

ALDERWOOD

PE SUMMIT

SPONSORED BY *GOPHER*

Presentation Schedule:

8:30–9:00am	CHECK-IN – LOBBY	Light breakfast, Sign-in, Kickoff		
		MAIN GYM	AUX GYM	CLASSROOM
9:00–9:50	LEARNING SESSION #1	Beigle Social and Emotional Learning in Physical Education: Strategies to be Intentional	McCloughan / Hershey Let's Get Moving: Instant Activities for PE	Turner Utilizing the PE Learning Standards and Outcomes in Your Practice
9:50–10:00	SHORT BREAK/TRANSITION			
10:00–10:50	LEARNING SESSION #2	Severson Attack of the Invaders: Invasion Games	Sellers Juggling: As Easy as 1-2-3	Beigle DynamicPEasap.com: Free online PE resources
10:50–11:00	SHORT BREAK/TRANSITION			
11:00–11:50	LEARNING SESSION #3	Sytsma Best Version of Capture the Flag. Ever!	Turner Challenge Me! Group Dynamic Activities for All Learners	Lindgren Who Wants \$30,000 for your 5th–8th grade PE Program?
12:00–1:00pm	LUNCH SPONSORED BY GOPHER			
1:00–1:50	LEARNING SESSION #4	Roach Nitro Ball	Garrett Kick Start your School Year	Klinger HIKING – A Lifetime Fitness Activity that can be Encouraged and Included in a Quality PE Program
1:50–2:00	SHORT BREAK/TRANSITION			
2:00–2:50	LEARNING SESSION #5	Severson Building Positive Relationships thru FUN Social Emotional Activities	Lewis Field Day Fantastic	Washburn Here's How I Implemented Sport Education. You Can Too!
2:50–3:00	SHORT BREAK/TRANSITION			
3:00–3:30	CLOSURE – MAIN GYM	Wrap-Up, Closing Remarks, Prize Raffle Compliments of Gopher, Clock Hours, Survey		

August 20, 2019
8:30am-3:30pm

Alderwood Middle School
20000 28th Ave W, Lynnwood, WA 98036

For more information, contact Mike Tindal at:
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9:00 – 9:50am: Learning Session #1

Social and Emotional Learning in Physical Education: Strategies to be Intentional

Social Emotional Learning (SEL) is designed to provide students with social and emotional skills they will use throughout their life. Skills such as making responsible choices, managing emotions, and developing positive relationships. In Physical Education we already provide the opportunity to develop these skills. However, we must be intentional and integrate teaching strategies that guide students on a journey of Social and Emotional Learning skill development. Come see how we can do this through common Physical Education activities.

Presenter: Aaron Beighle, Ph.D.,
Professor – University of Kentucky (Lexington, KY)

Let's Get Moving: Instant Activities for PE

Let's get our students moving right when they enter the gym with warm-up games that get them exercising thru fun group games and activities that want them coming back for more! These games are directed towards K-8 students. Come ready to have some FUN!

Presenter: Jenni McCloughan, Move 60 Coordinator – Edmonds School District (Edmonds, WA)

Presenter: Jennie Hershey, K-12 Physical Education and Health Coordinator / Move 60 Coordinator – Edmonds School District (Edmonds, WA)

Utilizing the PE Learning Standards and Outcomes in Your Practice

This introductory presentation will familiarize the Physical Education Learning Standards and Learning Outcomes to your practice. Participants will receive a template lesson plan and participate in 1-2 short lessons, and allow to consider how to tweak these instructional methods into their practice.

Presenter: Ken Turner, Ed.D., EMT, Health and PE Program Supervisor, OSPI (Olympia, WA)

10:00 – 10:50am: Learning Session #2

Attack of the Invaders: Invasion Games

Invasion Games. What are they? How can they be enhanced to increase the comprehension of applied skills and concepts. This ACTIVE session sponsored by GOPHER Sport will share creative ideas that will enhance student learning and increase participation rates by modifying the instructional approach to traditional Invasion Games. Come prepared to participate in an ACTION-PACKED lesson, take away easy instructional strategies, and leave ready to take Invasion Games to the next level with your students.

Presenter: Derek Severson, NBCT, Instructional Specialist – Health and PE, Highline School District (Burien, WA)

Juggling: As Easy as 1-2-3

Teachers will love this scaffolded approach to teaching juggling. For students of all age! From the basics to passing—scarves to clubs!

