

## 2024 TAhPERD Summer Conference Program Schedule

All programs will be held at the Embassy Suites Convention Center unless otherwise specified.  
All program sessions are worth 1 hour of (CPE) Continuing Professional Education unless specified.

*Updated descriptions may appear in the Summer Conference Program.*

### **Sunday – July 14, 2024**

**12:00 p.m. – 6:00 p.m.**

**Registration Desk Open – Frisco Ballroom Foyer**

**2:00 p.m. – 5:00 p.m.**

#### **Pre-Conference Workshop – Sponsored by School Health Corporation (3 hours of CPE) – \$20.00**

**Frisco Ballroom 1**

**Presentation:** Games and Equipment that WIN! – *Christina Fuller-Summey*

**Description:** Keep small or large classes moving by instructing fun, purposeful activities with innovative equipment. Be prepared to move and learn some of the best student-approved PE games of 2024!

#### **Session Objectives:**

1. Attendees will participate in a variety of engaging activities that align with the TEKS.
2. Attendees will learn how to use innovative equipment to engage all students at all levels.
3. Attendees will learn how to modify new equipment and materials.

#### **Pre-Conference Workshop – Sponsored by GOPHER Sport/SPARK (3 hours of CPE) – \$20.00**

**Frisco Ballroom 2**

**Presentation:** Strike, Throw & Pass Your Way to Quality PE! – *Courtney Sjoerdsma – SPARK Elite Trainer and Erin Anderson – SPARK Senior Territory Sales Representative*

**Description:** Don't miss the "pass" to QPE! Join SPARK's active session for a chance to win Gopher equipment! Leave with class management and skill development tips & tricks from the World's Most Evidence-Based Physical Education & Physical Activity Programs! Plus, experience activities from SPARK's recently added units and learn how SPARK activities support TEKS.

### **Monday – July 15, 2024**

**7:00 a.m. – 4:30 p.m.**

**Registration Desk Open – Frisco Ballroom Foyer**

**7:00 a.m. – 8:00 a.m.**

**Recreation, Physical Education & Health Divisions**

**Leisure Activities & Sports; Elementary School Physical Education; and Health Promotion Sections**

**Meet in Hotel Lobby**

**Presentation:** Morning Walk with TAhPERD – *Lisa Schneider, Renita Searcy, and Nora Ryan*

**Description:** Giddy Up! Enjoy a brisk morning walk in Frisco Texas while we take in the sights.

**Activity:** Audience Participation

**8:00 a.m. – 9:00 a.m.**

**Frisco Ballroom 7**

**Presentation:** Opening General Session – Conference Kick-Off – The Spirit of TA DA! – *Joel Zeff – Keynote Speaker*

**Description:** Joel Zeff creates energy. His spontaneous humor and vital messages have thrilled audiences for almost 25 years. As a national workplace expert, speaker, author and humorist, Joel captivates audiences with a unique blend of hilarious improvisational comedy and essential ideas on work and life. You will not want to miss this energetic, fun experience. Joel will wake you up and get you ready for the day!

**Activity:** Audience Participation/Lecture

**9:00 a.m. – 11:00 a.m.**

**Morning Break for All Attendees – Frisco Ballroom 6**

**9:00 a.m. – 4:30 p.m.**

**Exhibit Hall Open – Frisco Ballroom 6**

**9:15 a.m. – 10:15 a.m.**

**Physical Education & Dance Divisions**

**Elementary, Middle & High School Physical Education and Dance Pedagogy Sections**

**Frisco Ballroom 1**

**Presentation:** Pass on Dance and Leadership to YOUR Students! – *Dr. Sandy Kimbrough and Ivy Ates*

**Description:** Creating movement to music doesn't have to be intimidating. YOU CAN create fun movement sequences for students that build their confidence, physical literacy, and fitness. Join Sandy and Ivy for this FUN session!

**Activity:** Audience Participation

**Exhibitor Showcase**

**GagaXP!**

**Frisco Ballroom 2**

**Presentation:** GagaXP! Portable Multifunctional Gaga Pits Created for PE Teachers by PE Teachers! There's a Million Ways to Gaga with GagaXP! – *Pam Straker and Susan Rizzo*

**Description:** GagaXP is a portable, multifunctional gaga pit system created for PE teachers by PE teachers! By inserting our panel stands, it allows each panel to stand independently, lending its uses simply limited to your imagination. Gaga ball, pickleball, hockey, 4-6 square, bowling, lay-flat games, barriers, corrals, goals, obstacle courses, its uses are endless! Our patented gaga pit stores easily, is portable and requires no tools for set-up! Transform your PE program with GagaXP! There's a million ways to gaga with GagaXP! Do PE different with GagaXP! Check us out at [GagaXP.com](http://GagaXP.com) and on social media @gagaballcp!

