



# HEALTH AND PHYSICAL ACTIVITY INSTITUTE

## *Schedule of Events*

James Madison University  
Harrisonburg, Virginia

July 9-12, 2023

Co-Sponsored by:  
The Virginia Association for Health, Physical  
Education, Recreation and Dance  
(VAHPERD)



# HEALTH AND PHYSICAL ACTIVITY INSTITUTE

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**Materials from the institutes can be found at**  
*[www.jmu.edu/kinesiology/hpainstitute](http://www.jmu.edu/kinesiology/hpainstitute)*



# HEALTH AND PHYSICAL ACTIVITY INSTITUTE

## Campus Information



### Events & Conference 24-hour number

Locked out of your room? Key issues?  
Maintenance problems? Lost meal card?  
Please call the JMU Conference Services Office,  
24 hours a day, 7 days a week.  
(540) 568-3606, Festival Room 1100

### Campus Police & Public Safety

JMU Emergency Services (540) 568-6911  
JMU Non-Emergency Services (540) 568-6913  
Harrisonburg Police (540) 434-4436

### Parking Reminders

C-12 & D-3 lots only  
Parking at meters & in fire lanes can result in tickets/  
towing

### Housing

Chesapeake Hall – Wing B

### Dining Services

East Campus Dining Hall  
Hours: Breakfast: 7-9:00, Lunch: 11-1:30,  
Dinner: 4:30-6:30

### Institute Info Desk

8 am- 8pm  
Check-out at the information desk  
Return key & dining card (charge for lost key \$25 &  
meal cards \$10)  
Wednesday check out from noon-3:00

### Access Conference Notes & Handouts

Website:  
<http://www.jmu.edu/kinesiology/hpainstitute>

Click on: Workshop Resources



### UREC Hours

Saturday	11am-4pm
Sunday	4pm-9pm
Monday-Wednesday	11am-9pm

(Tuesday evening is free for institute participants)

University Recreation access is \$10 per day. Cash is the only accepted payment, and must be added to the HPAI conference card. In the UREC atrium, there is a DART machine. This machine takes your cash and adds it to the conference card for admission to the UREC facilities.

### Edith Carrier Arboretum

A short walk away! For a map of the walking trail and park details, go to the following website:  
<http://www.jmu.edu/arboretum/>



### Sponsors

Gopher Sports  
James Madison University,  
Department of Kinesiology  
OPEN PE  
US Games  
School Health Corporation/Focused Fitness  
VAHPERD  
Virginia Department of Education

### Planning Committee Members

Dani Almarode, Mark Arrington, Kelly Clark, Amy Riggio, Lei Dunn, Cindy Ferek, Meghan Gouldin, Stevie Ray Gray, Adam Otstot, Sheldon Rice, Jason Runk, Ron Trainum, Barry Trent, Chad Triolet, Amy Wheeler, Jamie Wright

Vanessa Wigand, Coordinator, Health, Physical,  
Family Life and Driver Education, VDOE

### JMU Student Ambassadors

Daniel Francis '24, Lindsey Slaughter '24, Lanie Jo Knight '23, Nora Murray '25, Emily Goodson '24, Eric Bowers '23, Bobby Byron '24, Luke Wilson '23, Michael Carter '23

### Festival Manager

Bob Davis

### JMU Team

Regina Phillips, Bobby Lifka, Cathy McKay,  
Tom Moran, Susan Nye

Mark your calendars!

The 2024 Health & Physical  
Activity Institute

July 7<sup>th</sup>-10<sup>th</sup>

# HEALTH AND PHYSICAL ACTIVITY INSTITUTE

## Schedule of Events

**PRE-INSTITUTE EVENTS**  
**Sunday - July 9, 2023**



**SUNDAY**

Time	Event	Speaker	Place
8:00 a.m. - Noon	<b>Check-in</b>	JMU HPAI Registration Staff	Festival Conference Center
10-11:30 a.m. 1-5 & 6-8:30 p.m.	<b>Bike Smart! Virginia Teacher Certification</b>	<b>Adam Otstot</b> , Strawberry Team Leader, Williamsburg James City County Public Schools, <b>Beneline Williams &amp; Kelly Garner</b> , Newport News Public Schools Lead Trainers, Bike Smart! Virginia	Highlands
10 a.m.-12 noon & 1-5 p.m.	<b>Virginia Association of Driver Education Traffic Safety (VADETS) Conference</b>	<b>Sheila Jones</b> , VADETS President <b>Benita Turner</b> , VADETS Executive Director	Ballrooms A, B & C
10 a.m.-12 noon & 1-5 p.m.	<b>First Aid/CPR/AED Instructor Trainer Certification</b>	<b>Kelly Clark</b> , Loudoun County Public Schools	Conference Room 8
11:30 a.m. - 1 p.m.	<b>Lunch</b> - D- Campus Dining Hall		
2 - 4 p.m.	<b>Check-in</b>	JMU HPAI Registration Staff	Festival Conference Center
4:30 - 5:30 p.m.	<b>Team Leaders' Meeting</b>	<b>Barry Trent</b> , Institute Leader, Roanoke County, retired	Alleghany
4:30 - 6:30 p.m.	<b>Dinner</b> - D - Campus Dining Hall		



Time	Event	Speaker	Place
7-9 a.m.	<b>Breakfast - E. Campus Dining Hall</b>		
8:00 - 9:50 a.m.	<b>Check-in</b>	Institute Staff	Festival Conference Center
	<b>Bike Smart! Virginia Teacher Certification</b> <b>Continuation of Sunday's Training</b>	<b>Beneline Williams and Kelly Garner</b> , Newport News Public Schools and <b>Adam Otstot</b> , Williamsburg James City County	Highlands
8:30 - 9:30 a.m.	<b>Team Building Through Activity</b>	<b>Owen DeWindt and Jordan Stolp Gopher</b> , Owatonna, Minnesota	Ballroom A
	<b>Capture the Flag of the Future (K-12)</b>	<b>Andrew Wymer</b> , Gloucester High School	Festival Field
	<b>Come Hit the Streets with Street Racket - Anyone, Anytime, Anywhere! (K-12)</b>	<b>Ron Trainum</b> , National Middle School TOY and Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools	Lower Drum
	<b>Interdisciplinary Education: How to Develop More Purposeful Learning at the Secondary Level</b>	<b>Jenn Vedder</b> , HPE Coordinator Charlotte Mecklenburg North Carolina, OPEN National Trainer, Army Veteran	Alleghany
10 -11:50 a.m.	<p><b>Ballroom A</b>  <b>WELCOME! Barry Trent</b>, onsite director, <b>Jeremy Raley</b>, VDOE Chief of Staff, and <b>HPAI Team Leaders</b></p> <p><b>OPENING SESSION: Ready, Set, Go 2.0</b>  <b>KEYNOTE SPEAKERS: Ron Trainum, Chad Triolet, Stevie Gray, Jamie Wright, Jason Runk</b></p> <p>Here we go! The first day of school will be here before you know it! Let's get ready to motivate our students to be excited about the new school year with some tried and true innovative fun activities that are sure to engage and empower your students to feel connected to school and ready for learning! Ready, Set, Go experience a little relationship building, a little dancing, and a few problem-solving activities that are all guaranteed to get your first 10 days off and running!</p> <p>Team Leader meetings: Dragon Fruit: Jason Runk, Upper Drum; Dairy: Kelly Clark and Amy Riggio, Allegheny; Jalapeño Peppers: Dani Almarode, Highlands; Strawberry: Adam Otstot, Ballroom C; Pistachio: Mark Arrington, Hallway near elevator; Rhubarb: Cindy Ferek, Ballroom B; Sweet Potato: Stevie Gray, outside Ballroom B; Kumquat: Lei Dunn, Conf Rm 7; Kiwi: Jamie Wright, Conf Rm 4; Watermelon: Ron Trainum, Ballroom B; Passion Fruit: Chad Triolet, Bottom spiral staircase; Water: Amy Wheeler, Upper drum extension; Pineapple: Sheldon Rice, outside Ballroom C; and Mango: Meghan Gouldin, Lower Drum; Pumpkin: Toni Brown-Berry, Conf Rm 2</p> <p>(Please extend a special thank you to GOPHER for providing the pedometers!)</p>		
11:50 a.m.	<b>Lunch - E - Campus Dining Hall</b>		
1-3 p.m.	<b>VAHPERD City/County Health and Phys. Ed. Curriculum Coordinators' Meeting</b>	<b>Kevin Burcham</b> , Chair, VAHPERD Supervisors, Roanoke County and <b>Emily Utter</b> , Chair Elect, Prince William County Public Schools	Alleghany

**MONDAY**

**Monday, July 10, 2023 Continued**

1-1:50 p.m.	<b>Action! Team Games to Boost Engagement (6-12)</b>	<b>Owen DeWindt and Jordan Stolp</b> Gopher, Owatonna, Minnesota	Ballroom A
	<b>Fantastic and Fun Fitness! (K-12)</b>	<b>Andrew Wymer</b> , Gloucester High School	Ballroom B
	<b>Open Up Your Elementary Lessons!</b>	<b>Candance Young</b> , OPEN National Trainer, Madison Kindergarten Academy, Kentucky	Ballroom C
	<b>Reimagining Learning Through Pure Power (K-12)</b>	<b>Michelle Mitchell</b> , Pure Edge Inc. South Hamilton, Massachusetts	Highlands
	<b>You Can't Spell CoOPERation Without PE (K-12)</b>	<b>Evan Norwood</b> , OPEN National Trainer, Millstone Township, NJ	Lower Drum
	<b>Health and Fitness Made Fun (K-8)</b>	<b>Tommy Landseadel</b> , Stone-Robinson Elementary, Albemarle County	Upper Drum
	<b>Effective and We Know It: Teaching Vaping Harms and Healthy Coping Strategies to Youth (7-10)</b>	<b>Jenn Vedder</b> , Charlotte-Mecklenburg Public Schools and <b>Irini McCarthy</b> , Mecklenburg County Public Health Department, North Carolina	Conference Room 7
	<b>Techniques and Tips for Teacher Orienteering and Geocaching in Secondary PE (7-12)</b>	<b>Dr. Wesley Meeteer</b> , Concord University, Beckley, West Virginia	Conference Room 2
2 - 2:50 p.m.	<b>Action! Team Games to Boost Engagement (6-12)</b>	<b>Owen DeWindt and Jordan Stolp</b> Gopher, Owatonna, Minnesota	Ballroom A
	<b>Fantastic and Fun Fitness! (K-12)</b>	<b>Andrew Wymer</b> , Gloucester High School	Ballroom B
	<b>Open Up Your Elementary Lessons!</b>	<b>Candance Young</b> , OPEN National Trainer, Madison Kindergarten Academy, Kentucky	Ballroom C
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	<b>Techniques and Tips for Teacher Orienteering and Geocaching in Secondary PE (7-12)</b>	<b>Dr. Wesley Meeteer</b> , Concord University, Beckley, West Virginia	Conference Room 2
3 - 3:50 p.m.	<b>This Session R.O.C.K.S (Really Outstanding and Creative Kinesthetic Samples) for HPE! (K-10)</b>	<b>Chad Triolet</b> , National Elementary TOY, Passion Fruit Team Leader, Assistant Principal Jolliff Middle School, Chesapeake City Schools	Ballroom A
	<b>Practical Implementation of VA SOL Standard 2 - Anatomical Basis of Movement within Lifetime Activities</b>	<b>Dr. Susan Nye</b> , James Madison University	Ballroom B

