CAHPERD Health Teacher of the Year, as we explore how movement in the middle and high school health classroom can benefit students and teachers. You'll leave with a variety of strategies that can be used to connect with your students, build community, increase engagement, share content, and develop health skills, all without students being stuck in their chairs.

Speaker: Diane Farthing, Pleasanton USD, Retired

2:30-3:30 pm

ELEMENTARY PHYSICAL EDUCATION
and SECONDARY PHYSICAL EDUCATION
**CALM the CHAOS with Easy to Implement
Class Management Strategies**

Garden 4

You can have the best lesson but without class management you won't be able to teach, and students will struggle to learn. Class management is the key to any successful lesson. However, teaching outside or in a gym, often with extra-large classes, presents unique and challenging teaching environments. This presentation is packed with tried-and-true class management tips and recommendations, in addition many specific for large groups on the playground and in the gym.

Speaker: Carrie Flint, Musical PE Plus

2:30-3:30 pm

ADAPTED PHYSICAL EDUCATION

**Adapted Physical Educators Answer:
Common Questions from Physical
Educators**

Salon I

The State Council on Adapted Physical Education (SCAPE) is a group of currently active General and Adapted Physical Educators, University Professors, and retired Adapted Physical Educators whose main goal is to lead, support, and assist Physical Educators-both General and Adapted-to provide the highest quality physical education programs for individuals with and without disabilities in California. SCAPE and Adapted Physical Educators in the field frequently receive questions from Physical Educators on a variety of topics, such as what an Individualized Education Plan (IEP) is, what are best practices for successful and meaningful inclusion, and when it is appropriate to consider Adapted Physical Education service as part of the students' IEP. We also receive questions around laws and rights of students with disabilities in CA schools, and what role Physical Education plays in the students' education. SCAPE would like to take this opportunity at the CAHPERD 2024 conference to answer common questions that are frequently



BUILD CONFIDENT, RESILIENT STUDENTS THROUGH POSITIVE MESSAGES + MOVEMENT

Sami's Circuit is an interactive SEL video program that provides powerful, engaging content for K-6 schools and after-school programs. Sami's unique approach blends lessons from his own childhood experiences with a positive, growth mindset and kinesthetic learning. This combination forges a strong, memorable connection with students, staff, teachers, and families. Experience the transformative impact of Sami's videos, books, and live-streaming events, contact us today!



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brought to Adapted Physical Educators from Physical Educators and inspire collaboration and teamwork to provide the students with the most optimal learning experiences in Physical Education.

Speakers: Lemi Hayashi, Fremont USD and Members of the State Council on Adapted Physical Education

2:30-3:30 pm

EXHIBITOR SHOWCASE

Street Racket – An Award-Winning Education Concept from Switzerland *Royal E/F*

The game of Street Racket was created in Switzerland to promote healthy lifestyles and well-being, but also to bring people together through racket games and movement. Street Racket games are played with little infrastructure, due to the courts being created with chalk or tape, which makes the game easily accessible as a physical activity opportunity outside of physical education class as well. Street Racket gives the opportunity to explore racket skills in a fun and engaging environment where all students can feel successful. This can allow all students to also participate in social engagement and building connections with their classmates that can extend beyond physical education.

Speaker: Rene Lewicki, Street Racket USA

2:30-3:30 pm

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION **Hindsight is 20/20: Reflective Teaching for Physical Education** *Garden 3*

Learning with and from your students is essential to quality physical education. We love the feeling when a lesson goes well; but how do you respond when things don't go as planned? Reflection is a skill like any other. Modeling a growth mindset for your students through continual self-improvement and critical reflection will increase student engagement and belonging. Participants will learn how to use tools, strategies, and resources to become a better reflective practitioner.

Speaker: William Potter, Serendipity School

2:30-3:30 pm

RECREATION and HIGHER EDUCATION **Accessibility Insights: Tour of Cal Poly Pomona's Bronco Recreational Center** *Imperial*

Come on a virtual tour with us as we present the process and findings of our comprehensive evaluation of the accessibility of Cal Poly, Pomona's Bronco Recreation Intramural Center. Through our presentation of our assessment, we aim to shed light on key accessibility features, ways to identify potential barriers for all and provide recommendations for enhancing the overall inclusivity of fitness facilities. Specific recommendations will include evaluation resources, advocating for accessibility, and suggestions for training fitness center staff. Join us in exploring ways to recognize accessibility features and create inclusive opportunities for lifetime fitness for all.

Speakers: Chloe Simpson, Rachel Castillo and Mark Gonzales, Cal Poly, Pomona

2:30-3:30 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION **Ultimate Fun with Adventure Learning** *Royal C/D*

Establishing a sense of community within physical education classrooms is essential to developing students that are open to trying new activities and experiences. This activity-filled session offers students an opportunity to connect with their classmates, build trust, and problem solve through a variety of fun and engaging activities, while also developing and reinforcing responsible behaviors. All participants are given the opportunity to contribute to small and large group activities through social engagement and building connections with their classmates that extend beyond physical education.

Speakers: Trent Suzuki, Escondido Union School District and Steve Bruecker, Retired

2:30-3:30 pm**HEALTH and PHYSICAL EDUCATION****Teaching Physical Activity and Life Skills Lessons Through health. moves. minds.®****Royal A/B**

SHAPE America will share what health. moves. minds.® is and how to connect health. moves. minds.® lessons to physical activities. Attendees can participate in physical activity lessons, learn how to receive free access to the lessons and be entered in a drawing for a \$100 Gopher Gift Card giveaway.

Speaker: Stephanie Jumps, SHAPE America

2:30-3:30 pm**EXHIBITOR SHOWCASE****Making Moves with Health Education****Salon VII**

Those Health Education standards are important for our future generation, but tricky to make time for and plan! Come learn how to design your own easy to plan, engaging, concise, and kinesthetic-based health education lessons for your gym and/or classroom learning space! PE teachers will fit in health efficiently while still meeting all physical activity and PE standard requirements and classroom teachers will implement health instruction in short, active, and engaging daily doses! All educators will leave with tools and tips to support school-wide wellness!

Speaker: Ashley Cates, QuaverEd

2:30-3:30 pm**EXHIBITOR SHOWCASE****Improving Lives with Resistance Training****Harbor**

With decreased physical activity, overweight/obesity rates on the rise, and the increased incidence of diseases in our youth, it has become evident that a shift in the way PE is taught is necessary. Come to hear how Righetti High School has transitioned from a traditional PE course model to one that incorporates resistance training, weight-lifting, HIILIT, and nutrition

education. High school PE classes can and should make an impact on the health of students. With this model all students participate. Every dimension of health is improved through resistance training, and research validates this shift. The presentation will also include tips on how to get your school district to fund resistance training equipment for every student in your PE classes.

Speaker: Scott Nickason, Fit Box

3:45-4:45 pm**ADAPTED PHYSICAL EDUCATION and HIGHER EDUCATION****Preparing Inclusion Ready Physical Educators****Salon V**

United States government reports indicate 90% of students with disabilities appear in GPE classes, yet GPE teachers do not feel prepared to teach inclusive classes. To address this issue, PETE programs must prepare inclusion ready teachers. This session presents an infusion model so a PETE program can prepare highly qualified inclusive ready GPE teachers. Included in this session are salient issues PETE/APE professionals should anticipate when making proposed modifications to their traditional teacher preparation programs.

Speakers: Heidi Ambrosius and Terry Rizzo, CSU San Bernardino

3:45-4:45 pm**ELEMENTARY PHYSICAL EDUCATION****The Many Uses of ADA's Squish Coated Foam Ball for Elementary Students****Royal E/F**

Coated foam balls will be used in many different ways to develop motor and sports skills for elementary age students. Many proven fun games that actively engage your students will also be presented.

Speaker: Gilbert Bagaman, La Honda/Pescadero USD

3:45-4:45 pm

SECONDARY PHYSICAL EDUCATION and
FUTURE PROFESSIONALS

**Human Trafficking Education in the
Physical Education Classroom**

Imperial

We will present a few options for teaching State-Mandated Human Trafficking prevention and awareness, including 3 different options available to public school teachers in California. I plan to share my personal experiences teaching the curriculum and the history behind why I am so passionate about this topic.

*Speakers: Terri Clark, San Diego USD,
Kim berry-Jones and Melissa Baldwin,
PLNU's Center for Justice and
Reconciliation*

3:45-4:45 pm

DANCE and RECREATION

MoriOgraphy Movement Therapy

Terrace

This impactful session uses dance techniques and movement processes to help communicate moods and express emotions. Individuals get an understanding of movement and expression, and a renewed sense of recovery to wholeness. In this type of workshop, the mind/body connection is utilized to integrate movements, breathing techniques, music and sounds, to promote identification of emotions, freedom of expression through movement, good circulation and large motor skill utilization. We take open action, through movement, to advocate for the full expression of the participating individuals.

*Speaker: Mori Edwards, MoriOgraphy
Movement Wrx!*

3:45-4:45 pm

EXHIBITOR SHOWCASE

**Build Community with 9 Square in
the Air**

Garden 4

9 Square in the Air® is an addictive group game that students love! It's tons of fun for all ages and skill levels. Our brand-new permanent edition is perfect for hours of play outdoors while our portable game can

be used indoors or outside, is height-adjustable, and has simple and easy set up and storage. Your students will want to play this game for hours!

Speaker: Niki Hughes, 9 Square in the Air

3:45-4:45 pm

HEALTH EDUCATION and HIGHER
EDUCATION

Everybody Up!

Salon VII

We know that being active is significantly more beneficial to one's health and well-being than being sedentary. So, why do most schools perpetuate the practice of having students sit for an average of 3-4 hours each day? Don't we want the best for our students? Come to this session to experience first-hand many ideas and activities to integrate more movement into your classroom. We'll do quick brain breaks to get the blood flowing, simple partner and group pairing strategies and longer content focused activities to engage students in your classroom experience. Get ready to have fun learning! Everybody up!

*Speaker: Christy Knott, Notre Dame de
Namur University*

3:45-4:45 pm

SECONDARY PHYSICAL EDUCATION and
INTERSCHOLASTIC ATHLETICS

**We Need Strength-Comprehensive and
Equitable Strength Training in Public
Schools**

Royal C/D

For decades, weight and strength training programs have been limited to football teams or considered "boys locker room" activities. Public Schools have a unique opportunity to expose students to weight training in various forms. We will explore some avenues through which you can incorporate simple yet effective weight training programs for your physical education program.

*Speaker: Rodrigo Otero, Terra Linda High
School/San Rafael City Schools*

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- ✓ Teaching Anatomy and Reproduction
- ✓ Teaching Abstinence and Birth Control
- ✓ Teaching STIs and HIV



VISIT SPARKED.NET TO ENROLL TODAY

3:45-4:45 pm

HEALTH EDUCATION

25 years and Still Going: Postpone Teen Pregnancy Prevention Program*Salon II*

Come learn about the Postpone Teen Pregnancy Prevention program. For the past 25 years we have partnered with schools to implement this program at the high school level. Come get samples of our Fotonovela PowerPoints, how to set up your program, learn about recruitment and retention and how to effectively recruit students.

Speakers: Emiko Torres, County of Monterey and Carolyn Cleaves, Salinas Union High School District

3:45-4:45 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Working with Paraeducators Before, During, and After PE: Bridging the Gap (Part 2)*Salon IV*

As General Physical Education (GPE), Specially Designed Physical Education (SDPE) or Adapted Physical Education Specialist, this session is for you. In this panel we will discuss the barriers related to supporting students in PE environment. So often, the paraeducators are unsure of what their role is during PE. What are the teacher expectations? There are many considerations that are needed before, during, and after PE to provide support. Often the breakdown occurs in communication and expectations... what exactly do you want me to do? We just need to work more on bridging this communication gap. Bring your own knowledge and questions to share.

Speakers: Heidi Erickson, Gina McKellar and Lawna Dunbar, Butte County Office of Education

3:45-4:45 pm

EXHIBITOR SHOWCASE

Building Self Confident Active Kids One Lap at a Time*Pacific*

It's time to ditch the popsicle sticks. The Marathon Kids FREE program will help you track laps and minutes of physical activity! Come learn how to use our customizable program and technology to increase student motivation. We utilize data and goal setting to help you create a team atmosphere around physical activity. Marathon Kids promote self-paced movement to accommodate different levels of ability and student choice. Join our mission to help kids find the joy in being physically active.

Speaker: Stephanie Ediger, Marathon Kids

3:45-4:45 pm

EXHIBITOR SHOWCASE

Fun and Engaging Activities for Teaching Striking Skills*Royal A/B*

Tried and true striking activities to engage ALL your students in a fun way using paddles or racquets. These exploratory activities are geared for the K-6 student and follow a teaching progression to help your students become successful and enjoy net games throughout their lifetime. A 3-4-day unit will be shared with warm up fitness activities, skill progression, and small sided game play.

Speaker: Mike Smith, School Specialty

5:15-7:30 pm

CAHPERD

Welcome Reception*Garden*

Join us for food, beverages, networking and games! Several prizes will be raffled throughout the evening. Special thanks to School Health for their generous support!

Hosts: Kathy Russell, President and Danny Radd, School Health



CAHPERD Family Game Night

**Thursday
February 1st
5:15-7:30 pm
Garden Room**

Get ready for an evening of fun, laughter, and friendly competition at the upcoming CAHPERD Family Game Night! We invite you to join us for an exciting night of games and entertainment that's sure to be a blast.

To add to the fun and cozy atmosphere, we encourage everyone to come dressed in their favorite pajamas (that are appropriate, of course!). Whether you prefer whimsical patterns or classic styles, don your comfi-est sleepwear and get ready to enjoy a night of camaraderie and games.

Bring your A-game and a competitive spirit as we engage in various interactive and entertaining activities that are perfect for the whole family. This is a fantastic opportunity to bond with fellow CAHPERD members and their families outside of the conference setting.

We look forward to seeing you there for an evening filled with laughter, good-natured competition, and great memories. Don't miss out on this unique event!

Hosts: Kathy Russell, 2024 CAHPERD President and Danny Radd, School Health



CAHPERD 2024

EVERYBODY MOVES

Friday – February 2nd Sessions and Activities

8:00 am-4:00 pm

CSU Department Chairs' Meeting

Salon II

A meeting of the Kinesiology Department Chairs from the California State University system, open to all chairs and their reps.