**Activity:** Audience Participation

**Physical Education, Health & General Divisions**

**Elementary, Middle & High School, and Adapted Physical Education, and Instructional Technology Sections**

**Frisco Ballroom 4**

**Presentation:** Using Google Slides to Support ALL Learners! – *Christina Fuller-Summey*

**Description:** Who knew that something as simple as google slides can open up a world of possibilities for you to support ALL learners in your class. Learn how to create meaningful slide decks that will help establish a routine, clearly state expectations and objectives, as well as provide vocabulary and visuals. Learn how to insert videos from Google and/or YouTube, crop videos, create gifs of specific skills, and insert those gifs into your slide deck. Admin will be blown away, and you will see such a positive impact on your classroom culture, learning and behavior.

**Activity:** Lecture

## **Physical Education Division**

### **Middle & High School Physical Education and Sports Sections**

#### **Frisco Ballroom 5**

**Presentation:** Strength and Conditioning for Middle and High School Student Athletes – *Dr. Ray Galloway and Chuck Ruot*

**Description:** This presentation will address the specific physical needs and athletic performance training for the Middle and High School Student Athlete. Development of strength, power, speed, agility and muscle to improve performance and reduce injury will be the focus. Some key information regarding Exercises, Loads, Volumes, Regressions and Progressions will also be covered.

**Activity:** Lecture

## **Exhibitor Showcase**

### **U. S. Soccer Foundation**

#### **Frisco Ballroom 8**

**Presentation:** Make Soccer in School Your Goal! – *Lisa Perry*

**Description:** Enhance your fundamental soccer skills and participate in one of the new soccer lessons aligned to the 2024 National PE Standards. Participants will gain access to the K-2, 3-5, 6-8 and 9-12 units. Powered by U.S. Soccer Foundation and US Youth Soccer. Enter to win a class set of soccer balls.

**Activity:** Audience Participation

## **Recreation Division**

### **Leisure Activities & Sports Section**

#### **Frisco Ballroom 9**

**Presentation:** Teaching Outdoor Education in Schools – *Letty Gonzales, Felecia Ceaser-White, Nora Ryan, Lisa Schneider, and Paula Ceaser, 2023 TAAHPERD Recreation Professional of the Year*

**Description:** This session will share and demonstrate to the participants on how to build an Outdoor Education Program that will enhance their existing Physical Education Program.

**Activity:** Audience Participation/Lecture

## **College, Recreation, Physical Education & Health Divisions**

### **Lifetime Wellness; Water Sports; and Middle & High School Physical Education Sections**

#### **Hotel Indoor Pool**

**Presentation:** Unleashing the Power of Creative Water Workouts – *Laura Gegg*

**Description:** Dive into the refreshing world of Water Aerobics Reinvented! This engaging presentation takes water aerobics to new heights, blending creative combinations, interactive partner games, and energizing music to transform your aqua workouts. Designed with college students in mind, this class draws inspiration from cross-training elements of track, football, ballet, Pilates, and yoga, promising a dynamic and enjoyable fitness experience. Get ready for a splash of innovation, laughter, and fitness fun that will make your water aerobics class the highlight of your wellness routine!

**Activity:** Audience Participation

**10:30 a.m. – 11:30 a.m.**

## **Physical Education Division**

### **Elementary Physical Education Section**

#### **Frisco Ballroom 1**

**Presentation:** Keeping the Torch Lit with Cooperative Games and Rhythms of the Goose (GCCISD)! – *Amanda Kennington, Rachel Duty, Stormie Sellman, Justin Capetillo, and Marcus Limbrick*

**Description:** Join the Goose (GCCISD) as we share cooperative large group games, relays and rhythmic movements to keep all students active and engaged. Practice soccer and other fundamental skills while promoting teamwork and enjoyment of physical activity. Participants will also develop creativity incorporating rhythm in PE using various equipment.