**Monday, July 10, 2023 Continued**

3 - 3:50 p.m.	<b>Brainball™ and Budgeting: How to Fund and Support Cross-Curricular Brainball Use (K-12)</b>	<b>Lei Dunn</b> , Kumquat Team Leader, HPE Teacher Specialist Virginia Beach Public Schools, School Health Trainer	Ballroom C
	<b>SEL Playground (K-12)</b>	<b>Jenn Vedder, Keith Kraemer, and Andrew Romberger</b> , HPE leadership team for Charlotte Mecklenburg Schools, North Carolina	Highlands
	<b>I Wanna Put On My Boogie Shoes - To Boogie with You! (K-5)</b>	<b>Dr. Dani Almarode</b> , Jalapeño Peppers Team Leader, VDOE HPE Specialist, JMU adjunct faculty	Lower Drum
	<b>The Natural Progression of Vaping to Marijuana/Alcohol to Opiate Abuse: A Recipe for Disaster</b>	<b>William Lynch Jr.</b> , Clinical Pharmacist Jefferson Health System, Adjunct Faculty Rowan University School of Osteopathic Medicine, Subject Matter Expert HIDTA NMI, New Jersey	Alleghany
	<b>Awesome Bag of Tricks for Health Class (6-10)</b>	<b>Tori Fantasia</b> , Harrisonburg High School	Conference Room 2
	<b>ABC's of Driver Education</b>	<b>Cindy Ferek</b> , National High School TOY, Rhubarb Team Leader, pilot, flight Instructor	Conference Room 7
4 - 4:50 p.m.	<b>This Session R.O.C.K.S (Really Outstanding and Creative Kinesthetic Samples) for HPE! (K-10)</b>	<b>Chad Triolet</b> , National Elementary TOY, Passion Fruit Team Leader, Assistant Principal Jolliff Middle School, Chesapeake City Schools	Ballroom A
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	<b>SEL Playground (K-12)</b>	<b>Jenn Vedder, Keith Kraemer, and Andrew Romberger</b> , HPE leadership team for Charlotte Mecklenburg Schools, North Carolina	Highlands
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	<b>ABC's of Driver Education</b>	<b>Cindy Ferek</b> , National High School TOY, Rhubarb Team Leader, pilot, flight Instructor	Conference Room 7
	<b>Capture the Flag of the Future! (K-12)</b>	<b>Andrew Wymer</b> , Gloucester High School	Festival Field
5 - 6:00 p.m.	<b>Dinner - E. Campus Dining Hall</b>		
6:15 - 8:00 p.m.	<b>Minute to Win IT - Ballroom A</b> <b>Barry Trent</b> , Institute Leader, Team Leaders, and JMU Ambassadors		





**TUESDAY**

Time	Event	Speaker	Place
6:30 - 7:15 a.m.	<b>Early Bird Wellness!</b> During this session you will earn your “Early Bird” points needed for individual and team scores and “jump start” your body for a healthy energized day! Come play Backyard Games with Spikeball, Kan Jam, PaddleZlam, Rollers and more! with Ron Trainum & Chad Triolet (Festival Field & Lower Drum); take a Campus Walk with Barry Trent (traffic loop upper Festival); go for a Campus Run with Adam Otstot (exit near registration desk); experience Yoga with Mark Arrington (Highlands); unicycle with Cindy Ferek (Ballroom A)!		
7 - 9:00 a.m.	<b>Breakfast - E. Campus Dining</b>		
9 - 9:50 a.m.	<b>Team Building Through Activity</b>	<b>Owen DeWindt and Jordan Stolp</b> Gopher, Owatonna, Minnesota	Ballroom A
	<b>Instant Activities Galore! (K-12)</b>	<b>Evan Norwood</b> , OPEN National Trainer, Millstone Township, New Jersey	Ballroom B
	<b>Social Emotional Learning Through Open Movement (K-6)</b>	<b>Candance Young</b> , OPEN National Trainer, Madison Kindergarten Academy, Kentucky	Ballroom C
	<b>QPE with 54L: R U Ready for a Refresh? (K-12)</b>	<b>Stevie Gray</b> , Sweet Potato Leader, Henrico County and <b>Amy Riggio</b> , Dairy Team Leader, HPE Specialist Loudoun County, School Health Trainers	Highlands
	<b>Dance is What You Make It! (K-6)</b>	<b>Patrick Noel</b> , Colvin Run Elementary- Fairfax County Public Schools	Lower Drum
	<b>Brainball™ - Closing the Literacy Gap with Movement (K-5)</b>	<b>Maria McKeown and Amie Burkholder</b> , Clearbrook Elementary, Roanoke County Public Schools	Upper Drum
	<b>Fore! Striking a Ball with Long-Handled Implements While Stationary with the Proper Force, Direction, and Accuracy (5-8)</b>	<b>Meghan Gouldin</b> , Mango Team Leader, <b>Melissa Elkins, Jenna McMahon</b> , Henrico County Schools	Festival Field
	<b>Dream Big—Making Lemonade Out of Lemons!</b>	<b>Cindy Ferek</b> , National High School TOY, Rhubarb Team Leader, pilot, flight Instructor	Alleghany
	<b>Physical Activity as Punishment/Behavior Management: Advocacy and Tools (K-12)</b>	<b>David Keiling</b> , HPE Coordinator Manassas City Public Schools, SHAPE America Physical Activity Council	Conference Room 2
	<b>What can Welnet® Do? (K-12)</b>	<b>Jamie Wright</b> , Kiwi Team Leader, Franklin County HS, and <b>Lei Dunn</b> , Kumquat Team Leader, Virginia Beach Public Schools, School Health Trainers	Conference Room 7



**Tuesday, July 11, 2023 Continued**

10 - 10:50 a.m.	<b>Team Building Through Activity</b>	<b>Owen DeWindt and Jordan Stolp</b> Gopher, Owatonna, Minnesota	Ballroom A
	<b>Instant Activities Galore! (K-12)</b>	<b>Evan Norwood</b> , OPEN National Trainer, Millstone Township, New Jersey	Ballroom B
	<b>Social Emotional Learning Through Open Movement (K-6)</b>	<b>Candance Young</b> , OPEN National Trainer, Madison Kindergarten Academy, Kentucky	Ballroom C
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	<b>LACROSSE: The Fastest Game on Two Feet</b>	<b>Dr. Susan Nye</b> , James Madison University	Festival Field
	<b>Dream Big—Making Lemonade Out of Lemons!</b>	<b>Cindy Ferek</b> , National High School TOY, Rhubarb Team Leader, pilot, flight Instructor	Allegheny
	<b>Physical Activity as Punishment/ Behavior Management: Advocacy and Tools (K-12)</b>	<b>David Keiling</b> , HPE Coordinator Manassas City Public Schools, SHAPE America Physical Activity Council	Conference Room 2
<b>What can Welnet® Do? (K-12)</b>	<b>Jamie Wright</b> , Kiwi Team Leader, Franklin County HS, and <b>Lei Dunn</b> , Kumquat Team Leader, Virginia Beach Public Schools, School Health Trainers	Conference Room 7	
11 - 11:50 a.m.	<b>Team Meetings!</b> Dragon Fruit: Upper Drum; Dairy: Allegheny; Jalapeño Peppers: Highlands; Strawberry: Ballroom C; Pistachio: Hallway near elevator; Rhubarb: Ballroom B; Sweet Potato: outside Ballroom B; Kumquat: Conf Rm 7; Kiwi: Conf Rm 4; Watermelon: Ballroom B; Passion Fruit: Bottom spiral staircase; Water: Upper drum extension; Pineapple: outside Ballroom C; and Mango: Lower Drum; Pumpkin: Conf Rm 2		
12 - 1 p.m.	<b>Lunch - E. Campus Dining Hall</b>		
1 - 1:50 p.m.	<b>Super PE? Don't Forget Your C.A.P.E. (Creative Activities for PE) (K-10)</b>	<b>Chad Triolet</b> , National Elementary TOY, Passion Fruit Team Leader, Assistant Principal Jolliff Middle School, Chesapeake City Schools	Ballroom A
	<b>Practical Implementation of VA SOL Standard 2 - Anatomical Basis of Movement within Team Sports (K-12)</b>	<b>Dr. Susan Nye</b> , James Madison University	Ballroom B
	<b>Is Consent a Game? Interactive Ways to Engage Students in Lessons on Healthy Relationships (9-11)</b>	<b>Kyle Mortenson</b> , Arlington County Public Schools	Ballroom C
	<b>Reimagining Learning Through Pure Power (K-12)</b>	<b>Michelle Mitchell</b> , Pure Edge Inc. South Hamilton, Massachusetts	Highlands

**Tuesday, July 11, 2023 Continued**

1 - 1:50 p.m.	<b>Xylazine: The Emerging Adulterant Complicating Overdoses</b>	<b>William Lynch Jr.</b> , Clinical Pharmacist Jefferson Health System, Adjunct Faculty Rowan University School of Osteopathic Medicine, Subject Matter Expert HIDTA NMI, New Jersey	Alleghany
	<b>Little to No Equipment (6-10)</b>	<b>Stephen Kibler</b> , Marsteller Middle School, Dept. Chair and Athletic Director and <b>Melissa Lial</b>	Upper Drum
	<b>Come Hit the Streets with Street Racket - Anyone, Anytime, Anywhere (4-12)</b>	<b>Ron Trainum</b> , National Middle School TOY and Watermelon Team Leader, Toano Middle School, Williamsburg James City County Schools	Lower Drum
	<b>Unified PE and Unified Sports (9-12)</b>	<b>Kelly Ivacic</b> , Forest Park High School, Prince William County Public Schools	Conference Room 2
	<b>Family Life Education Round Table Discussion</b>	<b>Dr. Robin Shepherd</b> , VDOE Specialist for Health and Family Life Education	Conference Room 4
2 - 2:50 p.m.	<b>Super PE? Don't Forget Your C.A.P.E. (Creative Activities for PE) (K-10)</b>	<b>Chad Triolet</b> , National Elementary TOY, Passion Fruit Team Leader, Assistant Principal Jolliff Middle School, Chesapeake City Schools	Ballroom A
	<b>Practical Implementation of VA SOL Standard 2 - Anatomical Basis of Movement within Team Sports (K-12)</b>	<b>Dr. Susan Nye</b> , James Madison University	Ballroom B
	<b>Is Consent a Game? Interactive Ways to Engage Students in Lessons on Healthy Relationships (9-11)</b>	<b>Kyle Mortenson</b> , Arlington County Public Schools	Ballroom C
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	<b>Family Life Education Round Table Discussion</b>	<b>Dr. Robin Shepherd</b> , VDOE Specialist for Health and Family Life Education	Conference Room 4
3 - 3:50 p.m.	<b>Invasion Games Made Simple (3-12)</b>	<b>Andrew Wymer</b> , Gloucester HS	Ballroom A
	<b>Dude Imperfect: How to Use the Art of the Trick Shot to Build Creativity &amp; Resilience in Your Lessons (K-6)</b>	<b>Patrick Noel</b> , Colvin Run ES; Fairfax County Public Schools	Ballroom B