8:00-9:00 am

SECONDARY PHYSICAL EDUCATION and DIVERSITY & SOCIAL JUSTICE

Every Body Means EVERYBODY: Including Students with Extensive Needs in PE

Salon I

You want to include students with disabilities in your classes, but you need to “see what it looks like.” Come and see! Hear the stories of three general physical education teachers who refused to exclude students with moderate to severe disabilities from their classes. They have paired up with their APE teachers this year to be inclusive of EVERYBODY. They teach at three distinct secondary school sites. Each uses a model that is slightly different in terms of ratios of students with disabilities to students without, instructional techniques, coteaching, use of peers, etc. See what works for each of them and know why.

Speakers: Greg Bellinder, Azusa Pacific University and Teachers from Colton Joint USD

8:00-9:00 am

HEALTH EDUCATION

Active Learning Strategies for Health Education

Pacific

In this session, participants will learn and discuss a variety of strategies, based on

learning theory and neuroscience, to engage all learners. Participants will have the opportunity to experience some of these strategies and discuss how these approaches support students' learning experience, knowledge acquisition and skill development.

Speaker: Sarah Benes, Southern Connecticut State University

8:00-9:00 am

DANCE and DIVERSITY & SOCIAL JUSTICE

A Creative Renaissance: Imagination & Improvisation Through Dance

Garden 1/2

Improvisation is the practice of action and reaction; of making and creating, in the moment, and in response to the stimulus of one's immediate environment. This can result in the invention of new thought patterns, new practices, new structures, or symbols and/or new ways to operate and BE. This creative invention cycle occurs most effectively when the mover has a thorough intuitive or technical understanding of the necessary skills and sensitivity required in that moment, as opposed to a pre-planned movement combination.

Movers and dancers in this class will be invited to translate their 'intuition and technical understanding' into a creative work of art by tapping into their inner breath, natural movement combinations/gestures, and spirit to guide the body holistically in a clear movement message. This class and its principles are appropriate for teaching youth and adults.

Speaker: Stephanie Butler Adams, Long Beach USD

8:00-9:00 am**ELEMENTARY PHYSICAL EDUCATION
and SECONDARY PHYSICAL EDUCATION
SEL in ACTION!****Royal C/D**

This session will focus on how to develop the SOCIAL and EMOTIONAL COMPETENCIES students need to participate successfully in physical activity. The strategies and activities shared will be grounded in our physical education content standards and will demonstrate how to seamlessly integrate SEL into the physical education LEARNING ENVIRONMENT and INSTRUCTION. Come ready to move and take away ideas you can use immediately with your own students!

Speakers: Terri Drain, Pleasanton USD-Retired, Matt Bassett, Los Angeles COE and Kate Cox, Corte Madera School

8:00-9:00 am**SECONDARY PHYSICAL EDUCATION and
ADAPTED PHYSICAL EDUCATION
Peer Buddy Program****Imperial**

According to Lieberman and Wilson (2002), “peer tutor programs are most effective when the peer tutor is trained”. The purpose of this presentation is to evaluate a peer buddy program. Typically developing peers, 15 to 18 years will be trained to assist with students with disabilities in a physical education setting. Training will consist of 5 days a week, for 45 minutes. Interviews will be conducted before and after the training from a survey. This presentation will provide teachers with resources to train and create a peer buddy program in their school or community.

Speaker: Rosa Fernandez, LAUSD

8:00-9:00 am**SECONDARY PHYSICAL EDUCATION and
HIGHER EDUCATION****Night PE and Other After Hour Credit
Options****Salon V**

Since the 1990's San Rafael High School has offered two sophomore PE Options at

Night and on Weekends: Sailing and Hiking. These themed classes explore CA Content Standards one weekday evening a week and then one specific outdoor activity on weekend mornings. Presenters will explain how this popular class is structured and how you might be able to bring this alternative offering to your school as well.

Speakers: Catherine Healy and Jessica Redding, San Rafael High School/ San Rafael City Schools

8:00-9:00 am**EXHIBITOR SHOWCASE****Food is Fuel – Active Nutrition Education
Garden 4**

Take a BITE out of this activity session! Your students will EAT UP these engaging and food focused activities. Utilize the BUFFET of FREE resources from OPEN PhysEd to teach nutrition in an active way.

Speaker: Daniel Hill, OPEN PhysEd

8:00-9:00 am**INTERSCHOLASTIC ATHLETICS and
SECONDARY PHYSICAL EDUCATION
Coaches' Motivation Techniques and
Player Burnout****Harbor**

The role of the coach is important not only as an authority figure to guide athletes through skillful tasks, but also to reduce game-time anxiety, encourage social interaction within the team, and expand on cognitive skill-sets students are already learning within the classroom setting. The effects of positive coaching are far-reaching beyond the “field.” A coaches’ influence can encourage healthy and active lifestyles, improve self-esteem, and highlight cognitive learning. We will examine how coaches can encourage high levels of productivity from individual players while decreasing player burnout within their sports programs.

Speakers: Gabe Padayhag, Chula Vista Elementary School District

8:00-9:00 am**SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION
Getting Everybody Moving and Enjoying
Physical Education Using MVPA & UDL
Strategies – Part 1****Grand A**

In part 1 we will explain the importance and benefits of using Moderate to Vigorous Physical Activity (MVPA) strategies and UDL approaches to create a physical education environment that promotes excitement, enjoyment, movement and success for all students. Session 2 will be an interactive session where participants will apply MVPA strategies and UDL approaches playing multiple instant activity games, skill development and main activity in an authentic outdoor setting. Both sessions together will present a unique way of learning the information and then seeing it applied.

Speakers: Scott Smith and Mike Lee, SBCUSD

8:00-9:00 am**HIGHER EDUCATION and FUTURE
PROFESSIONALS
Using Heart Rate to Inform Instructional
Decision-Making in PETE****Salon IV**

The purpose of this presentation is to describe how heart rate monitors were used to assess teaching and learning in methods courses at CSU, Fresno. Participants will learn how the technology was used to evaluate lesson design and how students used the data to inform instructional decision-making during traditional activities like tag and relays. We will share lessons learned from a recent secondary methods course including lesson profiles of a variety of individual, dual, and team activities and a summary of student reflections to illustrate the value of the technology on student learning.

Speaker: Nicole Smith, CSU, Fresno

8:00-9:00 am**EXHIBITOR SHOWCASE****Bump up the Fun with Boardball!****Royal E/F**

Boardball is a new game we created that aims to lower the barriers to playing volleyball, allowing greater accessibility, focused hand-eye coordination skills development and training, and ultimate fun. Instead of hitting over a traditional net, you're hitting onto a compact and portable board that can be played indoors or outdoors. The game is played 2v2, is dynamic and competitive and provides a new way for players to use their bump-set-spike skills. This exciting fusion of volleyball and roundnet delivers non-stop fun for all ages, anytime and anywhere! Our premium boardball set is easy to set up, built to endure, and fully portable. It comes with a board, a full size volleyball, and hand pump.

Speaker: Amanda Nguyen, Boardball

8:00-9:00 am**PHYSICAL EDUCATION****Culturally Responsive Pedagogy
PE Website****Terrace**

Culturally responsive pedagogy (CRP) is an educational approach that recognizes and respects the diverse cultural background and experiences of students. It incorporates students' cultural perspectives into teaching practice where it promotes an inclusive learning environment. The creation of a physical education CRP website will serve as an easily accessible destination for teachers who would like to know more on the topic and find activities that they can implement in the classroom. Culturally responsive pedagogy is important because it promotes equity and inclusion by valuing and incorporating diverse cultural backgrounds, experiences, and identities into the educational process, leading to increased engagement, academic achievement, and overall well-being of students. The purpose of this presentation is to showcase a newly developed CRP website in terms of navigation, CRP activities, and modifications.

Lastly, the presentation will include a hands-on portion where teachers can participate in activities that will be included in the CRP website.

Speakers: Anthony Tang and Melissa Bittner, CSU, Long Beach

8:00-9:00 am

EXHIBITOR SHOWCASE

Maximize Movement and Learning through Innovative Games and Activities

Salon VII

Through a variety of inclusive, developmentally appropriate, fun games you can meet the physical, social, and emotional needs of children. Keep small or large classes moving by instructing fun, innovative activities. Be prepared to move and learn some of the best “kid-approved” physical activities of 2023.

Speaker: Bo Shappell, School Health

8:00-9:45 am

CAHPERD

Past Presidents' Breakfast

Regal

This annual gathering provides an opportunity for former CAHPERD presidents to celebrate the past and engage in cordial reflections and friendship.

President: Tonya Moore, Immediate Past President

9:00-9:45 am

CAHPERD

Grand Opening of Exhibits

Grand Ballroom

Please join us in welcoming the exhibitors to the 2024 CAHPERD Conference! Among these companies are many old friends who have supported CAHPERD over the years, and many new friends who are participating for the first time. You won't want to miss the opening ceremonies and the opportunity to spend time visiting with vendor representatives!

Hosts: Kathy Russell, President and Brent Powell, Executive Director

10:00-11:30 am

CAHPERD

Second General Session-Universally Designing Your Physical Education Class

Grand A

There is more heterogeneity in physical education classes than there ever was before today. Meeting the needs of every child would be impossible without universally designing your curriculum. Come to learn the history of Universal Design, the three components, and many, many examples. Resources include books, web sites, videos, checklists, and equipment companies. Participants will leave with new ideas and be empowered to ensure every child is welcomed and included from the beginning of the year and in every class.

Keynote Speaker: Lauren Lieberman, SUNY, Brockport

12:30-1:30 pm

DANCE and ELEMENTARY PHYSICAL EDUCATION

Creative Dance for ROCK STARS

Terrace

This session focuses on dance terminology, movement terminology, elements of dance, and musical adaptation for teaching creative dance to elementary school children. Session includes handouts.

Speaker: Michele Blake, LAUSD and YMCA

12:30-1:30 pm

HIGHER EDUCATION and FUTURE PROFESSIONALS

Teachers' Professional Quality of Life During the “Great Resignation”

Imperial

K-12 teachers across the U.S. are voluntarily leaving their jobs at alarming rates in what is being known as part of the “The Great Resignation” (Cohen, 2021). In the first quarter of 2022, over 700,000 educators separated from the profession (U.S. Bureau of Labor Statistics, 2022). While the prevalence of teachers' job-related stress is clear, PE teachers' professional quality of life (proQOL) has not been as commonly



CAHPERD 2024

EVERYBODY MOVES

Second General Session

Friday, February 3, 2024

10:00 - 11:30 am

Grand A Ballroom

Welcome Greetings

Kathy Russell, President

Announcements

Elections & Voting Information

CAHPERD members are encouraged to stop by the voting table in the registration area to view photos and biographical statements of the candidates, as well as any proposed changes to the CAHPERD Bylaws. Voting will be open until 4 pm today.

Keynote Address:

Universally Designing Your Physical Education Class

Lauren Lieberman, Ph.D., State University of New York: Brockport

Meeting the needs of every child would be impossible without universally designing your curriculum. Come to learn the history of Universal Design, the three components, and many, many examples. Attendees will leave with new ideas and be empowered to ensure every child is welcomed and included from the beginning of the year and in every class.

Closing Remarks

Kathy Russell, President

investigated, despite discipline-specific stressors. As such, this pilot study 1) measured PE teachers' levels of secondary traumatic stress, burnout, and compassion satisfaction, and 2) compared results with other types of teachers.

Speakers: Sierra Cordova and Jimmy Castillo, CSU, Los Angeles

12:30-1:30 pm

HEALTH EDUCATION and DIVERSITY & SOCIAL JUSTICE

Stanford REACH Lab's Safety First: A Comprehensive, Harm-Reduction-Based Drug Curriculum

Pacific

Stanford REACH Lab's Safety First is a free and online high school curriculum consisting of 15 lessons, each to be completed in a 45- to 50-minute class period. Each lesson is designed to engage students in honest conversations about drugs overall and specific categories of drugs and to provide harm reduction strategies through interactive activities such as discussions and role-playing. The curriculum is aligned with National Health Education Standards as well as Common Core State Standards so it can be easily integrated into Health classes. This presentation will provide an overview and mini training on using Safety First.

Speakers: Scott Gerbert and Marcia Zorrilla, Stanford School of Medicine-REACH Lab

12:30-1:30 pm

EXHIBITOR SHOWCASE

OPEN the Possibilities: Roundnet/Spikeball Utilizing the Sport Education Model

Royal E/F

Join us for this active Spikeball presentation to teach physical educators of all levels about the sport of Roundnet and how they can implement it with large class sizes into their curriculum. We will discuss how to modify the rules and equipment so that all students, regardless of their age or ability, can improve their motor skills, movement patterns and physical/emotional literacy. This curriculum is aligned to the SHAPE

America National Standards for Net/Wall games. (Serving, Striking and Tactics) OPEN lessons incorporate content language, depth of knowledge questioning, and strategies for academic rigor. 4-12
Speaker: Charla Krahnke, OPEN/US Games

12:30-1:30 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Modified Games that Lead to MAXIMUM Learning

Royal A/B

Come together for an adventure on how to get more students appropriately involved in game-like settings. Attendees will participate and design modified games in order to better understand how to make modifications related to the following variables: scoring variations design to emphasize the lesson focus, goal and target size, field size, equipment modifications, variations related to the number of players, including odd and even variables, area utilized, etc. Learn how to be intentional about the modifications you make to games to have a positive impact on learning, engagement and excitement.

Speaker: Julie Kuehl Kitchen, CSU Sacramento

12:30-1:30 pm

ADAPTED PHYSICAL EDUCATION and INTERSCHOLASTIC ATHLETICS

Benefits of Inclusive Sports Programming

Salon I

Inclusive sports programming should not be singularly focused. The benefits of partnering athletes with children with disabilities include: learning social norms, sports skills and techniques, empathy, compassion and reminds athletes there is more to sports than competition and the business aspect of athletics.

Speaker: Matt Lance, Special Forces Sports Foundation

12:30-1:30 pm

SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL
EDUCATION

**Increasing Student Learning and Grit
with Growth Mindset and Goal Setting in
Physical Education**

Grand A

Join us to learn about the path the teachers and students took to "exercise" grit when setting and attaining their goals in their physical fitness and mental well-being using growth mindset. We'll share students work and the way we addressed and progressed learning with Grade 8 Standard 3.5 Assess periodically the attainment of, or progress toward, personal physical fitness goals and make necessary adjustments to a personal physical fitness program.