**Activity:** Audience Participation

#### **Exhibitor Showcase**

##### **9 Square in the Air**

##### **Frisco Ballroom 2**

**Presentation:** 9 Square in the Air Gets Your Students Up & Moving – *Liz Belser*

**Description:** 9 Square in the Air® is the original fun and addictive group game that students love!

“9 Square fever” is sweeping across the country and has proven to be incredibly popular with students of all ages over the past 12 years. It's a perfect lead up game to volleyball and promotes teamwork and good citizenship. Our portable game can be used indoors or outside, is height-adjustable, with simple set up and easy storage. Our permanent playground game is available for the school who can't get enough of 9 Square in the Air. PE Curriculum (K-5) included with each purchase.

**Activity:** Audience Participation

#### **College & Health Divisions**

##### **Professional Preparation, College Administrators; and Community Health Education Sections**

##### **Frisco Ballroom 4**

**Presentation:** Neurodiverse Students: Who They are and How We Can Help Students Thrive in Higher Education – *Dr. Sharon Carano*

**Description:** Step into the classroom with me as we look at who neurodiverse students are and how educators are fulfilling their roles and responsibilities in the higher education classroom. We will briefly review the law and focus on providing classroom strategies for how we can better support all students in the classroom.

**Activity:** Audience Participation/Lecture

#### **Exhibitor Showcase**

##### **Kids Teaching Kids**

##### **Frisco Ballroom 5**

**Presentation:** Kids Teaching Kids, 21-Day Snacking Challenge – *Ryan Eason*

**Description:** Kids Teaching Kids and TAHPERD have partnered to bring the 21-Day Snacking Challenge to school districts across Texas to promote student overall health and teacher professional development.

**Activity:** Lecture

#### **All Divisions**

##### **All Attendees**

##### **Frisco Ballroom 7**

**Presentation:** The Spirit of TA DA: Watch What Happens When Work Becomes Play – *Joel Zeff*

**Description:** How do you *embrace the Spirit of TA DA*? We all must take ownership of our work environment and create a foundation of opportunity and positive support. We can choose to be patient, supportive, and more flexible to change. We can choose to have fun in the workplace and still be productive. Joel teaches us just how easy it is to make these choices. In The Spirit of TA DA, Joel shares his experience and insight on creativity, communication, teamwork, passion, and fun. With wit, a sharp observational eye, and playful irreverence, he discusses the choices we all encounter in our careers. We each have the ability to take initiative and make the right choice to live a more creative, passionate, effective, and productive life.

**Activity:** Audience Participation/Lecture

## **Exhibitor Showcase**

### **American Heart Association**

#### **Frisco Ballroom 8**

**Presentation:** Hearts in Action with the American Heart Association – *Amy Newman, Brooks Sharples, and Ashley Avalos*

**Description:** Join the American Heart Association and teachers who host AHA programs share updates on AHA Programs and how teachers incorporate the AHA's resources for Health and PE TEKS into their PE Classes. Learn how you can boost your PE Budget and provide students with a service learning opportunity at the same time!

**Activity:** Audience Participation

## **Physical Education Division**

### **Middle & High School Physical Education Section**

#### **Frisco Ballroom 9**

**Presentation:** Building Class Cohesion in Secondary PE – *Kenneth Hernandez*

**Description:** Do you have large classes? Are you worried that students are feeling unseen? The presenter will share activities that will have your students excited to participate in PE class. These activities require minimal equipment, allowing for opportunities to easily modify each activity to meet your student's needs. Come and be part of the adventure!

**Activity:** Audience Participation

## **Recreation Division**

### **Water Sports Section**

#### **Hotel Indoor Pool**

**Presentation:** Aim to Snorkel – *Geoben Johnson and Patty Donaldson*

**Description:** If you love water but haven't learned to snorkel, this is the activity for you! Learn to breath underwater, dive to depth, and clear on the surface.

**Activity:** Audience Participation

## **Recreation Division**

### **Outdoor Education Section**

#### **Grassy Area in Open Parking Lot**

**Presentation:** Basics of Campfire Building – *Chase Esmiol and Leslie Anne Adamson*

**Description:** Participants will actively engage in learning about and building the different types of campfires. Presenters will demonstrate how to lead your students through an outdoor education unit based on tent and campfire building, including hands-on activities, discussion based learning, and collaborative and teamwork activities. At the end of the lesson, participants will get to engage in making and eating S'mores!