Presenter: Susan Sellars, NBCT, Elementary Physical Education – Lynnwood Elementary (Lynnwood, WA)

DynamicPEasap.com: Free Online PE Resources

Ever wanted FREE, ready to use online materials, that are field-tested, backed by evidence, and include outcome-based assessments? Fortunately, GOPHER has combined with the best-selling textbook Dynamic Physical Education to provide teachers with all the resources needed to develop a physical education curriculum. And the beauty is these FREE materials are user-friendly and adaptable to meet your needs. This session will provide a brief overview of the dynamicpeasap.com website and allow attendees to engage in activities they can use ASAP.

Presenter: Aaron Beighle, Ph.D.,
Professor – University of Kentucky (Lexington, KY)

11:00 – 11:50am: Learning Session #3

Best Version of Capture the Flag. Ever!

Do you ever get tired of slow Capture the Flag games with not enough action? This version includes multiple flags and free spaces that keep the game fast paced yet long-lasting. Capture the Flag is a great running game that is a fun alternative to other forms of conditioning. This is a successful version for late elementary school through high school that can be done indoors or outdoors.

Presenter: Jason Sytsma – Middle School Physical Education, Kulshan Middle School (Bellingham, WA)

Challenge Me! Group Dynamic Activities for all Learners

This session will employ several group dynamic activities to promote collaboration, self-reliance, and compassion for students of all abilities. Participants will engage in 'cheap challenge course' initiatives that they can adjust to any group size, location, age, and ability. Prepare to laugh and share!

Presenter: Ken Turner, Ed.D, EMT, Health and PE Program Supervisor, OSPI (Olympia, WA)

Who Wants \$30,000 for your 5th-8th grade PE Program?

OSPI Safe Routes to School Bike and Pedestrian Safety Education Program has a \$30,000 competitive grant available that aims to improve pedestrian and bicycle safety and encourage more students in grades 5th-8th to walk and bike to school. The grant provides a fleet of bikes, bike trailer, helmets, curriculum, and two-day training for educators and substitute coverage costs.

Presenter: Debbie Lindgren, MA, NBCT, Program Supervisor – OSPI Safe Routes to School (Olympia, WA)

1:00 – 1:50pm: Learning Session #4

Nitro Ball

Modified version of volleyball that is fun for 4th grade on up! Teaches teamwork while promoting active engagement for students at all skill levels.

Presenter: James Roach, NBCT – Elementary Physical Education, Madrona Elementary (SeaTac, WA)

Kick Start your School Year

How to set the tone for your high school PE classes right from day 1. What to do those first few days that will allow you to create an environment full of teamwork, cooperation, grit and fun!

Presenter: Teri Garrett - High School Physical Education, Lindbergh High School (Renton, WA)

HIKING – A Lifetime Fitness Activity that can be Encouraged and Included in a Quality PE Program

Mount Vernon has successfully incorporated learning targets and activities related to hiking (Hiking etiquette, fitness connections, and field trip extensions with a partnership between the school district and the Mount Vernon Parks Foundation). Resources such as lesson plans, parent letters and Hiking Etiquette Guide will be shared!

Presenter: Nikki Klinger, NBCT – Elementary Physical Education, Little Mountain Elementary (Mount Vernon, WA)

2:00 – 2:50pm: Learning Session #5

Building Positive Relationships through FUN Social Emotional Activities

Social and Emotional Learning (SEL) is an essential component of high-quality Physical Education programs. This ACTIVE learning session sponsored by GOPHER Sport will introduce attendees to SEL activities that build relationships through problem solving, teamwork and socialization skills. Come prepared to participate in an ACTION-PACKED lesson, take away easy SEL activities, and leave prepared to build positive relationships through this memorable learning experience.

Presenter: Derek Severson, NBCT, Instructional Specialist – Health and PE, Highline School District (Burien, WA)

Field Day Fantastic

How to build and run a Field Day that your students and patrons will remember the rest of their lives.

Presenter: Mark Lewis, Elementary Physical Educator – Hazel Valley Elementary (Burien, WA)

Here's How I Implemented Sport Education. You Can Too!

Sport education is a unique instructional model that brings authentic sporting experiences into PE. The model can be applied to virtually any sport or activity and, best of all, students and teachers love it! This session will begin with a brief overview of the model, but will primarily focus on how I actually implemented the model with a methods class in a university setting. Bring your contact information because everything I created is shareable!

Presenter: Nick Washburn, Ph.D., Assistant Professor – Western Washington University (Bellingham, WA)