Speaker: Stephanie Molina, Wilson Middle School/Chowchilla Elementary School District/California Physical Education-Health Project

12:30-1:30 pm

SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION

**Creating Realistic Expectations and
Connections with High Needs Student
Through a PE Lens**

Garden 4

As teachers start to exit the profession, and colleges try to recruit new teachers, education is at a point where we need to adapt. In my presentation I will discuss ways to make healthy connections with generation Z. Strategies for physical fitness, testing, SEL conversations, and how to decompress from long days in the life of a physical education teacher.

Speaker: Daniel Negrete, Washington USD

12:30-1:30 pm

ELEMENTARY PHYSICAL EDUCATION
**Physical Education Teacher in
Elementary Schools**

Salon V

This presentation will highlight reasons why elementary schools should have a Single Subject Physical Education (PE) creden-

tialled teacher. The one required course for Education Specialists to teach PE is not enough to learn correct biomechanics, body and spatial awareness, directional pathways, locomotor skills, non-locomotor skills, and fundamental motor skills that are all critical in the developmental stages that children are undergoing throughout elementary school. Bringing awareness to the importance of having a PE specialist to develop these skills and to decrease the burden for classroom teachers to meet the PE state standards is imperative. This presentation will highlight advocacy methods including targeting Parent-Teacher Organizations and school administrators.

Speaker: Nikki Thornburg, CSU Long Beach

12:30-1:30 pm

SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION

**Finally, a Usable Secondary Sports Skills
Test – Part 1**

Salon IV

The Test of Secondary Basic Sports Skills (TSBSS) is a sports skills test developed to address the need in General and Adapted Physical Education programs for testing sports skills of students, age 11 years 6 months to 15 years 5 months. The sports skills are taken from the National (2013) and California (2005) Physical Education Content Standards. Video modeling is used for all skill demonstrations and the entire manual with testing protocol is online. The sports skills selected include catching and throwing a softball, striking a softball with a bat, basketball lay-up, throwing a disc, kicking and trapping a soccer ball, tennis serve, volleyball serve (overhand), and a volleyball forearm pass.

Speakers: Perky Vetter, Cal Poly Univ., Pomona, Kasia Givenrod, Brea-Orlinda USD and Tina Henges, Cross Country Education

12:30-1:30 pm

EXHIBITOR SHOWCASE

Get FAST and FURIOUS with Omnikin!*Garden 1/2*

Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So, what are you waiting for?!? Come join Team Omnikin today and blow your students away!

*Speaker: Scotty Williams, Omnikin***12:30-1:30 pm**

EXHIBITOR SHOWCASE

Sami's Circuit: Bridging the Gap Between SEL and Exercise*Salon VII*

Get ready to dive into a motivating workshop that combines the power of physical movement with social-emotional learning! Join us for "Sami's Circuit: Bridging the Gap Between SEL and Exercise," where you'll embark on an inspiring journey led by Sami himself. Sharing the story of his own childhood experiences and how they led to the creation of this innovative program, you'll learn how Sami's Circuit brings SEL concepts to life through energetic exercise routines and forges a stronger connection between physical fitness and emotional growth. Get ready to experience Sami's Circuit firsthand as you join in the energetic movement and high-energy motivation that's at the heart of this transformative program!

*Speaker: Sami Kader, Sami's Circuit***12:30-1:30 pm**

EXHIBITOR SHOWCASE

One Exercise Does Not Fit All*Harbor*

Fitness can be more than just learning how to workout. Students, like all of us, want to have a say in how they get exercise. In this session, Bill Bode (2017 SHAPE SD HS PE TOY) will use the Fitness and Wellness Skills Exercise Task Cards to demonstrate multiple activities that can be used to engage all students in developing their fitness. *Speaker: Bill Bode, Goodheart Willcox*

12:30-1:30 pm

EXHIBITOR SHOWCASE

Health on the Go*Royal C/D*

Ditch that health textbook by creating a social and collaborative classroom. Learn how students practice health skills through numerous fun "on your feet" activities. Attendees will gain access to a FREE online site containing a menu of interactive lessons that deepen student understanding of core health concepts.

*Speaker: Bo Shappell, School Health***12:30-1:30 pm**

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Getting Everybody Moving and Enjoying Physical Education Using MVPA & UDL Strategies – Part 2*Garden 3*

This will be an interactive session where participants will apply MVPA strategies and UDL approaches playing multiple instant activity games, skill development and main activity in an authentic outdoor setting. This class, along with Part 1 held earlier today, present a unique way of learning the information and then seeing it applied.

Speakers: Scott Smith and Mike Lee, SBCUSD

1:45-2:45 pm**ELEMENTARY PHYSICAL EDUCATION****Pickle Ball and Badminton Skills and Games****Royal A/B**

Lead up games and activities that teach Elementary Pickle Ball and Badminton skills will be presented.

Speaker: Gilbert Bagaman, La Honda/Pescadero USD

1:45-2:45 pm**HEALTH EDUCATION****Analyzing Influences and Practicing Health-Enhancing Behaviors: Strategies and Assessment Tools****Imperial**

Analyzing influences and practicing health-enhancing behaviors are two of our over-arching health standards, as well as major components of Social Emotional Learning. They can sometimes be difficult skills to teach and even more challenging to assess. Students need to be provided with clear criteria and multiple opportunities to practice. Through self, peer, and teacher assessment, we can support students as they develop these skills. This session for middle and high school health educators will focus on activities designed to help students learn these important skills along with strategies to provide evidence of achievement.

Speaker: Diane Farthing, Pleasanton USD, Retired

1:45-2:45 pm**SECONDARY PHYSICAL EDUCATION****Teaching Personal and Social Responsibility in Physical Education (TPSR)****Salon V**

There are several positive reasons for implementing the Teaching Personal and Social Responsibility (TPSR) model in a physical education (PE) setting. The TPSR model must be implemented, and developing accountability in class members is essential. (Henderson et al., 2016). Presenters conducted research on TPSR in 6th, 7th, or 8th grade students at a local middle school in Long Beach USD. The

purpose of this study was to increase students' awareness of their communication skills and behaviors in a physical education class setting. This session will highlight TPSR strategies that include closures and reviews, end of unit surveys, field notes, and other behavior management ideas. Participants are encouraged to share other notable TPSR strategies in PE.

Speaker: Nicholas Gosano, Long Beach Unified

1:45-2:45 pm**EXHIBITOR SHOWCASE****PhysEd is Health Ed-Active Health Education****Garden 1/2**

Explore all eight national health education standards in an active way! Elementary Physical Education lessons can provide life-long skills to promote movement and establish life-long positive health outcomes. Come to this active session and see how FREE resources from OPEN PhysEd can help you focus on health education without sacrificing activity time.

Speaker: Daniel Hill, OPEN PhysEd

1:45-2:45 pm**DANCE and SECONDARY PHYSICAL EDUCATION****Boost Brain Power and Meet SEL Outcomes with Fun Social Dance Mixers – Part 1****Salon VII**

Come learn a variety of social dance mixers you can use to build social and emotional learning skills. This session will teach you how to lead several Latin social dance mixers, such as Merengue and Bachata, and how to gradually make them more complex and challenging. You will also learn a fun new original mixer using the song "Black horse, and the Cherry Tree". Walk away with ideas for creating easy mixers where the students get to create a large part of the dance. We will share how these mixers specifically target SEL and brain power.

Speakers: Cathrine Himberg, CSU Chico and CSU Chico PETE students

1:45-2:45 pm**FUTURE PROFESSIONALS****Let's Move & Learn with Great Physical Educators****Salon I**

Let's move and learn with a panel of current professionals in the PhysEd field. Whether you are a future professional, early career professional, or veteran, come learn and connect within the PhysEd world. We want to help you pave your path as a future and early career professional!

*Speakers: Shelby Lozano, Porterville USD,
Ryan Alvarez, Washington USD and
Ashlyn Dunn, CSU, Fresno*

1:45-2:45 pm**DIVERSITY & SOCIAL JUSTICE and
LEADERSHIP & ADMINISTRATION
Listen and Learn****Royal C/D**

Inclusive communication and connection are keys to building a place of belonging in your classroom and community.

Speaker: Jacob Pacheco, ProneToRide



**Teach your students to let
kindness be their moral compass...
and receive up to 50% back to your school!**

The health. moves. minds.® FUNdraiser was designed to teach students critical life skills — kindness, respect, philanthropy, advocacy — and to demonstrate the importance of daily physical activity and giving back to the community.

Learn more at
healthmovesminds.org
or scan the QR code to complete
an **Interest Form** today!



1:45-2:45 pmSECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION**Let's Talk: Future and Beginning
Teachers****Grand A**

If you are a future or beginning (1-2 years) physical educator, this session is for you! Bring your questions, ideas, and topics. We'll form small groups and each of you can spend focused time with one or more of our teacher leaders. Then... let's talk physical education!

Speakers: Debra Patterson, CSU Fullerton and Teacher Leaders from the California Physical Education-Health Project

1:45-2:45 pmSECONDARY PHYSICAL EDUCATION and
ADAPTED PHYSICAL EDUCATION
**Fostering Inclusivity in Physical
Education: Strategies for Success****Terrace**

In physical education, inclusivity is essential. We're about to embark on a journey to redefine success, explore adaptive strategies, and equip ourselves with practical tools to make PE enjoyable and rewarding for all. Join Coach Sammi in this effort to create a brighter future for physical education.

Speaker: Sammi Stewart, Conejo Valley USD

1:45-2:45 pmADAPTED PHYSICAL EDUCATION and
INTERSCHOLASTIC ATHLETICS**The Prime Time Games: A Truly Inclusive
Interscholastic Sports League****Harbor**

The Prime Time Games is an inclusive, interscholastic sports league that gives two underserved populations from the same school-lower-income youth and the students with disabilities they mentor-the chance to compete together; providing school districts with a single program that satisfies both SEL and inclusion/access requirements. The session covers current research projects. The program serves all grade levels. This session includes implementation strategies.

Speaker: Peter Straus, Team Prime Time

1:45-2:45 pmHEALTH EDUCATION and ELEMENTARY
PHYSICAL EDUCATION**Leveraging Artificial Intelligence for
Health and Physical Education
Instruction****Pacific**

Explore the potential benefits of integrating advanced AI language models, such as ChatGPT, into HE/PE instruction and training as a support and empowerment tool. AI language models can assist teachers by offering immediate and personalized lesson planning suggestions, curriculum support, and assessment assistance. Via interactive discussion, teachers receive diverse, personalized strategies and activities that are tailored to specific subject standards, age groups, ability levels, and topics. Even with current limitations, the integration of AI into HE/PE instruction and training holds promise for optimizing the learning experience and empowering students to lead healthier lives beyond the classroom.

Speakers: Eric Conrad, CSU, Stanislaus and Laura Rees, Parkview Middle School

1:45-2:45 pm

EXHIBITOR SHOWCASE

**Experience the IHT ZONE Heart Rate
Monitors While Playing Fast-Paced
Games that Will Get Your Students
Moving Immediately!****Garden 3**

Experience the real-time, individualized feedback IHT Heart Rate Monitors deliver to students. Scott Smith, Secondary Physical Education Specialist from San Bernardino City USD, will be leading us in games with multiple scoring elements, as well as Instant Skill activities that will get your students moving immediately to stimulate your classroom setting. The IHT ZONE monitor empowers students to take ownership of their health, and delivers data that connects parents, teachers and students through automated daily reports and links to both PE, STEM, and SEL activities.

Speakers: Jen Ohlson and Lisa Rothstein, Interactive Health Technologies and Scott Smith, San Bernardino City USD



**Unified
Champion
Schools®**



PROMOTING SOCIAL INCLUSION THROUGH THE POWER OF SPORTS



Special Olympics Unified Sports®: A program in which students with intellectual disabilities (athletes) and those without (partners) train and compete together on sports teams.



Young Athletes: A program that introduces children ages 2-7 to the world of sport, while growing motor skills, social and emotional learning, and establishing healthy habits for the future.



Unified P.E.: A course for students with and without intellectual disabilities to come together through educational and physical activities that are structured around the national physical education standards and grade-level outcomes.



High 5 for Fitness: A set of resources to help students take control of their own fitness by making healthy physical activity, nutrition, and hydration choices. This resource is a great complement to Unified PE.

Contact Us!
schools@sosoc.org

LIVE UNIFIED

1:45-2:45 pm**SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION
Finally, a Usable Secondary Sports
Skills Test – Part 2****Salon IV**

The Test of Secondary Basic Sports Skills (TSBSS) is a sports skills test developed to address the need in General and Adapted Physical Education programs for testing sports skills of students, age 11 years 6 months to 15 years 5 months. The sports skills are taken from the National (2013) and California (2005) Physical Education Content Standards. Video modeling is used for all skill demonstrations and the entire manual with testing protocol is online. The sports skills selected include catching and throwing a softball, striking a softball with a bat, basketball lay-up, throwing a disc, kicking and trapping a soccer ball, tennis serve, volleyball serve (overhand), and a volleyball forearm pass.

Speakers: Perky Vetter, Cal Poly Univ., Pomona, Kasia Givenrod, Brea-Orlinda USD and Tina Henges, Cross Country Education

1:45-2:45 pm**SECONDARY PHYSICAL EDUCATION and
FUTURE PROFESSIONALS
SEL Intros and Closures in PE with a
Ninja Warrior Twist – Part 1****Royal E/F**

This workshop teaches participants to add Social Emotional Learning into any physical education lesson without taking up too much time by putting them into the introduction and closures of any lesson. Participants will also be guided in a collaborative “ninja style” activity with the concept of all students rooting for one another. The underlying practice is based on the premise that secondary students can’t learn if they are in a fear state. These activities work on creating a sense of community within a class while helping students reduce stress states so they can think and learn throughout the day.

Speakers: Andrea Metzker, Chris Cervantes and Cameron Keller, Cal Poly Pomona

1:45-2:45 pm**EXHIBITOR SHOWCASE****DotBall360: The Team Paddle Sport
Garden 4**

Think volleyball bump, set, spike but with paddles. Instead of hitting the ball over a net you hit it Down On Table “DOT.” Teams have three hits and a bounce between each hit giving players time to read and react passing the ball to hit it down on the table switching possession to the other team. No side or boundaries like Spikeball but much easier for all ages and skill sets and dynamic enough for highly competitive play. 6 paddles for 3v3 game play and 4 balls are easily stored inside the very durable table for protected organized storage! \$199 for the full set with curriculum.