**Activity:** Audience Participation/Lecture

**11:30 a.m. – 1:00 p.m.      Lunch on Your Own**

**1:00 p.m. – 3:15 p.m. (2 hours of CPE)**

### **Recreation & Physical Education Divisions**

#### **Leisure Activities & Sports and Adventure Education Sections**

#### **Meet in TAHPERD Registration Area**

**Presentation:** TRoFE is Turning 27 and this Session has Prizes! Bring a Friend! – *Michael Hertlein, Erik Woods, and Tony Tran*

**Description:** Come to this Amazing race on foot. We have prizes for best dressed, 1st and 2nd place. Please bring with you a can do attitude and a fully charged phone! Participants will engage in a scavenger hunt style game around the conference and surrounding area. We look forward to seeing there.

**Activity:** Audience Participation

**1:00 p.m. – 2:00 p.m.**

#### **Physical Education Division**

##### **Elementary Physical Education Section**

###### **Frisco Ballroom 1**

**Presentation:** The TOY Box of Activities – *Kashif Aleem, Benjamin Pirillo, and Pam Straker*

**Description:** Come check out past Elementary Teachers of the Year Award winners and the new ideas and activities they have in store for you. You won't want to miss this great session with a variety of activities.

**Activity:** Audience Participation

#### **Exhibitor Showcase**

##### **GOPHER Sport**

###### **Frisco Ballroom 2**

**Presentation:** ACTION! Team Games to Boost Engagement – *Doug Satre*

**Description:** Join us for 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. We won't just be playing games though; you'll also learn classroom management and skill development strategies that you can take home and implement in your program. Get ready to sweat, learn and have fun!

**Activity:** Audience Participation

#### **Physical Education Division**

##### **Elementary Physical Education Section**

###### **Frisco Ballroom 4**

**Presentation:** Physical Activity Breaks in the Classroom...Say What?!? – *Rosa "Andie" Vasquez*

**Description:** Come and learn how to integrate physical activity breaks in the classroom for elementary-aged students and the benefits it will provide!

**Activity:** Audience Participation/Lecture

#### **General Division**

##### **Retired Professionals Section**

###### **Frisco Ballroom 5**

**Presentation:** Retirement...Getting Ready – *Linda Gibbons, Deidre Haines, and Rhonda Rutherford-Odom*

**Description:** Retirement is waiting for everyone. It's never too early to start gathering information to prepare for your future. Join us for a round table discussion to help you maneuver through the process.

**Activity:** Lecture

#### **Health, Physical Education, General, Dance & Recreation Divisions**

##### **Health Instructional Program, Health Promotion; Elementary and Middle & High School Physical Education Sections**

###### **Frisco Ballroom 7**

**Presentation:** SOS-BTTB-KISS! Save Our Students & Save Our Staff by Getting Back to the Basics – Keeping It Simple Silly! – *Kellie Sellers*

**Description:** SOS – BTTB – KISS! Save our students and save our staff by getting back to the basics and keeping it simple SILLY! We must understand how the brain works and that sitting is the new smoking. Our bodies are made to move in ALL subjects!

**Activity:** Audience Participation/Lecture

#### **Exhibitor Showcase**

##### **Castle Sports**

##### **Frisco Ballroom 8**

**Presentation:** Come & Play: Games for All Students & Standards – *David Hilton*

**Description:** We introduce and play a wide range of games that practice skills such as running, hopping, jumping, visual tracking and tracing, recognizing patterns, tossing, passing, kicking, catching, volleying, and striking a ball, dodging, and generally participating in activities which promote health-related fitness. Our games also place an emphasis on how to promote social and emotional health through practices such as teamwork and positive reinforcement of others.

**Activity:** Audience Participation

#### **College, Health, Physical Education, Recreation & General Divisions**

##### **Lifetime Wellness; Community Health Education; and Leisure Activities & Sports Sections**

##### **Frisco Ballroom 9**

**Presentation:** Mindful Living: Practical Tips for Busy People – *Laura Gegg*

**Description:** This presentation invites busy professionals to embark on a journey to explore the profound philosophy of mindful living. This session is tailored for those seeking to incorporate mindfulness into every aspect of their lives, fostering a sustainable and balanced existence. Participants will begin by understanding the essence of mindfulness, exploring its transformative impact on reducing anxiety, depression, and stress. Through guided discussions, they will grasp the significance of open-hearted, non-judgmental attention in cultivating love, compassion, joy, resilience, focus, and clarity. By the end of this session, participants will leave with a comprehensive understanding of mindfulness, practical tools for everyday applications, and insights into maintaining life balance.