**Tuesday, July 11, 2023 Continued**

3 - 3:50 p.m.	<b>Lü Interactive—Physical Activity as a Medium for Learning (K-8)</b>	<b>Johnny Sink</b> , Clinton Learning Solutions, Roanoke	Ballroom C
	<b>In the Door and on the Floor (K-5)</b>	<b>Lindsey Slaughter</b> , JMU, and <b>Dr. Dani Almarode</b> , Jalapeño Peppers Team Leader, VDOE HPE Specialist	Highlands
	<b>Dancing Through the Decades (K-5)</b>	<b>Dr. Cathy McKay</b> , James Madison University	Lower Drum
	<b>Understanding Who I am (8-12)</b>	<b>Mark Arrington</b> , Pistachio Team Leader, Madison County Schools	Alleghany
	<b>You Get a Grade, You Get a Grade, Everybody Gets a Grade! Large Group Motor Skill Assessment Using Welnet® (K-8 Motor Development)</b>	<b>Lei Dunn</b> , Kumquat Team Leader, HPE Instructional Specialist Virginia Beach Public Schools, School Health Trainer	Conference Room 7
4 - 4:50 p.m.	<b>Invasion Games Made Simple (3-12)</b>	<b>Andrew Wymer</b> , Gloucester HS	Ballroom A
	<b>Dude Imperfect: How to Use the Art of the Trick Shot to Build Creativity &amp; Resilience in Your Lessons (K-6)</b>	<b>Patrick Noel</b> , Colvin Run ES; Fairfax County Public Schools	Ballroom B
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5 - 6:00 p.m.	<b>Dinner - E. Campus Dining Hall</b>		
6:30 - 7:00 p.m.	<b>Team Leaders - Team Planning</b> <b>JMU's Amazing University Recreation Center</b>		UREC
7 - 9:00 p.m.	<b>AN OPPORTUNITY TO TRY SOMETHING NEW, MOVE, AND NETWORK!</b> <b>Barry Trent, Institute Leader, JMU Ambassadors and Team Leaders</b> <ul style="list-style-type: none"> <li>• Classes in the Group Training space will be offered for max enrollment of 16. Class 1: 6:45pm - 7:30pm; Class 2: 7:45pm - 8:30pm</li> <li>• Pool use will be limited to lap lanes, spa, and sauna and will close at 8:45pm</li> <li>• MAC 3, Court A will be for basketball</li> <li>• Sports Forum 1 will have 2 Pickleball courts and 1 Volleyball court</li> <li>• The Adventure Center will be open for climbing/bouldering between 7 and 9pm</li> <li>• The Fitness Center will also be available to all attendees</li> </ul>		UREC



**WEDNESDAY**

Time	Event	Speaker	Place
6:30 - 7:15 a.m.	<b>Early Bird Wellness!</b> During this session you will earn your “Early Bird” points needed for individual and team scores and “jump start” your body for a healthy energized day! Play Backyard Games with Spikeball, Kan Jam, PaddleZlam, Rollers and more! with Ron Trainum and Chad Triolet (Festival Field & Lower Drum); take a Campus Walk with Barry Trent (traffic loop upper Festival); go for a Campus Run with Adam Otstot (exit near registration desk); experience Yoga with Mark Arrington (Highlands); unicycle with Cindy Ferek (Ballroom A)!		
7 - 9:00 a.m.	<b>Breakfast - E. Campus Dining</b>		
9:15 - 10:45 a.m.	<b>Circus, Circus, CMO!</b> <b>Ron Malm, Director, Education and Curriculum, School Health Corporation, Spokane Washington</b>  Come one, come all and experience the wonders of the CMO Circus! One last time we will gather under the big top to see AND experience the strategies that made Movement Opportunities come alive for 10’s of thousands of Virginia youth. Walk away with actionable insights and practical steps to ensure that students in your school division create healthy habits that will stick with them just like the circus memories of our youth.  Ron Malm is a passionate speaker and expert in the field of physical education, physical activity and program change and implementation, with over 25 years of experience in motivating and educating individuals throughout the educational landscape. Drawing from his vast background in physical education, exercise science, and nutrition, Ron possesses a deep understanding of what youth desire during activity and the content that can be taught. Through his engaging storytelling and practical insights, he has the unique ability to connect with audiences on an authentic level, leaving a lasting impression that sparks personal growth and transformation.  Ron’s presentations are known for their energy, humor, and ability to make exercise science and nutrition concepts easily understandable. His interactive style encourages active participation, creating an immersive and memorable experience for every attendee. Whether he is addressing a room full of physical educators, early learning specialists, afterschool instructors, or students, Ron’s messages are universally relatable and applicable to various aspects of life and work.  As a gifted communicator, Ron has a unique talent for breaking down barriers and inspiring people to overcome their limitations. His talks cover a wide range of topics, including classroom management, exercise design, nutrition, early learning, after school programming, and more. Regardless of the topic, Ron’s presentations are infused with practical strategies and actionable steps that empower individuals to reach new heights of success.  Ron Malm’s impact extends far beyond presenting and providing Professional Development. He is also an accomplished author, sharing his wisdom and insights through evidenced-based curriculum and developing industry leading educational software.  Prepare to be captivated, enlightened, and motivated as Ron Malm shares the strategies, he has uncovered that make movement exciting and valuable for youth. Ron’s presentations are an experience like no other, leaving physical and health educators inspired, empowered, and ready to provide quality education.		
11 - 11:45 a.m.	<b>Team Meetings</b> - Hand in point cards and complete institute evaluations	Team Leaders	Same as Monday
12 - 12:50 p.m.	<b>Lunch - E. Campus Dining Hall</b>		
1 - 2:30 p.m.	<b>Closing Ceremonies</b>	Barry Trent and Team Leaders	Ballroom A
Check-out: Please return room keys no later than 3:15 You will be billed for any lost or unreturned keys.		Festival Conference Center	

# HEALTH AND PHYSICAL ACTIVITY INSTITUTE

## Session Descriptions

### Sunday - July 9, 2023

**10-11:30am, 1-5pm, and 6-8:30pm**  
**BECOME A BIKE SMART BASICS CERTIFIED TEACHER!**  
**Highlands**

Participants will explore types of bikes, gears and shifting basics, basic bike maintenance, curriculum ideas, coalition building, fund raising tips, and more! Bike Smart Basics is a 12-hour, hands-on training taught by master Bike Smart teachers!

**Beneline Williams**, a health and physical educator for Newport News Public Schools. She is passionate about teaching all kids bike skills, as learning to ride a bike builds confidence and improves children's health - including improving cardiovascular fitness, muscular strength, motor skills, coordination, skeletal development, balance, and overall health!



**Kelly Garner** is a High School Social Studies and Outdoor Education Teacher for Newport News Public Schools. He is passionate about leading inward and outward adventures to build wellness, community, and environmental stewardship.



**Adam Otstot** is the Strawberry team leader, Williamsburg-James City County Public Schools Health and Physical Education Curriculum Coordinator, husband, father, triathlon, and iron man champion! He received a B.S. in Kinesiology and M.Ed. in K-12 administration and supervision from the educational policy, planning and leadership (EPPL) program at William and Mary's School of Education.



**10am-12pm and 1-5pm**  
**FIRST AID/CPR/AED INSTRUCTOR TRAINER CERTIFICATION!**  
**Conference Room 7**

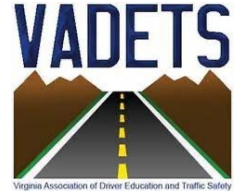
Come master life-saving skills and learn how to teach others!

**Kelly Clark** has been working as an Elementary Physical Educator in Loudoun County for 20 years. She enjoys teaching healthy habits to her students that lead to a lifetime of healthy living. Kelly has been a member of the Chief Movement Officers for the last three years, presenting both locally and nationally. In her free time, Kelly likes to line dance, run, sing karaoke, and spend time with her kids.



**10am-12pm and 1-5pm**  
**VIRGINIA ASSOCIATION OF DRIVER EDUCATION AND TRAFFIC SAFETY (VADETS) CONFERENCE**  
**Ballrooms A, B and C**

Please extend special thanks to Benita Turner Executive Director, Sheila Jones, president, and the VADETS Board of Directors for organizing these amazing sessions!



The primary objective for the Virginia Association of Driver Education and Traffic Safety (VADETS) conference will be to provide resources and supports for the implementing the 2022 Driver Education Standards of Learning and the 2023 Curriculum Guide for Driver Education in Virginia!

### Monday - July 10, 2023

**8 - 9:50am**  
**BIKE SMART! VIRGINIA**  
**Beneline Williams, Kelly Garner, and Adam Otstot**  
 This session is a continuation of Sunday's preconference training.

**8:30 - 9:30**  
**TEAM BUILDING THROUGH ACTIVITY**  
**Owen DeWindt and Jordan Stolp Gopher, Owatonna, Minnesota**

Team building is a fun, challenging, and engaging way to strengthen team chemistry and build social emotional skills. Join this session to learn team building activities, as well as classroom management strategies that you can take home and implement into your program!



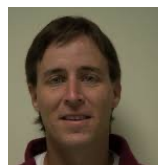
**Owen** is a Territory Sales Manager for Gopher, a nationwide supplier for physical education, athletics, and fitness equipment. He works closely with HPE teachers in New Jersey, Virginia, and North Carolina. Owen has been with Gopher for over 2 years and has led presentations at many state AHPERD/SHAPE Conventions. Owen also has a background in the fitness industry.

**Jordan** is the East Senior Territory Sales Manager for Gopher. He covers 2 states in the East region, New York, and Florida. Jordan has been with Gopher for 12 years and has also led presentations at many state AHPERD/SHAPE Conventions!



**8:30 - 9:30am,**  
**CAPTURE THE FLAG OF THE FUTURE (K-12)**  
**Andrew Wymer, Gloucester High School**

In this session, **Andrew Wymer** will show how to take the popular large group game of Capture the Flag and chop it up into many different varieties of challenging





games. He will show how to translate various versions of the game into meaningful, task oriented, activities. Join in the fun and learn how to use the Capture the Flag model to create and learn ways to make Capture the Flag dynamic and fun!

Andrew was named the 2018 Middle School Teacher of the Year for Virginia! He is an expert at cooperative learning and maximizing student engagement and has the unique ability of making students feel more confident and willing to take risks. Currently, he lives in Gloucester with his wife and four children.

**8:30 – 9:30am**

### **COME HIT THE STREETS WITH STREET RACKET: ANYONE, ANYTIME, ANYWHERE (4-12)**

**Ron Trainum, National Middle School TOY and Watermelon Team Leader, Toano Middle School, Williamsburg-James City County Schools**

The purpose of Street Racket is to promote healthy-well-being, build self-esteem, create multidisciplinary integration, and bring people of all ages and ability levels together to move, laugh, and have lots of fun! Come learn how universal Street Racket can be and rock the streets in this interactive session!

**Ron** received his Bachelor of Science degree from Averett University and Master of Science degree from Virginia Tech. He has taught 32 years with the first 7 serving students at Thomas Hunter School in Mathews, Virginia, and the remaining 25 years at Toano Middle School, Home of the Tigers. The primary goal of Ron's classes is to provide his students the skills needed to live long and healthy lives. Seeking and updating instructional activities that will expose students to ever changing trends in fitness and nutrition is at the forefront of what student can expect from Ron's classes. Ron has served on many committees including the Virginia Standards of Learning, Technical Assistance Guide, and Williamsburg-James City County Curriculum Writing Teams. He has provided many professional development sessions at the local, state, and national levels, and has been privileged to represent Toano Middle School in awards at both local, regional, state, and national levels. His greatest blessing is being husband to Fran and dad to Matt, Josh, and Mollie.



**8:30 – 9:30am**

### **INTERDISCIPLINARY EDUCATION: HOW TO DEVELOP MORE PURPOSEFUL LEARNING AT THE SECONDARY LEVEL**

**Jenn Vedder, HPE Coordinator Charlotte Mecklenburg North Carolina, OPEN National Trainer, Army Veteran**

Cross-curricular instruction provides the opportunity for students to widen their lens of understanding and apply skills and strategies they learn in one discipline to another. This presentation will share the benefits of this interdisciplinary approach, and what it takes to develop your own cross-curricular classes at the secondary level. This presentation will serve as a guide for administrators, district leaders, and teachers in their efforts to develop more authentic, purposeful learning experiences for students.