Speakers: Ryan St. Denis and Mike Garcia, DotBall 360

3:00-4:00 pm**HEALTH EDUCATION and DIVERSITY &
SOCIAL JUSTICE****Mirrors, Windows & Sliding Doors in
Health Education****Salon IV**

In this interactive session, participants will discuss how the concept of mirrors, windows and sliding doors applies in skills-based health education as a way to implement culturally relevant and sustaining, equity & justice focused approaches. Everyone will leave with ideas to implement into their classrooms right away.

Speaker: Sarah Benes, Southern Connecticut State University

3:00-4:00 pm**SECONDARY PHYSICAL EDUCATION
Making Physical Education More
Meaningful****Salon V**

Do students in your class seem unmotivated? Do they struggle to find physical education meaningful? In this presentation we will talk about student motivation and the diverse needs of students in our classes. We will also discuss ways we can make physical education and movement more meaningful for students, so they are more likely to lead a physically active lifestyle as adults.

Speaker: Dan DeJager, San Juan Unified

3:00-4:00 pm

RETIRED MEMBERS and ELEMENTARY PHYSICAL EDUCATION

Are YOU Prepared for Retirement?**Harbor**

Are you thinking of retirement, but not sure how to figure out your STRS pension? When should I retire? Can I buy years of service? What is the reduced workload program? How do I estimate what I will receive in retirement? Come to a session where you can have your questions answered by a STRS representative (not a financial planner).

Speakers: Kimberly Hunt, Retired and Analynn DePerio, CalSTRS Representative

3:00-4:00 pm

HIGHER EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Early Field Experience for Mutual Benefits: Focusing on Elementary-University Collaborations Case**Pacific**

Numerous elementary schools lack quality physical education, resulting in increased obesity rates and significantly diminished motor skill proficiency. Such limitations in physical activity impede children's engagement in sports and exercise. Early fieldwork experiences involving Kinesiology students could emerge as an alternative. Not just providing teaching experience, children can learn motor and social skills. Additionally, classroom teachers gain valuable insights into effective teaching strategies. These early fieldwork experiences create a mutually beneficial environment for all participants involved. We invite interested individuals to collaborate in brainstorming future directions for community engagement, thus fostering a healthier and more active generation.

Speakers: Yeonhak Jung, CSU Northridge, Mai Narasaki-Jara, Cal Poly Pomona and Derek Mena, CSU Northridge

3:00-4:00 pm

SECONDARY PHYSICAL EDUCATION and FUTURE PROFESSIONALS

SEL Intros and Closures in PE with a Ninja Warrior Twist – Part 2**Royal E/F**

This workshop teaches participants to add Social Emotional Learning into any physical education lesson without taking up too much time by putting them into the introduction and closures of any lesson. Participants will also be guided in a collaborative “ninja style” activity with the concept of all students rooting for one another. The underlying practice is based on the premise that secondary students can't learn if they are in a fear state. These activities work on creating a sense of community within a class while helping students reduce stress states so they can think and learn throughout the day.

Speakers: Andrea Metzker, Chris Cervantes and Cameron Keller, Cal Poly Pomona

3:00-4:00 pm

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

Making Fitness Fun for ALL!!!**Grand A**

Learn how to incorporate important foundational fitness concepts into fun and engaging activities for students of all fitness levels and abilities!

Speaker: Ashley Sharp, Palmdale School District

3:00-4:00 pm

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

Volleyball: It's Elementary!**Royal C/D**

Hand striking and volley sports are some of the most difficult skills to teach to elementary students. This activity-filled session will showcase skill-specific hand striking activities and volleyball lead up games for grades 3-5. Passing, serving, and tracking skills will be introduced and examined. These volley sport activities are designed to develop and reinforce responsible behaviors in a fun and

engaging environment where all students can be successful, while also building social engagement and connections that can extend beyond physical education.
Speakers: Trent Suzuki, Escondido Union School District and Will Potter, Serendipity School

3:00-4:00 pm
EXHIBITOR SHOWCASE
YOU.FO Let's Have Fun-Fly That Ring!
Royal A/B

Join us for a thrilling You.Fo hands-on activity workshop, where gravity-defying fun meets active play! Discover the captivating world of You.Fo, an innovative game that combines elements of frisbee, lacrosse, and juggling into one exciting experience. This interactive workshop will guide participants through the fundamentals of throwing, catching, and performing mind-blowing tricks with the You.Fo stick and specially

designed aerodynamic rings. Engage in friendly competitions, learn new techniques, and challenge your coordination in a dynamic and inclusive environment. Whether you're a beginner or an aspiring pro, this workshop guarantees an exhilarating time and the chance to unleash your inner You.Fo master.
Speaker: Tim Taggart, TAGG TIME

3:00-4:00 pm
EXHIBITOR SHOWCASE
ACTION: Team Games
Terrace

Gopher Sport will be leading participants through a workshop focused around a few of our newest activities! We won't just be playing games though; we'll also be showcasing some great classroom management and skill development pieces you can take home and implement in your class. Get ready to sweat, learn and have some fun!
Speaker: Andy Tupy, Gopher Sport

A promotional banner for the SPARK institutes 2024 in San Diego. The banner features a large blue hibiscus flower logo on the left. The background is a collage of images showing a resort-like setting with a swimming pool, palm trees, and modern buildings. The text is in a bold, sans-serif font. The main title 'SPARK institutes' is in yellow and blue, with '2024 SAN DIEGO' in blue below it. A large blue button with white text says 'REGISTER NOW'.

SPARKTM institutes
2024 SAN DIEGO

Register early and SAVE!
Advanced registration discount of \$350/person ends 3/31/24.

2024 SPARK Institute Dates:

After School.....	May 20-21
K-2 PE.....	July 8-9
3-6 PE.....	July 10-11
Middle School PE.....	July 15-16
High School PE.....	July 17-18

REGISTER NOW

3:00-4:00 pm**EXHIBITOR SHOWCASE****Skillastics: Large Group Activities Including Curriculum!****Garden 4**

Whether it's fitness, sport-skill development, SEL, or martial arts, Skillastics has the Activity Kit that fits your large group activity needs. Free unit curriculum is included with every Skillastics Activity Kit. Come experience this one-of-a-kind activity that makes physical activity fun for all ages and abilities.

Speaker: Sandy Slade, Skillastics

3:00-4:00 pm**EXHIBITOR SHOWCASE****100 Mile Club-Make Running FUN for EveryBODY!****Imperial**

100 Mile Club is a school-based physical activity program challenging students, families, and staff to walk or run 100 miles or more over the course of the school year, earning special incentives along their journey, including MILEstone t-shirts and signature Gold Medals. A safe and proven program modified to fit the needs of all children; it can be tailored to fit any school environment. More than just a running program, students learn the value of goal setting, team spirit, self-confidence and making fitness a part of daily life. We make running FUN!

Speaker: BJ Walker, 100 Mile Club

3:00-4:00 pm**HEALTH and PHYSICAL EDUCATION****PAY ATTENTION!!! Legislation "IS" Important to YOU!****Regal**

State legislators continue to author bills every year that affect our subject matters. The bills that pass through the process turn into laws, which ends up controlling what we can do and what we can't. CAHPERD membership must be present and continue to educate legislators who think they know what we do. Your CAHPERD Legislative team continues to work for you. We invite all conference attendees to attend this session where you will find out what bills the CAHPERD Team believes are important to you at your site. We want to hear from you.

Speakers: Cindy Lederer, Fairfield-Suisun USD - Retired, Tim Hamel, CSU, Fresno and Ken Dyar, Delano Elementary - Retired

3:00-4:00 pm**DANCE and SECONDARY PHYSICAL EDUCATION****Boost Brain Power and Meet SEL Outcomes with Fun Social Dance Mixers – Part 2****Salon VII**

Come learn a variety of social dance mixers you can use to build social and emotional learning skills. This session will teach you how to lead several Latin social dance mixers such as Merengue and Bachata, and how to gradually make them more complex and challenging. You will also learn a fun

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new original mixer using the song “Black Horse, and the Cherry Tree.” Walk away with ideas for creating easy mixers where the students get to create a large part of the dance. We will share how these mixers specifically target SEL and brain power.

Speakers: Cathrine Himberg, CSU, Chico and CSU Chico PETE students

3:00-4:00 pm

FUTURE PROFESSIONALS

Council Meeting

Salon I

Students are encouraged to attend this meeting to hear what projects the Council is working on and/or planning for the future. Information about the university competition will also be shared.

Presider: Ashlyn Dunn, CSU, Fresno

4:00-4:45 pm

CAHPERD

Council of Regions

Grand A

Do you know the HPERD professionals in your area? Come to the Regions meeting to network with colleagues in your area. Learn which region you belong to and how you can build your support and network.

Presider: Natalie Wells, Elk Grove USD

5:00-7:30 pm

CAHPERD

Awards Celebration

Garden

Join us as we recognize this year’s award recipients, including the 2023-2024 Teachers of the Year, and others being honored with the association’s most prestigious awards. Attendees will enjoy great cuisine, beverages, dance performances and networking opportunities. Please inquire at the registration desk to see if tickets are available and join us to celebrate those who have provided exemplary service to the profession and the organization.

Hosts: Kathy Russell, President and Janice Herring, Awards Committee Chair

8:00-10:00 pm

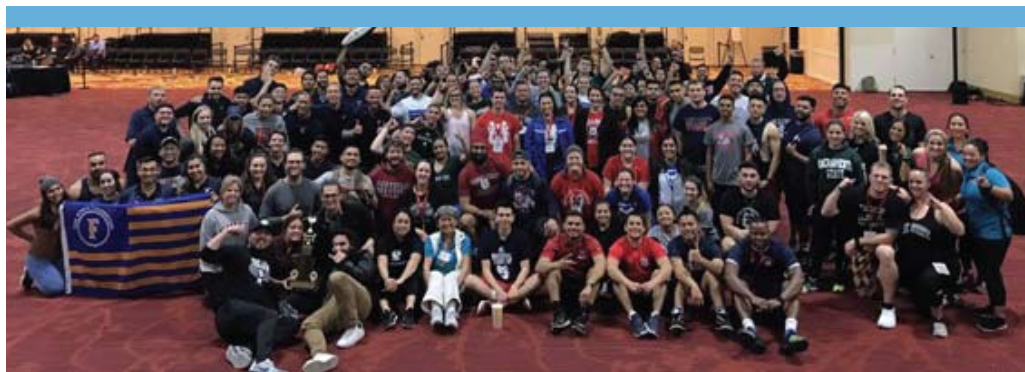
FUTURE PROFESSIONALS

Future Professionals Competition

Royal Ballroom

Come party with us and cheer on your favorite university! Students will compete in a variety of team challenges, trying to win the coveted trophy to take back to their campus. Entertainment and fun for everyone!

Facilitators: Ashlyn Dunn, CSU, Fresno and Shelby Lozano, Porterville USD



Future Professionals’ Competition

Friday, February 2nd

8:00-10:00 pm – Royal Ballroom

You think your college is the best overall? Well, you’d better bring your A game to CAHPERD’s annual Future Professionals Competition! All aspects of HPERD can be tested, so get your squad ready for various stations and challenges...and make your alumni and professors proud!



CAHPERD 2024

EVERYBODY MOVES

Saturday – February 3rd

Sessions and Activities

8:00-9:00 am

FUTURE PROFESSIONALS

Future Professionals' Breakfast Meeting

Garden 4

Join fellow future professional members for a light lunch and engaging conversation. Take advantage of the opportunity to mingle with others who are seeking guidance in the professional field. We will also conduct an election for the new Future Professionals' Council Chair, for representation in the Cabinet.

Presider: Ashlyn Dunn, CSU, Fresno

8:00-9:00 am

**ELEMENTARY PHYSICAL EDUCATION
and SECONDARY PHYSICAL EDUCATION**

**Using Token Economies in Physical
Education**

Harbor

One of the tools that has been developed from the field of Applied Behavior Analysis and shown to be useful in physical education is the token economy. This is a system that uses rewards to increase appropriate social and motor behavior in students; it can be utilized as both a behavior management tool as well as an instructional strategy to aide in the learning and performance of physical activity and motor skills. This session will discuss token economies, areas in which they have been shown to be effective, and strategies for implementing them in physical education.

Speaker: Andrew Alstot, Azusa Pacific University

8:00-9:00 am

**ELEMENTARY PHYSICAL EDUCATION
and RECREATION**

The Jump Rope Breakdown

Royal E/F

The jump rope breakdown is a highly acclaimed approach to teaching rope jumping in an incredibly engaging and efficient approach. K-12 educators will learn a range of jump rope skills in a specific way to help students develop confidence quickly and build skills in a smart sequencing approach. Learn single rope partner and double Dutch skills and learn how to weave important elements of growth mindset throughout each lesson.

Speaker: Rene Bibaud, Ropeworks

8:00-9:00 am

LEADERSHIP & ADMINISTRATION

School Wellness Council Basics

Salon IV

Learn the basics of School Wellness Councils and Local School Wellness Policies, and how one large Southern California district used these to move Health Education, Physical Education, and Recreation forward.

Speakers: Esther Deth and Petja Waider, Long Beach USD

8:00-9:00 am

DANCE and RECREATION

**The Hit Moves Work! '80s & '90s Dance
Workout Party**

Terrace

This class is sure to be a HIT! Using dance styles that span music and dance genres, "The Hit Moves Work" will highlight some simple, and gestural, social dances made popular by TikTok, but will also include

popular, social dance moves from the '80s & '90s Hip Hop era! The moves will also fuse traditional dance styles such as Jazz, Contemporary/Modern, and even a little Latin Ballroom. The movements are done to high-energy music, lending themselves to a fun and engaging time of Dance, with promising benefits of a workout!

Speaker: Mori Edwards, MoriOgraphy Movement Wrx!

8:00-9:00 am

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION
Inclusion 101-How to Make PE Accessible for ALL

Salon VII

Whether you are a general physical educator or adapted physical educator-students with special needs are a part of your class but including them effectively can be a challenge. In this session you will learn background information on several disabilities, strategies on how to help those students be successful in your class and modifications you can make to easily make your lessons and class accessible for all. You will also leave this session with a better idea of what inclusion looks like when done effectively and activities that promote students of all ability levels to work together. All students deserve to have access to a quality PE program, and with a little knowledge and intentional planning, can do just that!