**Activity:** Audience Participation

**2:30 p.m. – 4:30 p.m.**

**Afternoon Break for All Attendees – Frisco Ballroom 6**

**2:15 p.m. – 3:15 p.m.**

#### **Physical Education Division**

##### **Elementary and Middle & High School Physical Education Sections**

##### **Frisco Ballroom 1**

**Presentation:** TEAMwork Makes the DREAM Work in PE – *Amber Sladeczek, Kelli Smith, and Kristi Baker*

**Description:** Kickstart your school year with these team building activities to help your students with cooperation, communication, and building a positive classroom culture.

**Activity:** Audience Participation

#### **Exhibitor Showcase**

##### **OPEN/US Games/BSN Sports**

##### **Frisco Ballroom 2**

**Presentation:** Set Up for Success – *Dan Tennessen*

**Description:** Volleyball is a great lifetime activity that builds many important skills, but there can sometimes be limitations due to equipment, space, large classes, etc. OPEN has created free resources for teachers to help

overcome these obstacles. This fun and high energy session will explore many of these activities and equip it's attendees to find other free activity plans through OPEN's website.

**Activity:** Audience Participation

## **Recreation Division**

### **Leisure Activities & Sports Section**

#### **Frisco Ballroom 4**

**Presentation:** Passing it ON as We Gather for a Game of Mexican Train! – *Mary Lou Trinidad and Ytszel Trinidad-Ruiz*

**Description:** Seeking to PASS IT ON as we play a game of dominoes! Getting your students to aim to stay highly fit in those Texas rainy and testing days.

**Activity:** Audience Participation

## **Exhibitor Showcase**

### **Erika's Lighthouse**

#### **Frisco Ballroom 5**

**Presentation:** Skills-Based Depression Education is Suicide Prevention – *Shantal Saldana*

**Description:** The latest reports on youth mental health showed that 1 in 3 youth experience poor mental health and almost half felt persistently sad or hopeless. Schools are uniquely positioned to support students. HPE educators play a crucial role in providing students with quality education, and safe and supportive environments. This session will guide attendees through skills-based mental health education programs and strategies that provide lasting positive effects on students' well-being. Get introduced to FREE teacher-led programs that include Classroom Education, Family Engagement, Empowerment Clubs, and Staff development for grades 4-12 that provide an introduction to mental health, depression literacy, help-seeking, and strategies for maintaining good mental health, while meeting National Health Education Standards.

**Activity:** Lecture

## **Health Division**

### **Health Promotion, Community Health Education, and Health Instructional Program Sections**

#### **Frisco Ballroom 7**

**Presentation:** Seeing with New Eyes: Student Photography for Environmental Awareness and Advocacy – *Dr. John Stewart*

**Description:** This presentation and associated participatory activity demonstrate the use of student photography to increase environmental awareness and encourage environmental action to promote health.

**Activity:** Audience Participation/Lecture

## **Exhibitor Showcase**

### **Speed Stacks, Inc.**

#### **Frisco Ballroom 8**

**Presentation:** Sport Stacking with Speed Stacks – *Matt Burk*

**Description:** This session will incorporate movement-based Sport Stacking activities and games to get your students mentally fit and physically active through fitness-based learning. Ranging from individual activities and small/large group cooperation, this session is bound to get you moving! Proven results to develop your student's math and reading skills plus eye-hand coordination, self-esteem, SEL integration and many more benefits!

**Activity:** Audience Participation



## **Physical Education & College Divisions**

### **Elementary, Middle & High School Physical Education; Student, and Professional Preparation Sections**

#### **Frisco Ballroom 9**

**Presentation:** Ideas for Warm-Ups and Instant Activities – *Dr. Sharon Rice, 2023 TAHPERD College Physical Education Teacher of the Year, Jacklyn Hamilton, Jordan Vardeman, and Gracie Hartsell*

**Description:** Implementing the proper warm-ups and instant activities to a teacher's teaching toolbox can set the tone for the skills being taught in the gym. Come learn from four different generations of educators as they share their experiences with you.

**Activity:** Audience Participation

**3:30 p.m. – 4:30 p.m.**

## **Exhibitor Showcase**

### **Heart Zones, Inc.**

#### **Frisco Ballroom 2**

**Presentation:** Transform PE Classes with Heart Zones Solutions and TAGG Time – *Tim Taggart*

**Description:** Transform PE classes with TAGG TIME™ and Heart Zone Solutions, blending innovation and constant motion for engaging, fun-filled sessions. Integrated heart rate monitors add a fitness dimension, creating an interactive learning experience that promotes healthy living. Redefine physical education with TAGG TIME™ - where technology meets fun and active engagement.