**Jenn Vedder** holds a Master of Science in Healthcare Administration from Central Michigan University and a Bachelor of Science in Biology and Healthcare Administration from Providence College. Prior to teaching, Jenn served as a Medical Service Corps Officer in the US Army and as a government analyst with L-3COM where she co-authored a

series of books based on empathy interviews conducted with service members across the world called, "Eyewitness to War: The US Army in Operations Al Fajr: An Oral History". Jenn has taught at the graduate and undergraduate levels in the Health Sciences Division of Saint Petersburg College (Florida) and the University of Mary (North Dakota). Jenn currently serves as the Health and Physical Education Specialist for Charlotte-Mecklenburg Schools, an OPEN National Trainer, and the Vice President for the North Carolina SHAPE. Prior to moving to Charlotte, Jenn taught in Virginia Beach, Virginia where she was the 2020 Adapted Physical Education Teacher of the Year and served on the Virginia Beach City Public Schools Social and Emotional Learning Implementation Team as the team lead for Student Voice and Leadership. Jenn has been married for 28 years and has 3 grown children and a daughter-in-law.

**1-3pm**

### **CITY/COUNTY HEALTH & PHYSICAL EDUCATION PROGRAM COORDINATORS' MEETING**

**Kevin Burcham, Roanoke County, Virginia AHPERD Chair City/County Supervisors and Emily Utter, Prince William County, Virginia AHPERD Chair Elect City/County Supervisors**

**Kevin** grew up in Carroll County and received his bachelor's and master's degrees from the University of Virginia. He has taught all three levels (elementary, middle, and high), coached high school basketball at Hidden Valley High School for 16 years, and is currently the Supervisor of Health, Physical Education, and Driver Education for Roanoke County Public Schools.



**Emily** is entering her 26th year in education. She holds a Bachelor of Science degree from the University of Michigan and a health certification and Master of Education degree in Education Leadership from George Mason University. Emily began her career teaching health and physical education for 10 years at the elementary and high school levels in Fairfax County Public Schools. She has spent the last 15 years in Prince William County Public Schools - nine years as an assistant principal in two different high schools, and six years as the supervisor of health and physical education. Emily also has 11 years of cross-country and track-and-field coaching experience; and, in 2004, under her and her husband's leadership, the Westfield High School Boys' Outdoor Track and Field Team won the AAA state title! Emily and her husband Todd, also a health and physical educator, have two boys. She enjoys spending time with her family, leading programs, helping others succeed, and being physically active in any sport or movement activity.



**1-1:50 pm & 2-2:50**

### **ACTION! TEAM GAMES TO BOOST ENGAGEMENT (6-12)**

**Owen DeWindt and Jordan Stolp Gopher, Owatonna, Minnesota**

An action-packed workshop featuring team games that are class-oriented, teacher-friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged.

**1-1:50 pm & 2-2:50**

### **FANTASTIC AND FUN FITNESS! (K-12) Andrew Wymer, Virginia Middle School TOY, Gloucester High School**

Fast paced and fun session offering activities and ideas to build fitness around small group work.



10-11:50 am

**OPENING SESSION – WELCOME!**

**Barry Trent, Onsite Director for the Health and Physical Activity Institute**

**Jeremy Raley, Ed.D., Chief of Staff - Virginia Department of Education**

**Barry** was the Coordinator for Health, Physical Education, and Driver Education for Roanoke County Public Schools and is the “Keeper” of the World’s Best Dad Jokes!



After earning his bachelor’s and master’s degrees from UVA, **Dr. Raley** began his public education career in Warren and Shenandoah Counties as a physical education teacher. In Shenandoah County, he also served for 18 years as principal, director and assistant Superintendent of administration and finance, and division superintendent. As a mainstay in a perennially successful football program at the University of Virginia, Dr. Raley was named first-team All-Atlantic Coast Conference and started in four straight bowl games during one of the most successful stretches in UVA’s football program history. He could not be more pleased to join us for this year’s conference!



**KEYNOTE SPEAKERS: RON TRAINUM, CHAD TRIOLET, STEVIE GRAY, JAMIE WRIGHT, JASON RUNK**

Welcome to the 2023 Health and Physical Activity Healthy Kids Healthy Virginia Institute! This session provides the ‘lay of the land’ for this year’s conference. You will meet the awesome team leaders and have an opportunity to meet each other! Get Ready, Get Set, GO laugh and learn some fun meet and greet activities that may become your students’ favorites and inspire you to start off the school year with happiness and laughter!

*We’re ready! We’re set! Here we GO!!*

Jason Runk - Dragon Fruit Team Leader, Henrico County

Chad Triolet, Passionfruit Team Leader, Chesapeake

Ron Trainum, Watermelon Team Leader, Williamsburg-James City County

Jamie Wright, Kiwi Team Leader, Franklin County and Stevie Ray Gray, Sweet Potato Team Leader, Henrico County

**Team Meeting Locations:**

**Dragon Fruit:** Jason Runk, Upper Drum; **Dairy:** Kelly Clark and Amy Riggio, Allegheny; **Jalapeño Peppers:** Dani Almarode, Highlands; **Strawberry:** Adam Otstot, Ballroom C; **Pistachio:** Mark Arrington, Hallway near elevator; **Rhubarb:** Cindy Ferek, Ballroom B; **Sweet Potato:** Stevie Gray, outside Ballroom B; **Kumquat:** Lei Dunn, Conf Rm 7; **Kiwi:** Jamie Wright, Conf Rm 4; **Watermelon:** Ron Trainum, Ballroom B; **Passion Fruit:** Chad Triolet, Bottom spiral staircase; **Water:** Amy Wheeler, Upper drum extension; **Pineapple:** Sheldon Rice, outside Ballroom C; and **Mango:** Meghan Gouldin, Lower Drum; **Pumpkin:** Toni Brown-Berry, Conf Rm 2

(Note: Thank you to **Gopher** for providing the pedometers!)

**Andrew Wymer** will lead this session using his eighteen years of teaching experience and share his best activities and insights on how to use fitness as a tool to build confidence and have fun. Session is very active so lace up your shoes and join in!

1-1:50 pm & 2-2:50

**OPEN UP YOUR ELEMENTARY LESSONS!**

**Candace Young, OPEN National Trainer, Madison Kindergarten Academy, Kentucky**

In this session you will come away with a variety of resources to help foster success for your elementary learners. We will discuss SEL, movement opportunities for small bodies, as well as, management techniques, while using a variety of OPEN activities!



**Candace Young** has spent the last 10 years creating a culture of physically literate students at the elementary and secondary levels in Kentucky. She currently teaches Kindergarten Phys-





ical Education at Madison Kindergarten Academy in Richmond, Kentucky. Candace was named Kentucky SHAPE's Secondary PE Teacher of the Year in 2015 and was Kentucky SHAPE's president in 2018. These experiences and accomplishments have led to Candace being named an OPEN National Trainer. It is her goal as an OPEN National Trainer to help teachers gain more confidence in teaching early childhood Physical Education. Candace enjoys running, kayaking, and hiking.

**1-1-1:50 pm & 2-2:50**

### **REIMAGINING LEARNING THROUGH PURE POWER (K-12)**

**Michelle Mitchell, Pure Edge Inc., Director of Partnerships and National Development, South Hamilton, Massachusetts**

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. The resources are a scalable solution that improves the social and emotional lives of youth, improving their capacity to learn and improve their physical and psychological health and well-being. These resources are also aligned with standards of the National Health Education Standards, and SHAPE National PE Standards.

**Michelle** is Director of Partnerships for Pure Edge Inc. Originally from New Jersey, Michelle completed her collegiate studies in Buffalo New York earning a BS in Sports Medicine, Minor in Sports Psychology and a Master's in Counseling and Human Services at Canisius College. Michelle has worked in her respective community in the public-school setting, higher education, and the nonprofit sector. Currently, Michelle teaches stress management at George Washington University and serves on the board of directors of local nonprofits. "I am passionate about this work because I've seen and experienced firsthand the positive affect it has on the lives of both children and adults."



**1-1-1:50 pm & 2-2:50**

### **YOU CAN'T SPELL COOPERATION WITHOUT PE (K-8)**

**Evan Norwood, OPEN National Trainer, Millstone Township, New Jersey**

Come play and learn as we explore several cooperative, icebreaker, and SEL activities that your students will love! Learn how to promote a positive classroom environment for ALL students with some of my favorite OPEN activities.

**Evan Norwood** is a physical education teacher in Millstone Township, New Jersey, currently teaching Pre-K through 2nd grade. As an OPEN National Trainer, he brings years of experience and knowledge in physical education, especially at the elementary level. During his time in Millstone, Evan rewrote the district's health and physical education curriculum, aligning it with state and national standards, as well as served as a mentor to newly hired teachers and student teachers. In addition to teaching, he also coaches middle school soccer and lacrosse. Evan was named Millstone Primary School's Governor's Educator of the Year in 2022.



**1-1:50 pm & 2-2:50**

### **HEALTH AND FITNESS MADE FUN (K-8)**

**Tommy Landseadel, Stone-Robinson Elementary, Albemarle County**

This session will highlight fun and engaging lessons that will help your students learn important health and nutrition content. Lesson activities are geared toward upper elementary, but can easily be modified for older, or younger students.



**Tommy** has been teaching elementary PE in Albemarle County for 16 years. During that time, he has written curriculum for Albemarle County Public Schools and created amazing lesson content for Health Smart! Virginia. He graduated with a master's degree from UVA in 2007.

**1-1:50 pm & 2-2:50**

### **EFFECTIVE AND WE KNOW IT: TEACHING VAPING HARMS AND HEALTHY COPING STRATEGIES TO YOUTH (7-10)**

**Jenn Vedder Charlotte-Mecklenburg Public Schools, and Iринi McCarthy, Mecklenburg County Public Health Department, North Carolina**

Learn how school divisions can build relationships and partner with their local health department to update curriculum, inform teachers, and support students in curbing the vaping epidemic. This interactive presentation will share how to leverage the resources available in your community to enhance your Choice Led Health curriculum to more effectively engage students and start to put a dent in this serious problem we are seeing across the country.



**1-1:50 pm & 2-2:50**

### **TECHNIQUES AND TIPS FOR TEACHER ORIENTEERING AND GEOCACHING IN SECONDARY PE (7-12)**

**Dr. Wesley Meeteer, Concord University, Beckley, West Virginia**

In this session you will be introduced to techniques and tips for introducing and teaching a unit of orienteering and geocaching in the secondary setting.



**Dr. Wesley Meeteer** is an Associate Professor of Physical and Health Education in the Department of Health Sciences at Concord University. Dr. Meeteer's research interests include youth physical activity and reflection abilities of preservice physical education teachers.

**3-3:50 pm & 4-4:50**

### **THIS SESSION R.O.C.K.S (REALLY OUTSTANDING AND CREATIVE KINESTHETIC SAMPLES) FOR HPE! (K-10)**

**Chad Triolet, National Elementary Teacher of the Year, Passion Fruit Team Leader, Assistant Principal, Jolliff Middle School, Chesapeake Public Schools**

Come ready to move and walk away with LOTS of best practice activities that you can use to motivate, encourage, and engage your students.



**Chad Triolet** is the Passion Fruit team leader and an experienced health and physical educator currently serving as assistant principal at Jolliff Middle School in

Chesapeake. He is a former state, regional, and national elementary PE teacher of the year!

Chad is a father and husband who loves spending time with his family and friends and really enjoys playing disc golf and beach volleyball!

3-3:50 pm & 4-4:50

### **PRACTICAL IMPLEMENTATION OF VA SOL STANDARD 2 – ANATOMICAL BASIS OF MOVEMENT WITHIN LIFETIME ACTIVITIES**

**Dr. Susan Nye, James Madison University**

Participants will learn how to implement standard 2 within a variety of sports. The critical content from standard 2 will be aligned with the following sports/activities: pickleball, health related fitness, rhythm and dance, golf. In addition, assessment to measure this standard will also be discussed.



**Susan** is a Professor in the Kinesiology Department at James Madison University. She is the coordinator for the Physical and Health Education Teacher Education Program (PHETE). In her spare time, she coordinates the LexLax Lightning youth lacrosse program and is the Varsity lacrosse coach for Rockbridge County High School.