Speaker: Kasia Givenrod, Brea Olinda USD

8:00-9:00 am

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION
Creating a Championship PE Program for All K-12 Students – Part I

Salon V

Attendees will have the opportunity to view power points/class videos regarding topics relating to Best Practices of a Physical Educator and designing a Championship PE Program. Some of the topics will include: Set The Tone/End The Tone; Student Driven Classroom; Curriculum; Classroom Management Tips; Strategies for Large Groups; Limited Space and Limited Budget; Motivation; Rewards; Creating a Positive Work-

ing Environment; Accommodating Special Needs; Technology; Assessments; and additional topics that attendees request. Are you ready to create PE state champions?"

Speaker: Jerry Honeycutt, Indian Land High/Lancaster/South Carolina

8:00-9:00 am

ADAPTED PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION
Refining Motor Skills in an Inclusive Environment

Garden 3

In this activity-based presentation, we dive into a day at Cal Poly, Pomona's Motor Development Clinic. Come discover ways to design accessible environments, enhance motor learning, and implement strategies for motor skill refinement as you move through featured activities from the Motor Development Clinic. By embracing our learn-by-doing polytechnic philosophy, we will offer interactive demonstrations that highlight different strategies, techniques, and modifications we have found to be successful for participants of all ages and abilities in our motor-based activity program. Don't miss out on the new ideas, collaborative experience, and guaranteed fun!

Speakers: Michihito Ichihara, Chloe Simpson and Mai Narasaki Jara, California State Polytechnic University, Pomona

8:00-9:00 am

HEALTH EDUCATION and SECONDARY PHYSICAL EDUCATION
Creating Joyful and Inclusive Spaces to Teach Nutrition in Health and Physical Education

Salon II

Food is FUN. Food is LOVE. Food is JOY. Food is not just fuel for our bodies, it connects us socially, it supports our mental and emotional health, it connects us to memories and nostalgia, it ties us to our cultural heritage and our family traditions, and it can help build community. Food is one of the great joys in life that we can all share. So, how do we help students build a healthy relationship with food that is joyful and judgment-free? This session will explore why it

is important to create joyful and inclusive learning environments for students, what a joyful and inclusive learning environment for teaching and learning nutrition looks like, and how to create that space for your students in a health or physical education class.

Speakers: Nadia Moya, Allyson Reeds and Celeste Reynoso, Orange County Department of Education

8:00-9:00 am

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION **Building Stronger Connections in your PE Classes using SEL**

Imperial

Do you ever need to fill some time in your classes? Do you ever need material for rainy days? Do you want to build a better learning environment? Co-workers Austin Olson (CA Secondary TOY) and Tyler Kuehl will highlight the different ways they are able to add more connection to their classroom. These tips are simple to use and you will have them all. We will also include our SEL curriculum of bite-sized lessons that better students. We will show examples of our student's work that will leave you inspired.

Speakers: Austin Olson and Tyler Kuehl, Pacific Trails Middle School

8:00-9:00 am

HEALTH EDUCATION

Health Education and Ethnic Studies: Partners in Learning and so Much More!

Pacific

As California implements an interdisciplinary approach to Ethnic Studies, we have opportunity to design learning experiences for our students that best meet their needs. Join us as we explore and discuss the relationships between ethnic studies and health; how health education skills connect in powerful ways to ethnic studies content; and how a partnership contributes to each student in meaningful and personal ways!

Speakers: Michelle Presley, California Physical Education-Health Project and Cindy Mata, California History-Social Science Project

8:00-9:00 am

SECONDARY PHYSICAL EDUCATION and RECREATION

A Few of My Favorite Things

Royal C/D

27 years of experience has taught me two important things. One is that organization is paramount to success and two, you can always make things better. In this session I will share my favorite organizational strategies for teaching Flag Football, Dance, and Disc Golf. Many of these strategies can be transferred to other activities. I will need folks to help demonstrate, no skills necessary.

Speaker: Suzanne Serafin, Muirlands Middle School, San Diego USD

8:00-9:00 am

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Eliciting Positivity Resonance for Collective Effervescence in Physical Education

Garden 1/2

Positive interpersonal relationships affirm acceptance, compassion, and joy toward greater understanding and social support. When individuals feel good with others, they position themselves to release serotonin, dopamine, and oxytocin, hormones shown to help promote learning and engagement with activity and discourse. When we feel isolated or perceive we don't belong our brain monitors for threats in the environment, leaving fewer opportunities to engage in higher-order thinking skills. Adventure-based learning (ABL) can produce micro-moments of attunement and a sense of belonging. During this interactive session, participants will be exposed to ABL and experience the phenomena of collective effervescence and positivity resonance.

Speakers: Paul Stuhr, Esther Ortiz-Stuhr and Denis Schulz, CSU, San Marcos

8:00-9:00 am

ADAPTED PHYSICAL EDUCATION and DIVERSITY & SOCIAL JUSTICE

Including Students who are Visually Impaired or Deafblind into Your Classes – Part I

Salon I

Children and youth who are visually impaired or deafblind are being included in physical education today more than ever. Research has shown that most physical education teachers of the visually impaired professional development programs do not teach their undergraduate or graduate students how to include their students with visual impairments or deafblindness. This presentation will provide foundational strategies, how to infuse blind sports into your curriculum, and how to infuse universally designed instruction to include these students. This presentation will also provide participants with free books, videos, web sites, articles, tip sheets, and equipment to include students with sensory impairments. *Speakers: Lauren Lieberman, SUNY Brockport, Molly Armstrong and Taylor Guy, California School for the Blind*

8:00-9:00 am

EXHIBITOR SHOWCASE

What's in Your SEL PE Toolkit?

Royal A/B

PE is the perfect training ground for fostering social-emotional learning. Learn how to integrate the five core SEL competencies into every PE lesson. Through movement, you can develop effective communication, collaboration, and problem-solving skills. Experience how to leverage group integration and self-discovery through physical activity.

Speaker: Bo Shappell, School Health

9:00-9:30 am

CAHPERD

Exclusive Exhibit Viewing

Grand Ballroom

This is a good opportunity to visit the Exhibit Hall, speak with vendor representatives, and possibly walk away with some great prizes! Please join us!

Hosts: Kathy Russell, President and Brent Powell, Executive Director

9:00-10:30 am

FUTURE PROFESSIONALS and HIGHER EDUCATION

Undergraduate and Graduate Student Poster Session

Royal Foyer

During this poster session, university students will provide attendees with up-to-date and relevant research related to the HPERD fields. Posters will critique current research articles, identify possible directions for future research, and original student research. This session is very interactive, we invite you to walk through the session to engage with and ask questions with these future professionals.

Facilitators: David Daum, San Jose State University and Chris Gentry, CSU San Bernardino

9:30-10:30 am

HEALTH EDUCATION and LEADERSHIP & ADMINISTRATION

Navigating Endings: Cultivating Healthy Break Ups

Terrace

High school years can be a time of profound exploration and change. Teens often experience, both friendships and dating relationships, which may evolve, shift, or come to an end in person or virtually. Navigating these endings and healthy breakups through a trauma-informed lens is crucial for the emotional well-being, safety, and social development of students. This session aims to focus on healthy pathways and decrease violent outcomes.

Speaker: Kamilah Antoine, Nest Foundation

9:30-10:30 am

INTERSCHOLASTIC ATHLETICS and SECONDARY PHYSICAL EDUCATION

Beyond Strength: Mental Health and SEL through Sport

Imperial

Sports might be one of the most powerful learning environments that exists... that is, IF we decide to use it that way. Are we lifting weights or building grit, growth and gratitude? Are we sprinting or building self-awareness? Let's do both! In this

presentation, national coach of the year Jim Davis shares research he conducted at Harvard University as well as strategies developed while training more than 30 state and national championship teams, to provide educators with a roadmap to go Beyond Strength and teach lessons that last a lifetime. Through a collaborative session with attendees, participants will be able to combine research-based Mental Health and SEL strategies with high-performance training progressions.

Speaker: Jim Davis, Good Athlete Project

9:30-10:30 am

EXHIBITOR SHOWCASE

Discs Games for Everyone!

Garden 3

Fun activity based ultimate Discs lessons, including standards, physical literacy, fitness, assessments, practice with a purpose drill and incorporating Sport Education. Fitness and fun combined in one! Ready to use activities for large groups and assessments. Participants will take away information, which can be put into action immediately as well as to be offered ongoing assistance after the convention. 4-12.

Speaker: Charla Krahnke, OPEN/US Games

9:30-10:30 am

ELEMENTARY PHYSICAL EDUCATION and DANCE

MIXING it Up on the Dance Floor

Royal A/B

Are you searching for ways to get your students to dance with everyone in the class? Well, dance mixers just may be the answer! Come Mix It Up while learning several dances that require you to change partners several times during one dance, including the Kinderpolka, Cotton Eyed Joe Mixer, Boogie Shoes, Barn Dance, Jiffy Mixer, Patty Cake Polka and much more!

Speaker: Julie Kuehl Kitchen, CSU Sacramento

9:30-10:30 am

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION **Health.Moves.Minds**

Harbor

Health.Moves.Minds through SHAPE America is a great fun for all schools. Come and learn information on how to incorporate raising, and more for your school community.

Speakers: Janelby Lozano, Granite Hills High School, Porterville USD, and Patti Suppé, Alvord USD-Retired

9:30-10:30 am

HEALTH EDUCATION and SECONDARY PHYSICAL EDUCATION

Trauma Informed Nutrition: Recognizing the Relationship Between Adversity, Chronic Disease, and Nutritional Health

Salon II

This session will equip participants with an understanding of skills-based health nutrition education with a trauma informed lens. Participants will gain insight on how trauma and adversity can disrupt our biology and exacerbate an unhealthy relationship with food. This session will focus on a holistic approach to skills-based nutrition education. Participants will take away practical ideas that can be applied to the skills-based health education classroom.

Speaker: Kimberly Ohara-Borowski, Mammoth USD

9:30-10:30 am

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

FUNDamental Fitness: Creating a Personally Relevant Fitness Unit

Royal E/F

We strive to encourage students to find joy in movement. Yet when it comes to teaching fitness, we often get focused on testing and lose sight of enjoyment. When you make fitness activities that are personally relevant to your students, you empower them to improve their overall health, fitness and well-being. It is a win-win! Participants in this session will learn how to create an engaging and exciting fitness unit that helps students get fit while having a great time.

Speaker: William Potter, Serendipity School

9:30-10:30 am

SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION
**Proven Management Strategies that
Increase Learning and Engagement**

Salon IV

Are you struggling with non-dresses, tardies, lack of participation, mistreatment of equipment or lack of hustle? Come learn how group contingencies can help increase enjoyment and engagement in your classes. Through this proven approach students will come to class prepared and ready to learn.

Speakers: Sarah Savala and Adara Ryan, Marshall Academy of the Arts, Long Beach USD

9:30-10:30 am

SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION
Pickleball and Beyond!!!

Royal C/D

See what all the Pickleball craze is about and how to implement skills and gameplay into your PE curriculum!

Speakers: Ashley Sharp and Evan Dooling, Palmdale School District

9:30-10:30 am

SECONDARY PHYSICAL EDUCATION and
ADAPTED PHYSICAL EDUCATION
**Inclusive PE... Tips & Tricks to Make It
Successful for ALL**

Pacific

Join us, Coach Sammi, honored as the 2023 National APE Teacher of the Year, and Mrs. G, recognized as the 2022 Western District Teacher of the Year, as we explore the creation and execution of our Unified PE classes, dedicated to fostering inclusivity among secondary education students. We are thrilled to share our insights with you!

Speakers: Sammi Stewart, Conejo Valley USD and Kaisa Givenrod, Brea Olinda USD

9:30-10:30 am

EXHIBITOR SHOWCASE
Everybody MVPA!

Salon VII

Everybody, yeah yeah. Rock your body – high M.V.P.A.! Can you guess the band/

song that these modified song lyrics resemble? Don't miss this active session – leave with a sampling of modified games and activities to ensure high MVPA & a sampling of SPARK assessments plus, chance to win Gopher equipment.

Speaker: Julie Frank, SPARK

9:30-10:30 am

SECONDARY PHYSICAL EDUCATION and
ELEMENTARY PHYSICAL EDUCATION
**Creating a Championship PE Program
for All K-12 Students – Part 2**

Salon V

Attendees will have the opportunity to view power points/class videos regarding topics relating to Best Practices of a Physical Educator and designing a Championship PE Program. Some of the topics will include: Set The Tone/End The Tone; Student Driven Classroom; Curriculum; Classroom Management Tips; Strategies for Large Groups; Limited Space and Limited Budget; Motivation; Rewards; Creating a Positive Working Environment; Accommodating Special Needs; Technology; Assessments; and additional topics that attendees request. Are you ready to create PE state champions?"

Speaker: Jerry Honeycutt, Indian Land High/Lancaster/South Carolina

9:30-10:30 am

ADAPTED PHYSICAL EDUCATION and
DIVERSITY & SOCIAL JUSTICE
**Including Students who are Visually
Impaired or Deafblind into Your
Classes – Part 2**

Salon I

Children and youth who are visually impaired or deafblind are being included into physical education today more than ever. Research has shown that most physical education and teacher of the visually impaired professional development programs do not teach their undergraduate or graduate students how to include their students with visual impairments or deafblindness. This presentation will provide foundational strategies, how to infuse blind sports into your curriculum, and how to infuse universally designed instruction to include these



CAHPERD 2024

EVERYBODY MOVES

Closing General Session & Town Hall

Saturday, February 3, 2024
10:45 am - 12:00 noon
Grand A Ballroom

Welcome Greetings

Kathy Russell, President

Financial Report

Joanie Verderber, Treasurer

Elections Results

Brent Powell, Executive Director

Passing of the Gavel

Kathy Russell, President to James Clemmer, President-Elect

Announcing CAHPERD 2025

James Clemmer, President-Elect

Keynote Address:

Breaking Through the Binary in Physical Education and Health Education Classes

Tonya Moore, Los Angeles County Office of Education

Closing Remarks

Kathy Russell, President

students. This presentation will also provide participants with free books, videos, web sites, articles, tip sheets, and equipment to include students with sensory impairments. *Speakers: Lauren Lieberman, SUNY Brockport, Molly Armstrong and Taylor Guy, California School for the Blind*

10:45-12:00 noon

CAHPERD

Closing General Session & Town Hall Grand A

Our final CAHPERD General Session will include the annual CAHPERD member's meeting (Town Hall). CAHPERD updates will be presented including information about next year's conference. Get the latest news about your professional organization. You will not want to miss this! Past President Tonya Moore will present "Breaking Through the Binary in Physical Education and Health Education Classes". In this session, we will explore the significance of creating a safe and inclusive environment within physical education and health instructional spaces for LGBTQ+ students. This presentation will empower educators with the knowledge and tools needed to create culturally inclusive and sensitive instructional environments.