**Activity:** Audience Participation

## **Recreation, General & Physical Education Divisions**

### **Water Sports; K-12 Administrators; and Elementary Physical Education Sections**

#### **Frisco Ballroom 4**

**Presentation:** Swim Safe – Swim Smart! Part 1 – *Dr. Sandi Cravens and Erin Bates*

**Description:** This is a two-part session. In Part 1, attendees will learn how Irving ISD's 2nd grade Swim Safe program started and its impact on over 16,000 students since 2012.

**Activity:** Lecture

## **Health & Physical Education Divisions**

### **Health Instructional Program and Health Promotion Sections**

#### **Frisco Ballroom 5**

**Presentation:** Evidence Based Best Instructional Practices: Participants Will be Able to Understand New Evidence Based Instructional Practices in H&PE – *Janet Scott-Carrier*

**Description:** The presentation will be useful for 0-5 year teachers. Also, to teachers who have transitioned from a core subject to physical education and health. While obtaining a Kinesiology degree and using that degree to teach PE we understand that there are many more elements to activity than just playing games. Within our teaching of these games teachers are required to show growth in students' performances. Understanding progression (or incremental growth levels) will assist with understanding how to use different teaching strategies and if the strategies are not effective how and when to intervene to obtain the desired results. However, not having a Kinesiology degree will not stop anyone from learning evidence-based practices to teaching PE. My intent in this presentation is for teachers to have a basic knowledge to grow themselves and their students in teaching PE.

**Activity:** Audience Participation/Lecture

## **Physical Education & College Divisions**

### **Middle & High School Physical Education; Research, and Lifetime Wellness Sections**

#### **Frisco Ballroom 7**

**Presentation:** Promoting Cognition and Behavior of High School Students in 24-Hour Movement – *Yihua Yin*

**Description:** The presenter will discuss how understanding the importance of 24-hour movement for high school students is evident in multiple aspects, including academics, physical exercise, rest, social interactions, and personal interests. We Can promotes physical health, improves learning efficiency, supports emotional health, fosters social skills development, cultivates healthy habits, and enhances self-actualization. Properly balancing these activities is crucial for adolescents' physical and mental development.

**Activity:** Audience Participation/Lecture

#### **Exhibitor Showcase**

##### **GOPHER Sport/SPARK**

#### **Frisco Ballroom 8**

**Presentation:** SPARK FUNctional Fitness in Your Class – *Courtney Sjoerdsma*

**Description:** Enjoy SPARK's FUNctional Fitness session! Attendees will participate in a variety of fitness activities, circuits, and dances, all meant to help students participate in daily moderate to vigorous physical activity. Leave with the knowledge and skills necessary to achieve and maintain a health-enhancing level of fitness. Plus, join this session for a chance to win Gopher equipment!

**Activity:** Audience Participation

## **College & Physical Education Divisions**

### **Lifetime Wellness and Middle & High School Physical Education Sections**

#### **Frisco Ballroom 9**

**Presentation:** Salute the Sun in Every Way – Variations on the Sun Salutation – *Alyssa Locklear*

**Description:** The Sun Salutation is a fairly consistent component of yoga practices. The familiar movements can serve many purposes – stretching the body, elevating the heart rate as part of a warm up, practicing movement patterns, and even quieting the mind. Come practice with me to learn ways that the Sun Salutation can benefit all exercisers and be incorporated into various physical activities. No yoga experience is needed, but please be ready to move!

**Activity:** Audience Participation

### **5:30 p.m. – 7:30 p.m. (2 hours of CPE)**

#### **Recreation, Health & Physical Education Divisions**

##### **Leisure Activities & Sports; Community Health Education; and Elementary Physical Education Sections**

#### **Hotel Restaurant**

**Presentation:** Leisure Games After Hours – *Dr. Sandy Kimbrough, Bronwyn Banks, Palmer Campbell, Dr. Kelly Featherston, Katelyn Frisbie, and Laura Perkins*

**Description:** What better way to decompress after a long day of sessions but with some social fun and leisure games. Attendees will be able to enjoy their social hour, play some self-guided creative and new leisure games like "Think N' Sync" or "Taco, Cat, Goat, Cheese, Pizza". Or for those who relish in the classic games UNO, Sorry, and Trouble will also be available. Plus who doesn't love CPE credits.