3-3:50 pm & 4-4:50

### **BRAINBALL™ AND BUDGETING: HOW TO FUND AND SUPPORT CROSS-CURRICULAR BRAINBALL USE (K-12)**

**Lei Dunn, Kumquat Team Leader, HPE Instructional Specialist Virginia Beach Public Schools, School Health Trainer**

What could your school community do with a program that increases physical activity, coordination, literacy, numeracy, and cooperative skills for all students? How much would your school or division be willing to pay for such a program? In this session you will learn what BRAINball™ is, how to use the program in a variety of settings and how to leverage existing sources of funding in your school or division to support this investment for active learning and literacy.

**Lei** is the K-12 HPE Instructional Specialist for Virginia Beach City Public Schools, adjunct faculty for ODU Darden College of Education, member of the School Health Professional Learning Team, and General Division Vice President Elect for Virginia APHERD. Lei began her career as a reading teacher and then moved 10 years ago to her true passion of teaching Health and Physical Education. She enjoys reading, running, and traveling, is married to a retired Navy Veteran and mom of 3. Lei strives every day to remember that we are given one body to accomplish this mission of life and that it is fearfully and wonderfully made.



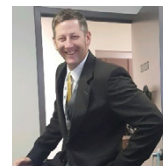
3-3:50 pm & 4-4:50

### **SEL PLAYGROUND (K-12)**

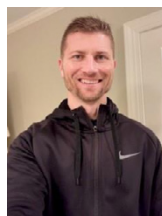
**Jenn Vedder, Keith Kraemer, and Andrew Romberger, HPE leadership team for Charlotte Mecklenburg Schools, North Carolina**

This action-based learning presentation focuses on using the 3 Signature Strategies of SEL to Build a Strong Sense of Community with Secondary Students. (6-12)

**Keith Kraemer** has served 21 years in education. He spent 15 years in Union County, NC teaching Elementary and High school Physical Education. Keith also coached 10 years of varsity and JV baseball at Weddington High School. Keith moved to Charlotte Mecklenburg Schools 5 years ago to serve as the PEP (Physical Education Progress) Grant Coordinator and then transitioned into his current role of HPE resource teacher. Keith earned his Bachelor's degree from Wingate University.



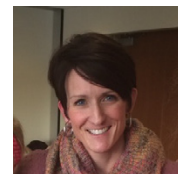
Originally from Connecticut, college baseball brought Keith to the Carolinas. He has presented at various state and national conferences, and when he is not around PE, he is most likely playing flag football, at the Whitewater Center, or attending a concert.



**Andrew Romberger** has served 18 years in education. He earned his Bachelor of Science degree in Health and Physical Education from Wingate University. He taught 12 years of Physical Education and earned teacher of the year at Winget Park Elementary, before transitioning into his current role of Health and Physical Education Resource teacher in Charlotte Mecklenburg Schools. He also earned his National Board certification in 2012. Andrew has presented at

numerous local, state, and national conferences focusing on curriculum, design, and instructional delivery. In 2016, he became a certified Action Based Learning trainer. As a result, he helped create and develop B3: Brain, Body, Behavior program to help elementary students regulate their emotions and bodies through intentional movement activities.

**Jenn Vedder** holds a Master of Science in Healthcare Administration from Central Michigan University and a Bachelor of Science in Biology and Healthcare Administration from Providence College. Prior to teaching, Jenn served as a Medical Service Corps Officer in the US Army and as a government analyst with L-3COM where she co-authored a series of books based on empathy interviews conducted with service members across the world called, "Eyewitness to War: The US Army in Operations Al Fajr: An Oral History". Jenn has taught at the graduate and undergraduate levels in the Health Sciences Division of Saint Petersburg College (Florida) and the University of Mary (North Dakota). Jenn currently serves as the Health and Physical Education Specialist for Charlotte-Mecklenburg Schools, an OPEN National Trainer, and the Vice President for the North Carolina SHAPE. Prior to moving to Charlotte, Jenn taught in Virginia Beach, Virginia where she was the 2020 Adapted Physical Education Teacher of the Year and served on the Virginia Beach City Public Schools Social and Emotional Learning Implementation Team as the team lead for Student Voice and Leadership. Jenn has been married for 28 years and has 3 grown children and a daughter-in-law.



3-3:50 pm & 4-4:50

### **I WANNA PUT ON MY BOOGIE SHOES - TO BOOGIE WITH YOU! (K-5)**

**Dr. Dani Almarode, Jalapeño Peppers Team Leader, VDOE HPE Specialist, JMU adjunct faculty**

Strap on your dancin' shoes! Come move and groove to popular, catchy hits that your students can't turn down. If you have two left feet, little to no prior dance experience, or wait and have your student teacher teach rhythm and dance, this is



the session for you!

**Dani** is VDOE's Health and Physical Specialist. Wife. Mom. Advocate for active and healthy people!

**3-3:50 pm & 4-4:50**

### **THE NATURAL PROGRESSION OF VAPING TO MARIJUANA/ALCOHOL TO OPIATE ABUSE: A RECIPE FOR DISASTER**

**William Lynch Jr., Clinical Pharmacist Jefferson Health System, Adjunct Faculty Rowan University School of Osteopathic Medicine, Subject Matter Expert HIDTA NMI, New Jersey**

With the COVID-19 pandemic 2021 has seen an increase in overdose deaths in our country beyond the highest numbers of overdose deaths ever recorded in 2019/2020. Overdoses in 2022 are trending to exceed those numbers seen in 2021. Youth in our country often start experimenting with alcohol, marijuana, and tobacco. This can lead to the unfortunate use of other substances and development of substance use disorders (SUD) as use increases. Vaping significantly entered the scene in 2016 and has dramatically increased amongst our youth and young adults. Vaping provides a new delivery system to obtain higher levels in the body of substances being used and abused. Many individuals have engaged in vaping and now information clearly demonstrates that there is a natural progression from vaping to alcohol/marijuana to opiate/opioid abuse especially among youth and young adults. This presentation will review the clinical data/personal case histories which show this natural progression truly has scientific merit and share useful information on how our youth can recognize warning signs, minimize their risks, and get help if needed.

**William J. Lynch, Jr.** received his pharmacy degree from Rutgers University and is a practicing clinical pharmacist with Jefferson Health System where he is a member of the Pain Management and Addiction Committee. He serves as Adjunct Faculty at the Rowan University School of Osteopathic Medicine, Department of Emergency Medicine. His pharmacy background includes over 36 years of clinical practice at Jefferson and Rowan and as a clinical preceptor for Rutgers University, Ernest Mario School of Pharmacy and Thomas Jefferson University College of Pharmacy. He is a member of the Office of National Drug Control Policy, High Intensity Drug Trafficking Area, National Marijuana Initiative Subject Matter Expert Speakers Bureau (ONDCP HIDTA NMI) and Pharmacy Internship Program Preceptor. He is also an Expert Affiliate Member of the International Academy on the Science and Impact of Cannabis (IASIC) and a health care professional partner of the Keep Delaware Safe & Healthy Coalition and for the State of Delaware Substance Abuse Epidemiological Outcomes Working Group. Bill serves as an Advisory Board Member with atTACK addiction and is also a member of the Camden County New Jersey Addiction Awareness Task Force and Central Virginia Overdose Working Group. He is a certified State of New Jersey Department of Law and Public Safety Division of Criminal Justice Police Training Commission Instructor and serves as a New Jersey State Police Regional Operations Intelligence Center Drug Monitoring Initiative Fusion Center and Health and Prevention Sharing Network partner.



**3-3:50 pm & 4-4:50**

### **AWESOME BAG OF TRICKS FOR HEALTH CLASS (6-10)**

**Tori Fantasia, Harrisonburg High School**

Need some revival in your middle or high school health classroom? This

session will focus on how to effectively implement easy, research-based instructional strategies to reach diverse learners. Whether your classroom has students with disabilities, language learners or kids needing more rigor, these strategies work for ALL! Come ready to participate in a variety of classroom activities and leave with an awesome bag-of-tricks to try with your students this upcoming school year!

**Tori** is a proud JMU alum grad! She has been teaching HPE in the Shenandoah Valley for 6 years, 5 of those spent at Harrisonburg High School. Her favorite part of the job is building relationships with students and getting to connect with families of all diverse cultures and backgrounds. In addition to teaching high school, she works as an adjunct professor at Bridgewater College in the Health and PE program and just completed a graduate certificate in Restorative Justice in Education from EMU this past Spring. Her motto is: "When we seek to discover the best in others, we somehow bring out the best in ourselves."



**3-3:50 pm and 4-4:50 pm**

### **ABC'S OF DRIVER EDUCATION**

**Cindy Ferek, National High School TOY, Rhubarb Team Leader, pilot, flight instructor**

Participants will learn about hands-on ideas to teach concepts you already cover in class such as traffic circles, white lines/yellow lines, road signs, colors, merging and right of way. Cindy's first career was teaching health and physical education. In her 21 years at Turner Ashby High School, she helped pioneer programs such as a school garden and won a \$100,000 grant from Farmers Insurance to build a paved fitness trail. In 2012, SHAPE America selected her as the National Secondary Physical Education Teacher of the Year. Her second career has been in aviation. After a friend bought a private plane in 2013, Ferek took flying lessons to become a private pilot and fell in love with aviation. She became a flight instructor for Blue Ridge Aviation for three years, and in July 2018, she applied for a job that would allow her to train as a commercial pilot. She now works as an Airline Transport Pilot, the highest rating offered by the FAA. Cindy is "all in" in everything she does and has two speeds: "full throttle and sleep."



**Cindy** was also one of the Americans selected to carry the Olympic torch in 2001, as it made its way across the country toward the eventual Winter Olympics in Salt Lake City, in early 2002. At HPAI, she carries the torch for the Rhubarb team! When Cindy is not flying to multiple continents exploring different cultures and countries in the world, she's active walking, cycling, and spending quality time with her husband who is a firefighter.

**4-4:50pm**

### **CAPTURE THE FLAG OF THE FUTURE! (K-12)**

**Andrew Wymer, Gloucester High School**

In this session, Andrew Wymer will show how to take the popular large group game of Capture the Flag and chop it up into many different varieties of challenging games. He will show how to translate various versions of the game into meaningful, task oriented, activities. Join in the fun and learn how to use the Capture the Flag model to create and learn ways to make Capture the Flag dynamic and fun!





**Andrew** was named the 2018 Middle School Teacher of the Year for Virginia! He is an expert at cooperative learning and maximizing student engagement and has the unique ability of making students feel more confident and willing to take risks. Currently, he lives in Gloucester with his wife and four children.

6:15-8 PM

**MINUTE TO WIN IT! 'THE ULTIMATE TEAM BUILD!'**

**Barry Trent, Institute Leaders, and JMU's Student Ambassadors**



Join us in a series of challenging team-build-ing activities! Following directions, commu-nication, cooperation, and group prob-lem-solving will be on full display! Is your team up to the task? Do you have teamwork skills needed to succeed? Each team will collaborate to complete a series of tasks working their way together challenge by chal-lenge. All activities are designed for teachers to take back to schools and

**Tuesday - July 11, 2023**

6:30-7:15 am

**EARLY BIRD WELLNESS!**

During these sessions you will earn your "Early Bird" points needed for individual and team scores and "jump start" your body for a healthy en-ergized day! Come play Backyard Games with Spikeball, Kan Jam, Pad-dleZlam, Rollers and more! with **Ron Trainum & Chad Triolet** (Festi-val Field & Lower Drum); take a Campus Walk with **Barry Trent** (traffic loop upper Festival); go for a Campus Run with **Adam Otstot** (exit near registration desk); experience Yoga with **Mark Arrington** (Highlands); or learn how to ride a unicycle with **Cindy Ferek** (Ballroom A)!