Keynote Speaker: Tonya Moore, Los Angeles County Office of Education

12:15-1:15 pm

CAHPERD

Cabinet Meeting Grand A

Cabinet members meet to discuss and make decisions regarding CAHPERD policies and programs. All conference attendees are welcome to attend for updates on current financial status, legislative priorities, and other aspects of the association. Come to share your ideas and feedback on how CAHPERD can possibly do better as your advocates.

Presider: Kimberly Hunt, Cabinet Chair

1:30-2:30 pm

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION
Social Skills: Key to Social and Emotional Learning

Imperial

Social skills instruction is a vital strategy that gives students an opportunity to have a positive impact on others in their class. You will learn how to teach, practice, and assess social skills in an effort to promote social and emotional learning toward a whole-child teaching approach. This will be a very practical workshop and we will show you how you can create a positive learning environment without sacrificing physical activity.

Speakers: Steve Bruecker, Cal State University San Marcos and Trent Suzuki, Escondido Elementary School District

1:30-2:30 pm

ELEMENTARY PHYSICAL EDUCATION and DANCE

Yoga for Youngsters: Make it Fun and Relaxing!

Royal C/D

Yoga in PE can be fun and relaxing with engaging animal sounds, words of empowerment, and fitting sayings added to the poses. It will also help to keep the students engaged and on task so that even the students who have a hard time focusing can let some extra energy out! Using sounds like, "moo!" for cow pose, and, "goo goo, ga ga" for happy baby pose can make all the difference when introducing it to students of all ages. They'll get a laugh and some stress out of this fun and entertaining activity.

Speaker: Mary Colburn, Lennox School District

1:30-2:30 pm

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION
FUN-dational PE

Royal A/B

The focus of this session will be on how to make PE the best possible experience for EVERY child. We'll share tips and strategies that will demonstrate how to plan for instruc-

tion that not only prioritizes student learning and ensures high levels of physical activity and student engagement, but is also fun, memorable and meaningful for all. This is an active session, so come ready to move! Good for all grades K-12.

Speakers: Terri Drain, Matt Bassett, Kate Cox, Kathy Jones, Wendy Jones, Will Potter, and Stephanie Sandino, H-PEC

1:30-2:30 pm

SECONDARY PHYSICAL EDUCATION and HEALTH EDUCATION

Fitness Lab/Workout of the Day

Harbor

Last year's CA Middle School Teacher of the Year, Austin Olson and his coworker Tyler Kuehl will show you how they have spiced up their program this year with WODs. This session will introduce a new way for you to build fitness into your classes. We created workout of the day posters and started each block period with a workout of the day. We got creative and will show you all the workouts. The students log their workouts and compete with themselves over the course of the year. We have never seen our students work so hard. We will show you the survey results of our students after starting the program this year.

Speakers: Austin Olson and Tyler Kuehl, Pacific Trails Middle School

1:30-2:30 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Dynamic Instant Activities for Integrated Learning

Salon VII

Participants will engage in a variety of content driven instant activities that support the standards. Learning objectives and success criteria will be addressed and formally assessed throughout this session. Come learn how to increase engagement and learning for all students.

Speakers: Sarah Savala and Adara Ryan, Marshall Academy of the Arts, Long Beach USD

1:30-2:30 pm

ADAPTED PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

Promoting Inclusion through the Special Olympics

Salon V

PE teachers need to be provided with the tools to promote physical activity for all students, including students with disabilities. Utilizing existing programs PE teachers can build partnerships with community organizations that are specially designed for individuals with disabilities. One such program, the Special Olympics, brings together athletes and coaches with and without disabilities to promote physical activity and provides intense competition along with an emphasis on health and well-being. This presentation will provide physical educators with ways to promote physical activity through the Special Olympics while successfully including students with and without disabilities to benefit ALL students.

Speaker: Erin Siebert, San Jose State University

1:30-2:30 pm

SECONDARY PHYSICAL EDUCATION and INTERSCHOLASTIC ATHLETICS

Raising Funds for your PE/Athletics Program!

Pacific

Learn how we raise over 40K a year from just 5 fundraisers. We will share with you 7 fundraisers we do yearly that bring in over \$1,000 each. The organization it takes, the spreadsheets used, and the sponsorship letter will all be shared with you at this presentation.

Speakers: KV Vigil and Maegan Penirian, Tracy Learning Center

1:30-2:30 pm

HEALTH EDUCATION and DIVERSITY & SOCIAL JUSTICE

School-Based Cannabis and Tobacco Prevention Curricula – Stanford REACH LAB

Salon II

The Stanford REACH Lab is at the forefront of addressing the youth vaping epidemic, using a multi-pronged approach (research, education/prevention and cessation, and advocacy). We developed two evidenced-

based curricula used globally: You and Me, Together Vape-Free (tobacco prevention) and Smart Talk (cannabis prevention). These curricula are free and available online. The goals of the interactive curricula are for students to understand basic information about tobacco (including e-cigarettes) and cannabis products, gain awareness of deceptive marketing strategies, and gain refusal skills to prevent use of tobacco and cannabis. This presentation will provide an overview and mini-training on using both curricula.

Speakers: Marcia Zorrilla and Scott Gerbert, Stanford School of Medicine-REACH Lab

1:30-2:30 pm

ELEMENTARY PHYSICAL EDUCATION and DANCE

Rainy Day Activities ... For Days When You Need to Punt

Garden 3

Ever have those days when your lesson is interrupted by weather, assemblies, or some other unexpected event? Come by for some ideas on what to do when your lesson plans A and B go out the door. There will be ideas for use in the MUR as well as the classroom.

Speaker: Karen Hughes, Fremont USD

1:30-2:30 pm

PHYSICAL EDUCATION

Peer Buddies in Physical Education

Salon IV

A session dedicated to effectively creating and implementing a peer buddy physical education program partnering students with diverse learning needs with general education peers. Hear from a general education PE teacher and how she developed her high school peer buddy class and from two adapted PE teachers helping support secondary PE teachers implementing buddy classes. We'll guide you through the process of how to approach your admin and special education departments, general education student selection, structure of the peer buddy system, and how to effectively serve the whole school community within physical education classes.

Speakers: Jessica Atwood, Meggan McCall and Laurie Towne, Folsom-Cordova USD

1:30-3:45 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION
Increasing Engagement and Assessing Knowledge in Physical Education Classes

Garden 1/2

Engaging your students and assessing their knowledge in physical education can be difficult. How can you consistently promote positive face-to-face interactions and critical thinking to increase their opportunities to demonstrate knowledge? In the first half of this session, we will discuss—and you will experience firsthand—activities designed to place your students in opportunities to have positive social interactions where each student has the opportunity to demonstrate their understanding. In the second half, we will provide you with resources (templates, assessments, etc.), time and space, and personal guidance so you leave the session with a specific, actionable plan for your classes.

Speakers: David Adams, Cal Poly Humboldt and Greg Bellinder, Azusa Pacific University

1:30-3:45 pm

DANCE and SECONDARY PHYSICAL EDUCATION

Let's DANCE

Terrace

This session focuses on dance terminology, elements of dance, and musical adaptation for teaching different styles of dance. Meet me on the dance floor for Ballet, Jazz, Ballroom/Social, Cultural/Folk, Funk, and Line Dance. Session includes handouts.

Speaker: Michele Blake, LAUSD

1:30-3:45 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION
PE Self-Monitoring & the Personal Fitness Folder

Royal E/F

Part 1: Learn a new tool to strengthen your PE instruction through student self-monitoring of their fitness and skill levels with a Personal Fitness Self-Monitoring Tool. Self-monitoring in a Physical Education class can lead to increased social and

emotional well-being, self-control, self-regulation, self-discipline, and student-centered goal setting. The Personal Fitness Self-Monitoring tool (available in hard copy and digital format) will build student self-interest in personal improvement when it comes to fitness, activity, and health.

Part 2: Experience a Non-traditional PE activity lesson from start to finish, using the Personal Fitness Self-Monitoring Tool.

Speakers: Petja Waider, Esther Deth and Christopher Joseph Cayamanda, Long Beach USD

1:30-3:45 pm

DIVERSITY & SOCIAL JUSTICE and SECONDARY PHYSICAL EDUCATION

Social Justice in PE

Garden 4

This session will discuss what SJPE is and how we see it in our classroom. The first half will be lecture based and explore the history of SJPE. The second half will be activity based and how we can incorporate more SJPE into our lessons.

Speakers: Dachia Williams, SFUSD and Susana Mercado, Language Academy of Sacramento

2:45-3:45 pm

SECONDARY PHYSICAL EDUCATION and RECREATION

Aqua Fitness Activities

Harbor

Participants will learn new skills, techniques, drills and choreography using shallow and deep water. Water fitness is excellent cross training for individuals of all ages and abilities. The pool is a great resistive environment and extremely effective tool to achieve muscular strength and cardiovascular endurance. The instructor needs to feel confident in demonstrating appropriate exercise choices for their clientele and modify exercises for all skill/fitness levels of your students.

Speaker: Barbara Beaumont, Aragon/San Mateo Union High School District

2:45-3:45 pm

ELEMENTARY PHYSICAL EDUCATION and ADAPTED PHYSICAL EDUCATION
Thematic Activities for Inclusive Physical Education

Royal A/B

This presentation by pre-service physical education (PE) students at CSU, Long Beach will highlight thematic activities used in their service learning programs (i.e., Elementary Methods, After School Adapted Physical-activity Program [ASAPP], Transition Practicum, Camp Nugget). All activities will be thematic and inclusive for all students of varying abilities. Activities include: sorting, relays, ball and locomotor skills, dance, and relaxation. Creative themes will be highlighted to increase student motivation and participation. Audience members should be ready to participate in hands-on activities and games!

Speakers: Melissa Bittner and Amanda Young, CSU, Long Beach

2:45-3:45 pm

DANCE and SECONDARY PHYSICAL EDUCATION

Community Building through Jazz Dance

Garden 3

A fun and interactive class that encourages social bonding through group dance. This session will focus on gathering together as a group or community to get a sense of identity and belonging through dance.

Speaker: Keisha Clark-Booth, LBUSD

2:45-3:45 pm

HEALTH EDUCATION

Block the Blaze

Salon II

Block the Blaze is a John Wayne Cancer Foundation funded youth skin cancer education program. The program aims to educate youth about sun safety and skin cancer with an emphasis on skin cancer prevention and self-screening. Block the Blaze was started after Joel Myers, a UCI medical student, passed away from metastatic melanoma at the age of 31.

Speakers: Mayra De La Cruz and Lauren Fraga, John Wayne Cancer Foundation

2:45-3:45 pm

HIGHER EDUCATION and LEADERSHIP & ADMINISTRATION

PARADISE U: Helping Children Cope with Wildfire Trauma Using What we Know**Pacific**

PARADISE U was created in the aftermath of the wildfire that leveled the town of Paradise in 2018. This session will focus on the programs that we offered immediately after the fire, and for the 4 1/2 years that followed. We reflect and report on the significant experiences of having added quality physical education through a grant funded physical education teacher for students in the affected elementary schools. We will share stories and details of how the program has expanded to other towns and is now continuing with our PETE student volunteers.

Speakers: Cathrine Himberg, CSU, Chico, Jerry Langarica and Gabe Trujillo, CSU Chico Students

2:45-3:45 pm

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

Cool Small-Sided Games for All K-12 Students**Royal C/D**

Attendees will participate in a variety of exciting games that incorporate cooperation, teamwork and sportsmanship skills. These safe, fun, successful, small-sided games provide physical literacy and promote social emotional learning. These cool games can be used with large classes, in limited space, with little equipment and are appropriate for all diverse learners. Are you ready to get your game on?

Speaker: Jerry Honeycutt, Indian Land High/Lancaster/South Carolina

2:45-3:45 pm

SECONDARY PHYSICAL EDUCATION and ADAPTED PHYSICAL EDUCATION

Unified Champion Program. Building an Inclusive Safe School Community Culture**Salon V**

Attendees will learn how to design a Unified Program for their school community, with and without disabilities, that incorporates physical education, sports, and physical activities, Inclusive Youth Leadership, and Whole School Awareness activities. The Unified Champion Schools Program will create a culture that promotes a positive, safe, social emotional learning environment for all members of the school community. Attendees will participate in hands on disability awareness activities and discussion. Let's create Champions For Life!

Speaker: Lori Schmursal, Clairemont High School/ San Diego USD

2:45-3:45 pm

ELEMENTARY PHYSICAL EDUCATION and HEALTH EDUCATION

How We Think and Talk About Assessing Learning Matters!**Salon IV**

The assessment process is such an important contributor to learning and to teaching, and the way we think about it and talk about it really matters! Join us as we explore thinking about the assessment process, the way we talk about it with ourselves and others, and how our thinking and talking sets us up to make great decisions about assessing learning. If you care about learning, you'll want to join us!

Speaker: Dianne Wilson-Graham, California Physical Education-Health Project

2:45-3:45 pm

CAHPERD

Board of Directors Meeting**Regal**

CAHPERD leaders meet to discuss and make decisions on association policies, finances and other business important to the success of the organization.

Presider: Kathy Russell, President



CAHPERD 2024

EVERYBODY MOVES

Sunday – February 4th

Business Meetings

9:30-11:30 am

CAHPERD

2025 Conference Planning Meeting

Pacific



Believe it or not... Planning begins NOW for the 2025 CAHPERD Conference, Joint with the National Adapted Physical Education Conference! The appointed Conference Manager, Program Chair and other members of the planning committee should plan to attend this important meeting,
Presider: James Clemmer, President-Elect

Mark Your Calendar

**2025 CAHPERD
Conference,
Joint with National
Adapted Physical
Education
Conference**

**Pasadena Convention
Center**

January 23-25, 2025



Special Thanks to Our Sponsors!