**Activity:** Audience Participation

### **Tuesday – July 16, 2024**

**7:00 a.m. – 12:00 p.m.**

**Registration Desk Open – Frisco Ballroom Foyer**

**8:00 a.m. – 12:00 p.m.**

**Exhibit Hall Open – Frisco Ballroom 6**

**8:00 a.m. – 10:15 a.m. (2 hours of CPE)**

**College, Health, General & Physical Education Divisions**

**Sport Management; Health Promotion; Middle & High School Physical Education and Sports Sections**

**Frisco Ballroom 5**

**Presentation:** Concussion Training for UIL – 2-Hour Course – *Dr. Paul Fikes*

**Description:** Concussion management best practices. Includes information about evaluation, prevention, symptoms, risks, and long-term effects. Complies with 2-year concussion training required by UIL.

**Activity:** Lecture

**8:00 a.m. – 9:00 a.m.**

**Physical Education Division**

**Elementary and Middle & High School Physical Education Sections**

**Frisco Ballroom 1**

**Presentation:** Hula Hut Mania – *Kashif Aleem*

**Description:** Have you ever used hula hoops to build hula huts? In this session we are going to have some fun and learn to build the hula huts, do some hula hut challenges and end with some fun games!

**Activity:** Audience Participation

**Exhibitor Showcase**

**OPEN/US Games/BSN Sports**

**Frisco Ballroom 2**

**Presentation:** OPEN Your PE Playbook – *Dan Tennesen*

**Description:** OPEN is a worldwide leader in physical education curriculum resources and activities. This dynamic session will explore a wide variety of K-12 activity plans that OPEN has to offer as well as provide teachers with access to all of OPEN's free, online resources.

**Activity:** Audience Participation

**Physical Education & Health Divisions**

**Middle & High School and Elementary Physical Education; and Health Promotion Sections**

**Frisco Ballroom 4**

**Presentation:** How to Avoid Teacher Burnout – *Dr. Sharon Rice, 2023 TAAHPERD College Physical Education Teacher of the Year*

**Description:** Teaching and coaching are both rewarding and demanding careers. Teachers often struggle with burnout due to long hours and heavy workloads. This session will discuss how proper support for their mental and physical health is crucial.

**Activity:** Lecture

**Exhibitor Showcase**

**Marathon Kids**

**Frisco Ballroom 7**

**Presentation:** Elevating Student Engagement through Goal Setting, Data, and a Positive Environment – *Nicole McCasland*

**Description:** Unlock student motivation with Marathon Kids! Discover how our free program blends goal setting, data insights, and positivity for enhanced physical activity engagement. Immerse in hands-on activities, real-time data, and practical tools. Elevate your approach and inspire lasting change. Join us and be part of the movement transforming students into lifelong fitness champions!

**Activity:** Audience Participation

## **Health Division**

### **Health Promotion and Health Professional Education Sections**

#### **Frisco Ballroom 9**

**Presentation:** REST...Learn About it and Pass it On! – *Dr. Sandy Kimbrough*

**Description:** "REST.....why you get more done when you work less." Identify challenges and successes related to rest; learn tips for becoming productive, healthy, and happy by RESTING!

**Activity:** Audience Participation/Lecture

## **Recreation, General & Physical Education Divisions**

### **Water Sports; K-12 Administrators; and Elementary Physical Education Sections**

#### **Hotel Indoor Pool**

**Presentation:** Swim Safe – Swim Smart! Part 2 – *Dr. Sandi Cravens and Erin Bates*

**Description:** This is a two-part session. Part 2 will focus on the progression of basic swimming skills and strategies used to teach 2nd graders to swim. Participants will practice in the pool.

**Activity:** Audience Participation

**9:15 a.m. – 10:15 a.m.**

## **Physical Education Division**

### **Elementary Physical Education Section**

#### **Frisco Ballroom 1**

**Presentation:** Foot Dribbling/Kicking Skills in Three Weeks – *J.R. May*

**Description:** This session will review a three-week foot dribbling/kicking unit from skills to games.

**Activity:** Audience Participation

## **Exhibitor Showcase**

### **TAGG Time™ LLC**

#### **Frisco Ballroom 2**

**Presentation:** GAMES, GAMES, GAMES – *Tim Taggart*

**Description:** This session places emphasis on engaging games tailored to accommodate medium to large classes, ensuring constant movement while upholding the element of Fun. Students will gain valuable experience in teamwork, both individual and collaborative strategies. Additionally, they will develop essential skills such as eye-hand coordination and eye-foot coordination, all while meeting state standards through active play. Join us for an interactive and fun-filled session where physical activity merges with educational excellence.