9-9:50am and 10-10:50 am

**TEAM BUILDING THROUGH ACTIVITY**

**Owen DeWindt and Jordan Stolp , Gopher, Owatonna Minnesota**

Team building is a fun, challenging, and engaging way to strengthen team chemistry and build social and emotional skills. This session featured team building activities, as well as classroom management strategies for you to take home and implement into your program!

9-9:50am and 10-10:50am

**INSTANT ACTIVITIES GALORE! (K-12)**

**Evan Norwood, OPEN National Trainer, Millstone Township, New Jersey**

Get your students up and moving with some of my favor-ite OPEN warm-ups, instant activities, and games that they will love! Topics covered will include fitness, motor skills, teamwork, SEL and more!



**Evan** is SHAPE New Jersey's 2023 Elementary Teacher of the Year!

9-9:50am and 10-10:50am

**SOCIAL EMOTIONAL LEARNING THROUGH OPEN MOVEMENT (K-6)**

**Candance Young, OPEN National Trainer, Madison Kindergarten Academy, Kentucky**

In this session you will come away with a variety of resources to help foster success for your elementary learners. We will discuss Social Emotional Learning by being Safe, Responsible, and Respectful through move-ment opportunities, while using a variety of OPEN activities!



9-9:50am and 10-10:50am

**QPE WITH 54L: R U READY FOR A REFRESH? (K-12)**

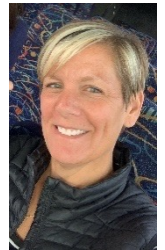
**Stevie Gray, Sweet Potato Leader, Henrico County and Amy Riggio, Dairy Team Leader, HPE Instructional Specialist for Loudoun County, School Health Trainers**

Don't be left out! Come and experience new and exciting Five for Life K-5 lessons. All lessons include brain boosts, SEL components, motor skill shoutouts, adaptations for all learners, and non-stop movement that align with VA SOLs! Show up ready to move and learn from the amazing School Health Professional Learning Team.

**Stevie Ray Gray** has been an Elementary Health and Physical Education teacher for 15 years and is currently teaching in Henrico County outside of Richmond, VA. He has a high-energy fun-loving personality which comes through in his innovative creative learning activities and exemplar lesson plans. Stevie and his wife are blessed with three children who bring lots of happiness, love, joy, and smiles to their lives!



**Amy Riggio** is a 22-year teaching veteran and cur-rently serves as the Health and Physical Education Specialist for Loudoun County Public Schools. She holds a Bachelor's of Science K-12 Health & Physical Education degree from George Mason University and a Master's degree in Adapted Physical Education from the University of Virginia. Amy is a School Health Professional Learning Team member where she provides professional development opportunities and curriculum team support. She serves as a mentor for the Virginia Chief Movement Officer Cadre, which is a collaborative effort between Focused Fitness, the Virginia Department of Health, and the Virginia Department of Education to increase the health and academic outcomes of Virginia's students.



9-9:50am and 10-10:50am

**DANCE IS WHAT YOU MAKE IT! (K-6)**

**Patrick Noel, Colvin Run Elementary- Fairfax County Public Schools**

Secret time...there's no wrong way to dance! This session will provide ways for both teachers and students to let loose, feel more comfort-able and enjoy moving to different rhythms. Large group dances, folk dances, VA History dances, and even ways to recruit other staff in your building to show off their favorite dance steps! Bring your dancing feet and get ready to move!

**Patrick** has been teaching for 17 years in Fairfax County, 14 years in elementary and 3 years in High School when he was coaching girls' basketball. He is currently the VP-Elect for Physical Education for Virginia AHPERD and excited to continuing growing as an educator in this leadership role. He is also halfway through the process of becoming a National Board-Certified PE Teacher and recommends the process for anyone interested in becoming a better teacher! Patrick has



been married to his wife Chrissy for 5 years and they have a 3-year-old daughter Mia, and another baby girl coming at the end of July! Be sure to follow him on TikTok to see some amazing trick shots....@mrnoel-strickshots!!

**9-9:50am and 10-10:50am**  
**BRAINBALL™ – CLOSING THE LITERACY GAP WITH MOVEMENT (K-5)**

**Maria McKeown and Amie Burkholder, Clearbrook Elementary, Roanoke County Public Schools**

Learn how BRAINball™ connects movement with the Science of Reading through active play. Without compromising physical activity time, BRAINball is shown to improve students' growth scores in literacy. Join Maria, PE Specialist, and Amie, an elementary Literacy Coach as they share strategies for implementing the Science of Reading into your K-2 physical education block. Participants will leave with collaborative literacy resources and hands on activities that align with current Virginia PE and English SOLs.

**Maria** has been an elementary PE teacher for 19 years, teaching in both private and public schools. She is an enthusiastic and energetic presenter for elementary fitness curriculum. Maria is the new Executive Director of VA AHPERD and looks forward to advocating for our profession with you!



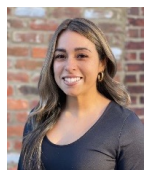
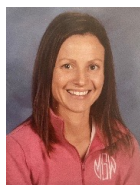
**Amie Burkholder** is a K-5 reading specialist. She has been a teacher for 13 years. She taught kindergarten and first grade before pursuing her career as a literacy coach. Amie is both Orton-Gillingham and LETRS trained. She has worked through transitioning from a balanced literacy mindset to structured literacy. Amie is passionate about creating hands-on and engaging lessons that follow reading science.



**9-9:50 am & 10-10:50 am**  
**FORE! STRIKING A BALL WITH LONG-HANDLED IMPLEMENTS WHILE STATIONARY WITH THE PROPER FORCE, DIRECTION, AND ACCURACY. (5-8)**  
**Meghan Gouldin, Mango Team Leader, Melissa Elkins, Jenna McMahon, Henrico County Schools**

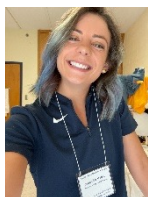
Beginning a safe golf skills program can be easy, and challenge students! Participate in various activities including SnagGolf™ and Birdieball™ using rubrics to demonstrate motor skill development. Discuss collaborations with local youth golf agencies and clubs (i.e., First Tee).

**Meghan** received her undergraduate and graduate degrees from JMU. She is entering her 15th year of teaching elementary school in Henrico County. In her free time, she enjoys being active with her family, being outside, and reading.



**Melissa Elkins** is a graduate of Virginia Commonwealth University. She is going into her sixth year of teaching. She is currently in Henrico County Public Schools at Greenwood Elementary School.

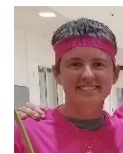
**Jenna** attended James Madison University for her undergraduate and graduate degrees. GO DUKES! She is about to enter her 4th year of teaching in Henrico County, and LOVES working with elementary school students! In her free



time, she enjoys rock climbing, playing pickleball, and spending time with her dog.

**9-9:50am and 10-10:50am**  
**DREAM BIG- MAKING LEMONADE OUT OF LEMONS!**  
**Cindy Ferek, National High School TOY, Rhubarb Team Leader, pilot, flight Instructor**

The last few years have been challenging for many people. We will work in small groups and reflect on obstacles and challenges that try to hinder our growth, conquer the hurdles and network with others who have a shared vision for what we want to accomplish this year personally and professionally.



**9-9:50am and 10-10:50am**  
**PHYSICAL ACTIVITY AS PUNISHMENT/BEHAVIOR MANAGEMENT: ADVOCACY AND TOOLS (K-12)**  
**David Keiling, HPE Coordinator Manassas City Public Schools, SHAPE America Physical Activity Council**

SHAPE America contends the administration of and/or withdrawal of physical activity as punishment and/or behavior management as an inappropriate practice. The most recent position statement provides a table of common scenarios with associated appropriate practices to educate and offer suggestions related to best practices in physical education and physical activity settings. Come learn how others have been successful in getting this statement in the hands of stakeholders to advocate for appropriate practices in our profession!

**David Keiling** is a graduate of West Virginia University with Bachelor and Master's degrees in PE/TE. He is currently the coordinator of Physical Education and Health Education for Manassas City Public School in Manassas, Virginia. He is also a member of the SHAPE America Physical Activity Council. He has presented at state, and national SHAPE conferences on unified physical activity, technology in health and physical education, and physical activity. Follow David on Twitter @Manassas-CityHPE



**9-9:50am and 10-10:50am**  
**WHAT CAN WELNET® DO? (K-12)**  
**Jamie Wright, Kiwi Team Leader, Franklin County High School, and Lei Dunn, Kumquat Team Leader, Virginia Beach Public Schools, School Health Trainers**

This session is designed for teachers and administrators who are curious about or new to Welnet®. We will explore the different modules and ways that Welnet can be used in K-12 health and PE classes for all students including division and state reporting capabilities. A laptop or Chromebook is recommended.

**Jamie Wright** is an Adapted Health and Physical Educator at Franklin County High School. He also serves in leadership positions for VA AHPERD, the CMO cadre, and School Health Trainers. In 2016, he was named Franklin County's Teacher of the Year! He aspires for all children to live with a drive to inspire and have opportunities to be physically active as much as possible while academically enhancing their abilities inside and outside of the classroom.



**Lei** is the K-12 HPE Instructional Specialist for Virginia Beach City Public Schools, a member of the ODU Darden College of Education Faculty, part of the School Health Professional Learning Team, and General

Division Vice President Elect for Virginia APHERD. She began her career as a reading teacher and then moved to her true passion of Health and Physical Education 10 years ago. She enjoys reading, running, and traveling with her family. She is married to a retired Navy Veteran and mom of 3!



**10-10:50 am**  
**LACROSSE: THE FASTEST GAME ON TWO FEET**  
**Dr. Susan Nye, James Madison University**

Participants will learn the basics of lacrosse: ground balls, throwing and catching, dodges, and on ball defense. In addition, participants will learn the cues of these movements to provide feedback to their own students. The session will conclude with how to set up a speed lacrosse game.



**11-11:50 PM - TEAM MEETINGS!**

**Dragon Fruit:** Upper Drum; **Dairy:** Allegheny; **Jalapeño Peppers:** Highlands; **Strawberry:** Ballroom C; **Pistachio:** Hallway near elevator; **Rhubarb:** Ballroom B; **Sweet Potato:** outside Ballroom B; **Kumquat:** Conf Rm 7; **Kiwi:** Conf Rm 4; **Watermelon:** Ballroom B; **Passion Fruit:** Bottom spiral staircase; **Water:** Upper drum extension; **Pineapple:** outside Ballroom C; and **Mango:** Lower Drum; **Pumpkin:** Conf Rm 2

**1-1:50 pm & 2-2:50 pm**  
**SUPER PE? DON'T FORGET YOUR C.A.P.E. (CREATIVE ACTIVITIES FOR PE) (K-10)**  
**Chad Triolet, National Elementary TOY, Passion Fruit Team Leader, Assistant Principal Jolliff Middle School, Chesapeake City Schools**



Explore effective activities and concepts that meet high quality physical education standards. The collection of small-sided activities will focus on maximizing participation, developing skills, improving fitness and motor development while building success. Be ready to “fly away” with some great activities that will make your “super program” even better!

**1-1:50 pm & 2-2:50 pm**  
**PRACTICAL IMPLEMENTATION OF VA SOL STANDARD 2 – ANATOMICAL BASIS OF MOVEMENT WITHIN TEAM SPORTS. (K-12)**  
**Dr. Susan Nye, James Madison University**

Participants will learn how to implement standard 2 within a variety of sports. The critical content from standard 2 will be aligned with the following sports/activities: basketball, volleyball, ultimate frisbee, lacrosse) In addition, assessment to measure this standard will also be discussed.

**Susan** is a Professor in the Kinesiology Department at James Madison University. She is the coordinator for the Physical and Health Education Teacher Education Program (PHETE). In her spare time, she coordinates the LexLax Lightning youth lacrosse program and is the Varsity lacrosse coach at Rockbridge County High School.