CAHPERD wishes to express sincere appreciation to the following agencies for their generous contributions as conference sponsors. Their donations helped to bring acclaimed presenters from across the country, decadent food & beverage offerings, and superior AV equipment!! We are extremely grateful for these partnerships, and we encourage all conference participants to visit with these vendors in the exhibit hall.

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CONGRATULATIONS!

Please join us in congratulating CAHPERD's 2024 award recipients! Each of these members will be honored for their outstanding accomplishments during the Awards Ceremony on Friday evening, 5:00-7:30 pm in the Garden Room. (Please inquire at the registration desk to see if tickets are still available.)

VERNE LANDRETH AWARD



Terri Drain

Terri Drain is a retired K-12 physical education teacher and believes every child has the right to quality health and physical education. Terri continues to pursue her passion as the founder and coordinator of the Health and Physical Education Collaborative, a California-based non-profit organization dedicated to providing high quality professional development for health and physical education teachers.

Terri taught at the high school level for 12 years and 20 years as an elementary physical education teacher. In this position she wrote curriculum, helped develop the district's Wellness Policy, fought program cuts, secured grants to reduce class size and was a member of her union's bargaining team. Terri is a National Board Certified (NBC) Teacher and has earned honors as the CAHPERD Elementary Physical Education Teacher of the Year (2007), Southwest District Elementary Physical Education Teacher of the Year (2008), and Pleasanton Unified School District Teacher of the Year (2016). Terri was re-elected to SHAPE America's Board of Directors and served on the Executive Committee and as President from 2021-2022.

The purpose of the Verne Landreth Award is to honor individuals who are clearly outstanding in their profession, exemplifying the highest achievement in service, research, teaching, or administration. This is the highest and most prestigious award offered by CAHPERD. This award also comes with an Honorary Lifetime CAHPERD Membership.

The Keith Johannes Honor Award is given to persons who exemplify the spirit of devoted service to the profession and who have, by their leadership and industry, made an outstanding and noteworthy contribution to the advancement of health, physical education, recreation, or dance in California.

KEITH JOHANNES HONOR AWARD



David Daum

David Daum, Ph.D., is an Associate Professor of Kinesiology at San Jose State University. His area of expertise includes physical education teacher education, curriculum design, assessment, and technology. He provides service to the physical education community through active engagement with the California Association for Health, Physical Education, Recreation and Dance (CAHPERD) and the Society of Health and Physical Educators (SHAPE America). Additionally, he has a long history of presentations

and publications that target K-12 practitioners and researchers. His scholarship focuses on the preparation of future teachers, technology in physical education and K-12 blended and online physical education. Dr. Daum is an advocate for quality physical education at all levels and enjoys preparing and mentoring the next generation of educators.

“Dr. Daum is an advocate for quality physical education at all levels and enjoys preparing and mentoring the next generation of educators.” states Cindy Lederer, CAHPERD Past-President and Legislative Committee Chair.

KEITH JOHANNES HONOR AWARD



Marci Pope

Marci Pope is a lecturer and advisor for the adapted physical education credential program at California State University, Chico. She has held multiple leadership and volunteer roles with CAHPERD. In 2013-14 Marci was the Chair for the State Council on Adapted Physical Education. She has been instrumental serving on the council in various capacities over the years. Marci has directed multiple National Adapted PE Conferences and has been both program and

syllabus chair for the NAPEC. Marci’s contributions to CAHPERD are not limited to SCAPE and NAPEC. This is the second year she has volunteered as Program Director for the CAHPERD State Conference. She has served on the Strategic Planning Committee and has been Chair of the Office Committee the past two years. Marci Pope has presented at numerous conferences on a wide range of topics related to Adapted Physical Education and Activity.

CAHPERD Award Recipients

She has attended multiple Speak Out! Days representing CAHPERD. Marci was part of the writing committee for the State Adapted Physical Education Guidelines, as well as serving on advisory panels for the Adapted PE Added Authorization Credential.

“She has been a role model for her peers and future professionals.” states Kathy Russell, current President of CAHPERD. “She has presented professional development sessions at the state, national, and international levels.”

EMMETT ASHFORD COMMUNITY SPIRIT AWARD



Pat Taylor

Pat Taylor, dance instructor NDEO Professional Development Institute and Lecturer in Jazz Dance - USC Gloria Kaufman School of Dance, CSU Long Beach Education Programs Coordinator - Wallis Annenberg Center for the Performing Arts was recently named the Emmett Ashford Community Spirit Award recipient.

“She maintains a high level of excellence in her endeavors and persists in the journey to attaining her goals,” states Adrienne Bratton, daughter of the late Emmett Ashford. “Ms. Taylor continues to inspire future dancers and others to apply adjunct learnings or life skills, such as discipline, spatial awareness, and working with others.”

Pat is known for developing and implementing free and/or low-cost community arts programming including: The LEGACY Jazz Project Teen Dance Program, The Community Salon – inter-generational gatherings for conversations and exchange of ideas, and The Movement in the Music mini-dance conferences with classes, community workshops, panel discussions and dance performances.

Emmett Ashford was the first African American umpire in Major League Baseball, working in the American League from 1966 to 1970.

CAHPERD’s Teacher of the Year Awards recognizes outstanding teaching performance and the ability to motivate today’s youth to participate in a lifetime of physical activity. As a state honoree, each recipient is eligible to apply for SHAPE America’s Western District Teacher of the Year Award.

Teacher of the Year Award Recipients

Adapted Physical Education



Leslie Kirui

Leslie Kirui, a teacher at George Key School, was previously recognized at the National Adapted Physical Education Conference in November 2023. Leslie has been a teacher since 2005.

“Leslie has demonstrated that she is extremely dedicated to her students and providing them with positive PE experiences while working on their goals and supporting them in their least restrictive environment for PE.” states

Heidi Ambrosius, APE Specialist at Moreno Valley USD. “She consistently supports other Adapted PE teachers in the field, as well as provides high quality Adapted PE services to her students.”

Leslie is graduate from California State Polytechnic University, Pomona with a bachelor’s degree in kinesiology and an adapted physical education credential. Additionally, she has a master’s degree from Arizona State University.

Dance



Keisha Clark-Booth

Keisha Clark-Booth, a teacher at Juan Rodriguez Cabrillo High School, was recently named the California Dance Teacher of the Year. Keisha has taught dance at Cabrillo High School since 2004.

“As a professional dancer & choreographer, Keisha brings skill, experience, and excellence to any assignment she’s given.” states Stephanie Butler Adams Executive Director - The Long Beach Unity Festival Inc.

“Her impact on thousands of youths over her 20+ years of teaching and performing cannot be denied.”

Keisha is an accomplished dancer, teacher, and choreographer. Her awards and recognitions are numerous. She is respected in her field and encouraging to students.

Keisha is graduate from Hampton University with a bachelor’s degree in physical education, recreation, and dance.

Teacher of the Year Award Recipients

Elementary Physical Education



Robbie DePerro

Robbie DePerro, a teacher at Perry Elementary, was recently named the California Elementary Physical Education Teacher of the Year. Robbie has taught physical education since 1998 and has been at the elementary level since 2008.

"I am impressed with his sensitivity and awareness of general issues around diversity as well as his knowledge and understanding of the entire school population and the varying needs.," says Micheline Morales, Principal at Perry Elementary. "Mr. DePerro's positive attitude and collected personality have made a huge contribution to the entirety of our school. I am truly impressed with his level of professionalism and dedication. I have been told that Mr. DePerro is the "nucleus" of the school.

"It is an absolute joy to come to school every day and to know that I am making a positive difference in the lives of so many children.," says DePerro. "Because I get the opportunity to know every student on our campus, I make it a point every day to be on the playground, at the lunch tables, and have conversations with as many students, teachers, staff, families, and community members as possible."

A graduate of Point Loma Nazarene University, DePerro majored in physical education and obtained a single subject credential in physical education. He continued his graduate studies at the same university obtaining a master's degree in education.

Middle School Physical Education



Julie Miller

Julie Miller, a teacher at Sequoia Middle School, was recently named the California Middle School Physical Education Teacher of the Year. Julie has taught physical education since 1999 and has been at Sequoia Middle School since 2020.

"Julie does a great job of teaching to the standards and educating her students about the importance of physical education" states Todd Highberger the Department Chair of Physical Education."

Teacher of the Year Award Recipients

“I demonstrate a love of fitness, healthy nutrition, good sportsmanship, kindness, empathy, teamwork, school spirit and hard work, to name a few, on a daily basis”, says Julie. “A part of meeting students emotional needs is creating a safe environment where they can explore, try, fail and feel accepted no matter what.”

Julie is graduate of UC Riverside with a bachelor’s degree in dance, and a Master of Fine Arts – Performance and Chorography degree from Mills College. Additionally, she obtained a teaching credential from Brandman University.

High School Physical Education



Benjamin Crafts Upham

Benjamin Crafts Upham, a teacher at Valhalla High School, was recently named the California High School Physical Education Teacher of the Year. Benjamin has taught physical education since 2015 and has been at Valhalla High School since 2017.

“His rapport with students and ability to empower students to make meaningful decisions about their learning allows students to engage in a variety of instructional

strategies to meet Physical Education Model Content Standards for California Public Schools” states Paige Metz the Health and Physical Education Coordinator for the San Diego County Office of Education. “He and his colleagues at Valhalla High School have taken extensive action to align their program with California Education Code and is a true model for other high school programs.”

“I believe cultivating the core values of perseverance, curiosity, creativity, and individuality in young students is necessary to prepare them for a productive life,” says Benjamin. “Ultimately, I want to inspire a lifelong passion for movement, promote a healthy lifestyle, and nurture well-rounded individuals who appreciate the value of physical activity in achieving overall well-being.”

Benjamin is graduate from the University of Rhode Island with a bachelor’s degree in kinesiology.

Exhibitors

CAHPERD is pleased to welcome the following exhibitors to the 2024 Annual State Conference. This is your opportunity to network with vendors and other professionals. The exhibitors are here to meet you, and we encourage you to stop by and visit with each of them.

100 Mile Club.....	200	California Physical Education-Health Project.....	307
Billie (BJ) Jean Walker bjwalker@100mileclub.com https://100mileclub.com/		Dianne Wilson-Graham dianne.wilson-graham@csuci.edu https://csm.ucop.edu/cpehp	
9 Square in the Air.....	312	Coastal Enterprises.....	104
Niki Hughes sales@9squareintheair.com https://www.9squareintheair.com/		Tina Young tina@coastalsportswear.com https://coastalsportswear.com/	
A-Town AV.....	114	Discount Dance, LLC.....	210
jason@atownav.com www.atownav.com		Brenly Elston belston@discountdance.com https://www.discountdance.com/	
ACEing Autism.....	107	DotBall360.....	313
Richard Spurling operations@aceingautism.org https://aceingautism.org/		Ryan St. Denis dotball360@gmail.com https://www.dotball360.com/	
Allied Powers.....	209	Erika's Lighthouse.....	212
Josh Greenman AlliedPowersLLC@gmail.com eMP10.com		Shantal Saldana https://www.erikaslighthouse.org/	
Azusa Pacific University.....	202	ETR.....	102
Sarina Bautista sbautista@apu.edu https://discover.apu.edu/		Erin McCarthy erin.mccarthy@etr.org https://www.etr.org/	
Boardball Inc.....	113	Fit Box.....	306
Amanda Nguyen amanda@boardballsport.com https://www.boardballsport.com/		Scott Nickason Scottnickason@msn.com https://fitboxcorp.com	
CA Department of Corrections and Rehabilitation.....	310	Goodheart Willcox Publisher.....	301
Matika Rawls matika.rawls@cdcr.ca.gov www.cdcr.ca.gov		Taylor Brady tbrady@g-w.com www.g-w.com	
California Middle School Physical Education Workshop.....	112	GOPHER.....	101
Jayson Lloyd jdloyd5859@icloud.com http://www.cmspew.org/		Josh Hillen conferences@gophersport.com www.gophersport.com	

Health.Moves.Minds.....	100	Orbiter.....	305
Stephanie Jumps sjumps@shapeamerica.org www.shapeamerica.org		Greg Stewart gstewart@orbiter.com www.orbiter.com	
Heart Zones.....	211	PE Uniforms R Us.....	308
Morgan Garner morgan.garner@heartzones.com www.heartzones.com		Tim McConnico tsmconnico@gmail.com https://peuniformsrus.com/	
Illumination Institute.....	206	QuaverEd.....	204
Alexandra Rivera alexandra@illuminationinst.org https://www.illuminationinst.org/		Erica Adkins events@quavered.com https://www.quavered.com/	
InBody.....	105	Revol.....	109
Jason Han convention@inbody.com https://inbodyusa.com/		Charles Henri Info@revol.sport https://revol.sport/	
Interactive Health Technologies LLC.....	404	Sami's Circuit.....	203
Lisa Rothstein lisa@ihtusa.com www.ihtusa.com		Sami Kader sami@samikader.com https://www.samiscircuit.com	
Los Angeles Unified School District.....	205	School Health Physical Education.....	213
Craig Yokoi craig.yokoi@lausd.net https://www.lausd.org/		Donato Salvucci dsalvucci@schoolhealth.com https://www.schoolhealth.com/	
Marathon Kids.....	304	School Specialty.....	TBD
Nicole McCasland nicole.mccasland@marathonkids.org https://marathonkids.org/		Nicole Gorges Nicole.gorges@schoolspecialty.com https://www.schoolspecialty.com/	
Omnikin.....	400	Skillastics.....	406
Scott Williams coordinationusa@omnikin.com omnikin.com		Sandy Slade sslade@skillastics.com https://www.skillastics.com/	
OPEN-US Games.....	300	SPARK.....	103
Brian Devore bdevore@usgames.com www.usgames.com/open		Julie Frank conferences@sparkpe.org https://sparkpe.org/	