**1-1:50 pm & 2-2:50 pm**  
**IS CONSENT A GAME? INTERACTIVE WAYS TO ENGAGE STUDENTS IN LESSONS ON HEALTHY RELATIONSHIPS! (9-11)**  
**Kyle Mortenson, Arlington County Public Schools**



The session provides teachers with dynamic approaches on how to teach consent and boundaries. Teachers will learn interactive teaching techniques to convey consent and boundaries effectively. Using games, discussion, and social emotional communication tools, teachers will leave with a unit lesson they can implement next school year. Giving teachers the groundwork to take a confusing topic and make it their own in order to enable their students to participate in healthy relationships.

After playing Division II volleyball at Barton College where she earned a degree in education, **Kyle** has been teaching health for all grades for 14 years, 12 of which have been in the D.C. area. She also has a Master’s Degree in Health Education and Promotion. In addition to classroom and curriculum development work in Family Life and Planning, Kyle leads the “Arlington Athletes of Action” Club working with varsity teams, coaches, and players within her school and county.

**1-1:50 pm & 2-2:50 pm**  
**REIMAGINING LEARNING THROUGH PURE POWER, (K-12)**  
**Michelle Mitchell, Pure Edge Inc. South Hamilton, Massachusetts**

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. The resources are a scalable solution that improves the social and emotional lives of youth, improving their capacity to learn and improve their physical and psychological health and well-being. These resources are also aligned with standards of the National Health Education Standards, and SHAPE National PE Standards.



**Michelle** is Director of Partnerships for Pure Edge Inc. Originally from New Jersey, Michelle completed her collegiate studies in Buffalo New York earning a B.S. in Sports Medicine, Minor in Sports Psychology and a Master’s in Counseling & Human Services at Canisius College. Michelle has worked in her respective community in the public-school setting, higher education, and the nonprofit sector. Currently, Michelle teaches stress management at George Washington University and serves on the board of directors of local nonprofits.

**1-1:50 pm & 2-2:50 pm**  
**XYLAZINE: THE EMERGING ADULTERANT COMPLICATING OVERDOSES**  
**William Lynch Jr., Clinical Pharmacist Jefferson Health System, Adjunct Faculty Rowan University School of Osteopathic Medicine, Subject Matter Expert HIDTA NMI, New Jersey**

Xylazine is a sedative with analgesic/muscle relaxant properties that is only approved for veterinary use. It is not scheduled under the federal controlled substance act. In Philadelphia and New Jersey xylazine has increasingly emerged as a new adulterant in illicit drugs like heroin/fentanyl, cocaine, and methamphetamine. In Philadelphia in 2019 xylazine was detected in 31% of fentanyl overdose deaths. In New Jersey



there has been an increase from 2020 to 2021 of 694% of xylazine detection in glassine bags submitted (n = 240,007) to NJ State Police Forensic labs for heroin/fentanyl. These 2021 total xylazine submissions are more than the previous six years combined. The addition of xylazine to fentanyl makes the euphoria last longer like the “old days” with heroin. Overdose deaths have been reported in 25 states with 67% occurring in the Northeast United States. We discuss the significant overall detrimental effects of xylazine being used in the drug supply and present significant cases of fentanyl/xylazine overdose complications and xylazine withdrawal. With xylazine’s increasing prevalence in our nation’s illicit drug supply, more clinical cases like the ones presented here will occur. Fatal overdose US toxicology data demonstrates that xylazine continues to be increasingly used as an adulterant. These cases provide important information on the management of xylazine (Tranq) with fentanyl (Tranq-Dope) complications in overdose cases followed by withdrawal.



**1-1:50 pm & 2-2:50 pm**  
**LITTLE TO NO EQUIPMENT (6-10)**  
**Stephen Kibler, Marsteller Middle School,**  
**Dept. Chair and Athletic Director, and**  
**Melissa Lial**

Games/Activities that involve little to no equipment to get students engaged in learning Secondary PE skills that involve components of fitness, individual activities, and cooperative games.



**Stephen Kibler** has taught Middle School Health and PE for 21 years. “I have enjoyed the experience as have been at Marsteller Middle School in Prince William County for my entire career. I am honored to share some of my experiences with all of you here at JMU!”

**1-1:50 pm & 2-2:50 pm**  
**COME HIT THE STREETS WITH STREET RACKET-**  
**ANYONE, ANYTIME, ANYWHERE! (4-12)**  
**Ron Trainum, National Middle School TOY and Watermelon**  
**Team Leader, Toano Middle School, Williamsburg James**  
**City County Schools**

The purpose of Street Racket is to promote healthy-well-being, build self-esteem, create multidisciplinary integration, and bring people of all ages and ability levels together to move, laugh, and have lots of fun! Come learn how universal Street Racket can be and rock the streets in this interactive session!

**3-3:50 pm**  
**UNIFIED PE AND UNIFIED SPORTS (HIGH**  
**SCHOOL)**  
**Kelly Ivacic, Forest Park High School, Prince**  
**William County Public Schools**

We all want to feel included and live a healthy active life. Unified PE with Unified Sport allows for an inclusive school environment which can also include Unified Art/Music/Dance classes. These classes with a leadership class promote inclusive events throughout the year. Share tools to make it work at your school! We all put our pants on from the bottom up! We all can come together to create a healthy lifestyle.

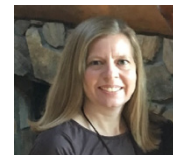


**Kelly** just completed her 18th year teaching in Prince William County Schools. She is a Health, Physical and Driver Education teacher, Unified PE Teacher and coach, Activity Bus Driver, Teacher for Tomorrow Educator, SEL committee member, and a proud mom of twins entering their 2nd year of college!

**3-3:50 pm & 4-4:50pm**  
**ACTION! FAMILY LIFE EDUCATION ROUND TABLE**  
**DISCUSSION!**

Please join this round table discussion to share best practices for Family Life Education (FLE)! Come delve into this collaborative session and share insights about the diverse needs of your family life programs; explore practical solutions and best practices; discover accessible resources and materials; identify strategies that empower and uplift teachers through meaningful professional development; and brainstorm ways to establish a collective system of supports! We are better together!

**Robin Shepherd** is an experienced educator and instructional designer with over 15 years of experience in the field of education. As a Health and Family Life Specialist at the Virginia Department of Education, Robin is dedicated to supporting teachers to enhance student learning. She holds a Doctorate degree in Instructional Design and Technology, a Master’s degree in Community Health Education, and a Bachelor’s degree in Physical and Health Education. She has facilitated numerous presentations related to physical education, health, driver education, and family life. In her free time, Robin enjoys exploring new edtech innovations, hiking, and geocaching. She is excited to engage with fellow educators during the round table discussion on supporting family life teacher needs!



**3-3:50 pm & 4-4:50pm**  
**INVASION GAMES MADE SIMPLE (3-12)**  
**Andrew Wymer, Gloucester High School**

Invasion games sit at the highest level of play because they require so many personal and communal skill sets. Andrew Wymer will show how he builds, progresses, and simplifies the complex social nature of invasion games to increase engagement, demonstrate learning, and enhance fun through small-sided lead ups and student driven game design. Lace up your shoes and be ready to participate, learn, and have fun!



**3-3:50 pm & 4-4:50pm**  
**DUDE IMPERFECT: HOW TO USE THE ART OF THE**  
**TRICK SHOT TO BUILD CREATIVITY & RESILIENCE**  
**IN YOUR LESSONS (K-6)**  
**Patrick Noel, Colvin Run ES; Fairfax County Public Schools**

This session provides ways of thinking outside the box to increase excitement, promote creativity, foster resilience, and develop a growth mindset for your students by incorporating Trick Shots into skill-themed units. By increasing the challenge for students to be successful, they can use the failed attempts to problem solve and learn from their mistakes, making the joy of success that much greater. Come learn how to turn your students into Trick Shot Masters!

Trick shots have become banked into the lesson plan at a Fairfax County elementary school, stemming from Patrick Noel’s passion for basketball and desire to connect with his students during the pandemic. While teaching virtually, he would perform trick shots and share them with his students, ultimately presenting them on Tuesdays and dubbing it Trick Shot Tuesday. “As the year went on, the kids knew, 5 minutes left in class, they were like, “Is it trick shot time?” While he’s having fun with the trick shots, Patrick says there’s more to it, teaching valuable lessons about failure to his students. “You learn best from your failures. It’s another way to bridge that gap in learning in a more meaningful



way,” “Eventually, the reward makes it that much better because you’ve failed over and over and over again.” In addition, the fun the students had gave them a break, even if for a short time, from all that the past two years have brought.

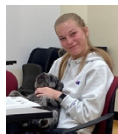
**3:50 pm & 4-4:50pm**  
**LÜ INTERACTIVE - PHYSICAL ACTIVITY AS A MEDIUM FOR LEARNING (K-8)**  
**Johnny Sink, Clinton Learning Solutions, Roanoke**

Lü Interactive Playground is a Canadian educational technology and content development company that transforms K-12 learning spaces into immersive learning environments. Lü hardware comprises giant wall projections, 3D cameras, and light and audio systems that create larger-than-life interactive learning experiences. Lü software also comprises a diverse catalogue of curriculum-based games and activities. We believe every educator is a superhero and each child deserves to be fully engaged in their learning. We believe every school should be awe-inspiring and magical. We strive to empower educators in all fields with technology allowing them to boost student engagement and diversify their teaching mediums. Lü does not replace, it enhances and elevates. With these values in mind, we create learning experiences where interaction is first and foremost between the kids themselves, and where teachers and coaches are connected and enabled to drive collaboration, intelligence and health.

**3-3:50 pm & 4-4:50pm**  
**IN THE DOOR AND ON THE FLOOR! (K-5)**  
**Lindsey Slaughter, JMU, and Dr. Dani Almarode, Jalapeño Peppers Team Leader, VDOE HPE Specialist**

Did you know that students should engage in moderate- and vigorous physical activity (MVPA) for at least 50% of your elementary physical education class time to gain appropriate health and academic benefits? Did you also know that lesson context, teacher’s physical activity (PA) promotion behavior, and lesson location (outdoors) impacted student engagement in MVPA? Discover how to optimize PA during the limited time we have with our students and learn how to get them active as soon as they enter your gymnasium! Participants will walk away with lots of new, fun instant activity ideas and effective management strategies to help students get “In the Door and On the Floor” that encourage movement from the very beginning of class!

**Lindsey Slaughter** is from Orange County, Virginia and attends James Madison University. She completed her B.S. this past May and has already started her graduate studies with the intent to graduate in May 2024 with her Master’s degree.



**Dani Almarode** is a “double Duke,” earning her B.S. and M.A.T. from James Madison University, and later her Ph.D. from the University of Virginia. She is currently the Health and Physical Education Specialist for the Virginia Department of Education. She also teaches elementary physical education courses as an adjunct instructor at JMU.



**3-3:50 pm & 4-4:50pm**  
**DANCING THROUGH THE DECADES (K-5)**  
**Dr. Cathy McKay, James Madison University**

Children love to dance! When Physical Education teachers present dance lessons in an exciting and confident manner, children respond with creative energy and enthusiasm. During this session, teachers will learn a variety of dances using music from across the decades, including

effective strategies for introducing and teaching dance lessons. A willingness to have fun while moving to the music is a must!