Special Olympics Southern California.....	207	Toledo Physical Education Supply.....	402
Max Jensen mjensen@sosc.org https://sosc.org/		Dennis Metzger dmetzger@tpesonline.com www.tpesonline.com	
TAGG TIME.....	110	U.S. Soccer Foundation.....	201
Tim Taggart taggtimellc@gmail.com https://www.taggtime.com/		Lisa Perry lperry@ussoccerfoundation.org www.ussoccerfoundation.org	
Team Prime Time.....	410	USTA Southern California.....	108
Peter Straus peter.straus@teamprimetime.org https://teamprimetime.org/		Kevin Andres Finkelberg finkelberg@scta.usta.com https://www.ustasocal.com/	
The Beecher's Foundation.....	111	Waypoint Media.....	311
Rebecca Salo rebecca@beechersfoundation.org https://www.beechersfoundation.org/		Gabriel James Meier gabe@truenorthprevention.com https://truenorthprevention.com/	
The Children's Health Market.....	408		
Penny Raffini penny@thegreatbodyshop.net https://www.thegreatbodyshop.net/			

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Honor Award Recipients

1960	Rosalind Cassidy Anna Espenschade J. B. "Cap" Haralson Lois Messler Francis Todd	1980	Doris C. Meyer Jack W. Rose Sandra J. Trigg	1999	Michael J. Heffernan Antoinette Marich Anne Rosser
1961	C. Carson Conrad Genevieve Dexter Patricia Hill June McCann John Nixon	1981	James S. Bosco Robert A. Pestolesi Janet A. Seaman	2000	Patrick Vickroy
1962	Dale Hoskin Mike Mason Ted Hucklebridge	1982	Robert M. Flavin G. Robert Roice	2001	Roy C. Easley Nancy Hennefer Belinda Rector
1963	John M. Cooper Wood Glover William W. Harkness Edward B. Johnson	1983	None	2002	Holly Guntermann Ruth Rich Nancy Sanchez-Spears Michael Smith Christine Summerford
1964	Elmer Johnson Raymond Snyder	1984	Phil Stanley	2003	Allen J. Abraham Mike Mackey Linda Sargent
1965	Arthur Hawkes Darrell J. Smith Pamela Strathairn	1985	None	2004	Rudy Benton Kathleen A. Gallagher Gayle Joslin Debbie Vigil Dianne Wilson-Graham
1966	V. Erle Johnson	1986	Robert L. Campbell John Cates John A. Forthmann, IV Joan Sarlo	2005	C. Andrea Brown Bruce Coulter
1967	Lawrence E. Houston Miriam B. Lidster	1987	Bob Moss	2006	Robin Ballard
1968	John J. Klumb Jerrold R. Russom	1988	Stratton "Pat" Caldwell	2007	Lindy Valdez
1969	C. Gil Bishop Frank B. Jones Franklin A. Lindeburg	1989	Patricia J. Harvey Betty Hennessy	2008	Quentin Christian
1970	E. Ann Stitt Paul Hillar	1990	Tom Edson Karen M. Johnson	2009	Arleen Hammerschmidt
1971	None	1991	Vera M. Johnston Bobbie McTee Masters M. Kathryn Scott	2010	Joe Herzog
1972	Doreen Abbott Burchett Joy G. Cauffman	1992	Al Arps Kathleen Sirovy	2011	Keith Johannes
1973	Evelyn M. Taix	1993	Edward R. Greaves Margaret Leeds V. Gregory Payne	2012	Margaret Razo
1974	M. Jeanne Bartelt	1994	Gail G. Evans Phillip Sienna Carolyn J. Thompson Michael J. Thompson	2013	Kathleen Cordes
1975	Gertrude Blanchard Franklin M. Henry Dennis D. Huajardo	1995	Bonnie S. Mohnsen Robin D. Reese Freddie Elaine Thompson	2014	Paul Rosengard Joanie Verderber
1976	Dorothy Deatherage Shirley Lewis Mary Ann Turner	1996	John A. Payne Gerald B. Wyness	2015	Dwan Bridges Cindy Lederer Patricia Suppé
1977	Robert A. Mott Rick Schlichting Robert D. Turk	1997	Mary Blackman Susanne Chambers- Johnson Don Hudson Lyn B. Kalinowski Beverly J. Stunden	2016	Janys Antonio Wendy Jones Patra Nesseth-Steffes Terry Rizzo Richard Smith
1978	Jack Capon Eugene M. Stemm	1998	Geraldine Hollis William Monti Perky Stromer	2017	Heather Deckard Chad Fenwick Kathleen Tronvig
1979	Al Minturn Fred Bates Phyllis Blatz			2018	Julie Kuehl-Kitchen
				2020	Brent Powell
				2021	ZáNean McClain
				2022	Christopher Gentry Kathryn Russell
				2023	Tim Hamel

Verne Landreth Award Recipients

1951	Winifred Van Hagen John Bovard James Rogers	1971	Jean Hodgkins K. W. "Mike" Mason	1996	None
1952	None	1972	Harold A. Bishop Blanche Drury Eleanor Metheny C. Carson Conrad	1997	Patricia J. Harvey Al Minturn Joan Sarlo
1953	Lucile Grunewald Bud Kearns Cecil Martin Eugene Nixon Eugene Roberts	1973	Charles J. Trowbridge Oliver E. Byrd	1998	Phyllis A. Blatz Karen M. Johnson Margaret Leeds Bobbie McTee Masters
1954	David J. Cox Hazel Gross Violet Marshall Florence Weeks	1974	Jessica Nixon	1999	M. Kathryn Scott
1955	Vinnie Gee Eaton Arthur Schuettner Violet Richardson Ward	1975	Genevieve Dexter Gordon M. Gray Jerrold R. Russom	2000	John Cates
1956	Martin Trieb Josephine Randall	1976	Carl W. Dutcher Dale Hoskin Miriam Lidster Claire Shaw	2001	Dennis Huajardo Bob Moss Eugene Stemm
1957	Harry A. Applequist Bert Swinson	1977	June V. McCann	2002	Greta Weatherill (posthumously)
1958	Louise S. Cobb Elizabeth C. Kelley	1978	None	2003	Betty Hennessy
1959	Marion Avery William G. Lopez	1979	Mary Ann Turner	2004	V. Gregory Payne
1960	Ivan W. Hill	1980	William W. Harkness	2005	Ed Greaves Kathleen Sirovy
1961	J. Holley Ashcraft Lucille Czarnowski Maud L. Knapp Walter L. Scott	1981	None	2006	Perky Vetter
1962	"Chris" Christiansen "Hal" Orion Roy E. Simpson	1982	Asahel E. (Ash) Hayes	2007	Maurice Fitzpatrick Michael Heffernan
1963	Rosalind Cassidy Lloyd E. Webster	1983	John E. Nixon	2008	Mary S. Blackman John A. Payne
1964	Pauline Hodgson	1984	None	2009	Gail G. Evans Robin D. Reese
1965	Carl Young	1985	Patricia J. "Pat" Hill Elmer L. Johnson	2010	Dianne Wilson-Graham
1966	J.B. "Cap" Haralson Carl Nordly Darrell Smith	1986	James S. Bosco Joy Garrison Cauffman	2011	None
1967	J. Raymond Haworth	1987	Raymond A. Snyder	2012	None
1968	Anna S. Espenschade	1988	None	2013	Anne Rosser
1969	None	1989	M. Jeanne Bartelt Fred Bates Robert M. Flavin	2014	Keith Johannes
1970	None	1990	Robert Turk	2015	Kathleen Cordes Joanie Verderber
		1991	Robert A. Pestolesi	2016	Robin Ballard
		1992	Stratton F. Caldwell Paul M. Hillar Jack W. Rose Janet A. Seaman	2017	Dwan Bridges Susanne Chambers- Johnson Bruce Coulter
		1993	Sandra J. Trigg	2018	Chad Fenwick Freddie Thompson-Esters
		1994	None	2022	Julie Kuehl-Kitchen
		1995	V. Erle Johnson	2023	Cindy Lederer

History of CAHPERD Conferences

Year	Site	President	Year	Site	President
1930	Santa Monica	C. L. Glenn*	1975	Los Angeles	Ash Hayes*
1931	San Jose	C. L. Glenn*	1976	Sacramento	Gwen Waters
1932	Santa Barbara	C. L. Glenn*	1977	Anaheim	James S. Bosco*
1933	Monterey	Charles W. Davis*	1978	San Francisco	Mary Ann Turner*
1934	Santa Barbara	Robert W. Munsey*	1979	San Diego	Lou Mozzini*
1935	San Francisco	Ivan Hill*	1980	Fresno	Greta Weatherill*
1936	Long Beach	Charles H. Hunt*	1981	Los Angeles	Eugene Stemm
1937	Fresno	Dudley S. DeGroot*	1982	Monterey	Sandra Trigg
1938	Pasadena	Cecil F. Martin*	1983	Long Beach	Robert Pestolesi*
1939	San Francisco	Florence Stephenson*	1984	Anaheim	Janet A. Seaman
1940	Long Beach	Grover Gates	1985	Oakland	G. Robert Roice
1941	Fresno	Edwin Trethaway	1986	San Diego	Bobbie Masters*
1942	Sacramento	Louise Cobb*	1987	Monterey	Robert M. Flavin*
1943	Sectional Conf	Walter L. Scott*	1988	Los Angeles	Phyllis A. Blatz*
1944	Sectional Conf	David P. Snyder*	1989	Santa Clara	Phil Stanley
1945	Sectional Conf	Lucille Verhulst*	1990	San Diego	M. Kathryn Scott*
1946	Hollywood	H. A. Applequist*	1991	San Francisco	Edward R. Greaves
1947	Santa Cruz	Anna Espenschade*	1992	Anaheim	Patricia J. Harvey
1948	San Diego	Howard M. Bell*	1993	Monterey	John Payne
1949	San Francisco	David J. Cox*	1994	San Diego	Gail G. Evans
1950	Santa Barbara	Al Arps	1995	Santa Clara	Greg Payne
1951	Stockton	Elizabeth Kelley*	1996	Sacramento	Anne Rosser
1952	Los Angeles	Harold Schoenfeld	1997	Los Angeles	Richard Trimmer
1953	Fresno	Lloyd Webster*	1998	San Diego	Robin Reese
1954	San Jose	Maud Knapp*	1999	Monterey	Don R. Hudson*
1955	Riverside	H. J. McCormick*	2000	Long Beach	Robin GrayBallard
1956	Sacramento	June V. McCann*	2001	Santa Clara	Allen Abraham
1957	Long Beach	Dale Hoskin*	2002	San Diego	Dianne Wilson-Graham
1958	San Mateo	Grace Leavers	2003	Sacramento	Michael J. Heffernan
1959	Los Angeles	Elmer Johnson	2004	Pasadena	Mary Blackman
1960	Bakersfield	John Nixon*	2005	Monterey	Michael Mackey
1961	Berkeley	William W. Harkness*	2006	Garden Grove	Freddie Thompson-Esters
1962	San Diego	John Cooper	2007	Sacramento	Keith Johannes
1963	Long Beach	Raymond Snyder*	2008	Riverside	Susanne Chambers-Johnson
1964	Sacramento	Mike Mason	2009	Santa Clara	Terry Rizzo
1965	Monterey	V. Erle Johnson*	2010	Ontario	Kathleen Cordes
1966	Fresno	Frank Jones	2011	Monterey	Dan Latham
1967	Los Angeles	H. Doreen Abbott	2012	Pasadena	Joanie Verderber
1968	San Jose	Ted Hucklebridge*	2013	Santa Clara	Christopher Busch
1969	Sacramento	Paul M. Hillar*	2014	Garden Grove	Heather Deckard
1970	Los Angeles	Joy Cauffman	2015	Los Angeles	Chad Fenwick
1971	Oakland	Robert D. Turk	2016	Santa Clara	Betty Hennessy
1972	Bakersfield	Richard Perry*	2017	San Diego	Brent Powell
1973	San Diego	Al Minturn*	2018	Oakland	Cindy Lederer
1974	San Jose	Claire Shaw*	2019	Garden Grove	Tim Hamel
			2020	Garden Grove	Seth Martin
			2021	Virtual	Patricia Suppé
			2022	Los Angeles	William Potter
			2023	Santa Clara	Tonya Moore

*Deceased

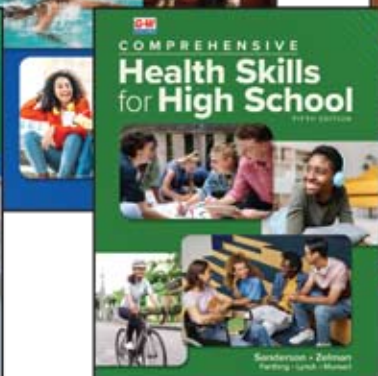
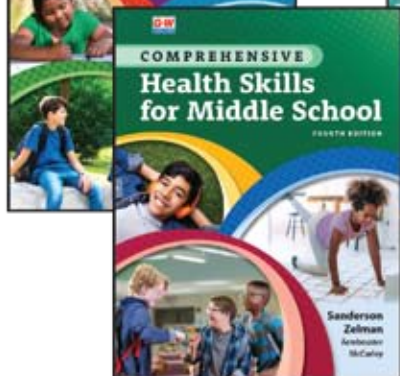
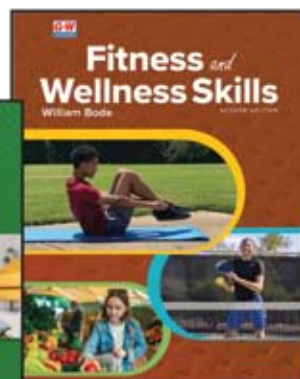


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Thursday

- *10 Instructional Strategies to Engage Students in Health Class* with Mary McCarley at 11:30 a.m.
- *Moving Towards Health Literacy: Incorporating Movement into the Health Classroom* • with Diane Farthing at 2:30 p.m.
- *One Exercise Does Not Fit All* • with Bill Bode at 3:45 p.m.

Friday

- *Analyzing Influences and Practicing Health-Enhancing Behaviors: Strategies and Assessment Tools* • with Diane Farthing at 1:45 p.m.
- *The Reluctant Phys Ed Student: It's Not a Power Struggle* with Bill Bode at 12:30 p.m.

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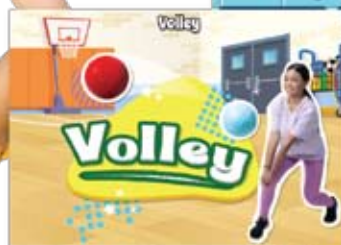
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