**Cathy McKay** teaches in the Physical and Health Education Teacher Education (PHETE) program in the Department of Kinesiology and is a faculty member in the JMU Graduate School. Her teaching responsibilities include School Health Content I and II, Instructional Strategies in Health Education, Diversity in the Schools, Student Teaching Supervision, and Research Methods for PHETE. Dr. McKay is passionate about relational leadership, equity and inclusion and teacher education pedagogy. Dr. McKay’s research focuses on social inclusion, changing attitudes and perspectives toward disability and Parasport education and awareness. She enjoys research that is rooted in contact theory, and that applies contact theory in educational settings. She also conducts research related to teacher education and relationships in education. Dr. McKay empowers undergraduate and graduate students to experience the joy of research. She is a research fellow with the Research Council of SHAPE America. McKay earned a bachelor’s in kinesiology from James Madison University, a master’s in community health education from Virginia Tech, and a doctorate in adapted physical education from the University of Virginia, with specialty areas in teacher education pedagogy and curriculum and instruction.



**3-3:50 pm & 4-4:50pm**  
**UNDERSTANDING WHO I AM (8-12)**  
**Mark Arrington, Pistachio Team Leader, Madison County Schools**

Using Health Smart Virginia and other resources participants will learn strategies to get students to identify components of Social Emotional Learning and use it as a tool for opening lines of communication with trusted adults. This is a wonderful way to tie in important social-emotional lessons when teaching physical education or driver’s education. In this session, participants will learn through hands-on experiences.

**Mark** is a health and physical education teacher at Madison County High School. He is innovative, creative, and focused on experiential learning and cross-curricular teaching practices that focus on 21st-Century learning and life skills. He was named VA AHPERD’s High School Health and Physical Education Teacher of the Year in 2019. Known as a collaborator, Mark works not only with other physical educators, but he also strives to collaborate with all teachers. An example includes working with the school librarian to create a fly-fishing unit utilizing the short story A River Runs Through It by Norman Maclean. In this unit, students read and discuss the story while keeping a journal of their reactions and connections to the story. Then an expert from Orvis visits the school to teach the basics of fly tying. Students have the chance to tie their own flies, fish at a school pond, learn the basics of fly fishing, and end with a culminating field trip to spend an afternoon fishing and journaling.



**3-3:50 pm & 4-4:50pm**  
**YOU GET A GRADE, YOU GET A GRADE, EVERYBODY GETS A GRADE! LARGE GROUP MOTOR SKILL ASSESSMENT USING WELNET ® (K-8 MOTOR DEVELOPMENT)**  
**Lei Dunn, Kumquat Team Leader, HPE Teacher Specialist Virginia Beach Public Schools, School Health Trainer**

Appropriately using the assessment cycle for large group motor skill testing can be a challenge with elementa-



ry and middle school students. In this session you will learn how the Rubrics module in Welnet® can assist with accurate data collection to give students timely and useful feedback for skill improvement and make grading and parent communication easier. Participants do NOT need to have access to Welnet® or the Rubrics module at the time of the presentation; demo sites will be provided.

**6:45 – 7:30pm**

### **TEAM PLANNING - TEAM LEADERS**

Meet at UREC!

**7:30-9:00pm**

### **A LIFETIME OF PHYSICAL ACTIVITY AND WELLNESS**

**An opportunity to try something new, create and network! Barry Trent, Institute Leader, Team Leaders, and JMU Ambassadors**

JMU's UREC OPEN TO HPAI PARTICIPANTS! Try out the lap pool, spa, and sauna; Fitness center and cardio deck; Badminton, pickleball, and racquetball; Volleyball and indoor soccer; and Adventure center/climbing wall and MUCH, MUCH MORE!

Classes in the Group Training space will be offered for max enrollment of 16.

**Class 1:** 6:45pm - 7:30pm; **Class 2:** 7:45pm - 8:30pm; **MAC 3, Court A** will be for basketball; **Sports Forum 1** will have 2 Pickleball courts and 1 Volleyball court; and **The Adventure Center** will be open for climbing/bouldering between 7 and 9pm.



## **Wednesday - July 12, 2023**

**6:30-7:15 am**

### **EARLY BIRD WELLNESS!**

Come learn, laugh, play and optimize your body for a healthy, energized day and earn "Early Bird" wellness points for your team!

Have fun playing Backyard Games with Spikeball, Kan Jam, PaddleZlam, Rollers and more! with Ron Trainum & Chad Triolet (Festival Field & Lower Drum); take a Campus Walk with Barry Trent (traffic loop upper Festival); go for a Campus Run with Adam Otstot (exit near registration desk); experience Yoga with Mark Arrington (Highlands); come unicycle with Cindy Ferek (Ballroom A)!

**9:15-10:45am**

### **CIRCUS, CIRCUS, CMO!**

**Ron Malm, Director, Education and Curriculum, School Health Corporation, Spokane Washington**

Come one, come all and experience the wonders of the CMO Circus! One last time we will gather under the big top to see AND experience the strategies that made Movement Opportunities come alive for 10's of thousands of Virginia youth. Walk away with actionable insights and practical steps to ensure that students in your school division create healthy habits that will stick with them just like the circus memories of our youth.

**Ron Malm** is a passionate speaker and expert in the field of physical education, physical activity and program change and implementation, with over 25 years of experience in motivating and educating individuals throughout the educational landscape.

Drawing from his vast background in physical education, exercise science, and nutrition, Ron possesses a deep understanding of what youth desire during activity and the content that can be taught. Through his engaging storytelling and practical insights, he has the ability to connect with audiences on an authentic level, leaving a lasting impression that sparks personal growth and transformation.

Ron's presentations are known for their energy, humor, and ability to make exercise science and nutrition concepts easily understandable. His interactive style encourages active participation, creating an immersive and memorable experience for every attendee. Whether he is addressing a room full of physical educators, early learning specialists, afterschool instructors, or student's, Ron's messages are universally relatable and applicable to various aspects of life and work.

As a gifted communicator, Ron has a unique talent for breaking down barriers and inspiring people to overcome their limitations. His talks cover a wide range of topics, including classroom management, exercise design, nutrition, early learning, after school programming, and more. Regardless of the topic, Ron's presentations are infused with practical strategies and actionable steps that empower individuals to reach new heights of success.

Ron Malm's impact extends far beyond presenting and providing Professional Development. He is also an accomplished author, sharing his wisdom and insights through evidenced-based curriculum and developing industry leading educational software.

Prepare to be captivated, enlightened, and motivated as Ron Malm shares the strategies, he has uncovered that make movement exciting and valuable for youth. Ron's presentations are an experience like no other, leaving physical and health educators inspired, empowered, and ready to provide quality education.

**11:00-11:45am**

### **TEAM MEETINGS**

Hand in point cards and complete Institute evaluation

**1-2:30 pm**

### **TEAM PRESENTATIONS**

Barry Trent will announce the point card winners and the winning teams!





### **Check-out**

**Please return room keys to the registration desk in the Festival Conference Center no later than 3:15 p.m.**

*NOTE: You will be billed for lost or unreturned keys.*

**Special thanks to VAHPERD Members, GOPHER, OPEN, School Health, US Games, JMU, and all the awesome health and physical educators for supporting the  
2023 HEALTH AND PHYSICAL ACTIVITY INSTITUTE!**

**Mark your calendars for next year's institute!  
July 7-10, 2024**

# Health and Physical Activity Institute EVENT MAP



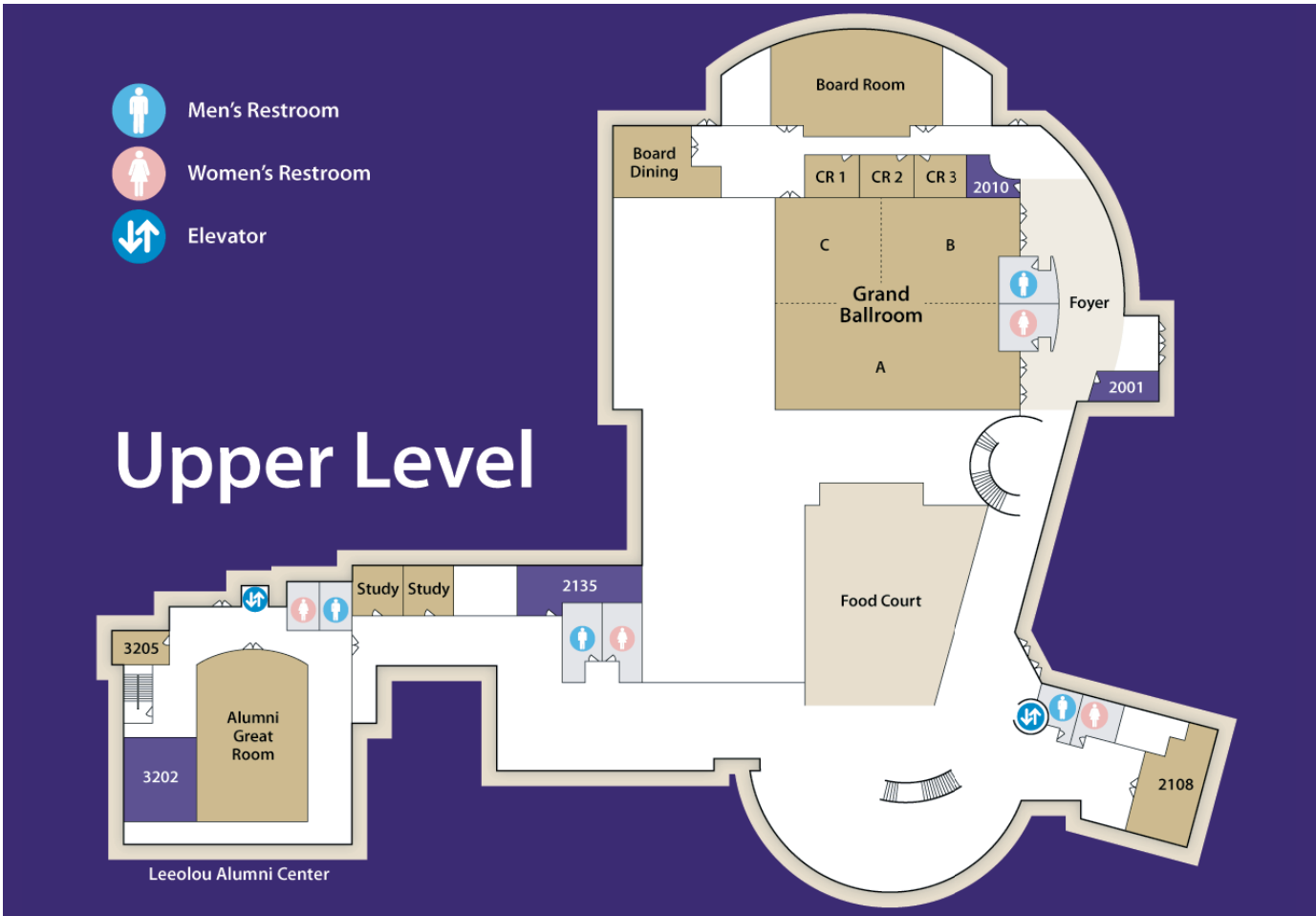
## LOWER LEVEL

### Department Services

Room Number	Room Name
1100	Conference Services
1113	Off Campus Life Kitchen
1108	Lisanby Museum
1010	Charles Lisanby Center
1120	The Cave @ Festival
1130	Festival Event Services
3100 - 3102	Leeolou Alumni Cenwter

### Conference and Meeting Rooms

Room Number	Room Name
1001	Conference Room 5
1005	Conference Room 4
1020	Conference Room 6
1021	Conference Room 7
1140	Highlands Room



**Upper Level**

**Department Services**

Room Number	Room Name
2001	Festival Scheduling
2010	Festival Event Services
2112	Festival Food Court
2135	Special Events Catering
3200 - 3205	Leeolou Alumni Center

**Conference and Meeting Rooms**

Room Number	Room Name
2000 A	Grand Ballroom A
2000 B	Grand Ballroom B
2000 C	Grand Ballroom A
2012	Conference Room 3
2014	Conference Room 2
2015	Board Room
2016	Conference Room 1
2019	Board Dining Room
2108	Allegheny Room



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