**Activity:** Audience Participation

## **General Division**

### **Diversity Section**

#### **Frisco Ballroom 4**

**Presentation:** Leadership in TAhPERD: How to Become More Involved in TAhPERD! – *Barbara Polansky*

**Description:** Get more involved in TAhPERD? Want to become an officer and/or a committee member? FIND OUT HOW!

**Activity:** Lecture

## **Recreation & Physical Education Divisions**

### **Leisure Activities & Sports Section**

#### **Frisco Ballroom 7**

**Presentation:** Mindful Movement & SEL (Yoga) – *Lisa Schneider, Nora Ryan, Renita Searcy, and Cara Grossman*

**Description:** Participants will get moving and explore engaging, creative/mindful movements (yoga), that are inclusive for SEL. Participants will learn strategies for their personal self as well as how to engage students in mindfulness practices. Participants dress for participation!

**Activity:** Audience Participation/Lecture

#### **Exhibitor Showcase**

##### **School Health Corporation**

###### **Frisco Ballroom 8**

**Presentation:** Awesome Activities for ALL Students – *Christina Fuller-Summey*

**Description:** Arm yourself with exciting activities that meet ALL students' needs! Further expand your teacher toolkit by learning how to maximize engagement and facilitate 100% participation!

**Activity:** Audience Participation

#### **Physical Education Division**

##### **Elementary and Middle & High School Physical Education Sections**

###### **Frisco Ballroom 9**

**Presentation:** Games You Know...And Don't Know – *Russell Chavez, Tim Rader, Chris Peurifoy, and David Vaughn, 2023 TAHPERD Elementary Physical Education Teacher of the Year*

**Description:** This session will demonstrate a variety of fun activities to be played at elementary and middle school.

**Activity:** Audience Participation

**10:30 a.m. – 11:30 a.m.**

#### **Physical Education Division**

##### **Elementary Physical Education Section**

###### **Frisco Ballroom 1**

**Presentation:** Light Up Your Gym with Jump Rope! Jump Rope Fun for All! – *Brookelynn Haak and Courtney Robertson*

**Description:** Full jump rope unit, jump rope skills and tricks, teaching cues, routine choreography, participants will take back routines that are ready to implement in their own programs, LED glow ropes.

**Activity:** Audience Participation

#### **Exhibitor Showcase**

##### **Omnikin, Inc.**

###### **Frisco Ballroom 2**

**Presentation:** Get FAST and FURIOUS with Omnikin! – *John Jones*

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

**Activity:** Audience Participation

#### **Physical Education & General Divisions**

##### **Elementary and Middle & High School Physical Education Sections**

###### **Frisco Ballroom 4**

**Presentation:** Got an Interview for Your Dream Job? Let the Dream Team Prepare You! – *Michael Hertlein, Erik Woods, and Christopher Clatt*

**Description:** In this session, participants will be armed with the tools for a successful interview. We take a look at how to format your resume, test out some sample questions that administrators love to use, and give you the confidence to land your dream job! The presenters for this session have extensive knowledge of the hiring process and whether you are interviewing for your 1st job or your 10th, these skills learned will give you a leg up on the competition.

**Activity:** Lecture

### **College & Physical Education Divisions**

#### **Professional Preparation and College Administrators Sections**

##### **Frisco Ballroom 5**

**Presentation:** Motivation to Choose Physical Education and Coaching Careers – *Evelyn Gordon*

**Description:** Why do students choose careers in physical education and/or coaching? In this study we sought to determine the motivations behind students choosing a career in physical education and/or coaching the FIT Choice questionnaire. This research evaluated the motivations to seek physical education teaching and/or coaching as a career in a Texas university system. The study was conducted in hopes of becoming proactive in pinpointing the decision on career choices to motivate through informal mentoring during the teaching shortages.

**Activity:** Lecture

### **Health, College & General Divisions**

#### **Health Instructional Program, Health Professional Education; Student; and K-12 Administrators Sections**

##### **Frisco Ballroom 7**

**Presentation:** Skill-Based Health Education: How to Engage ALL Students to Take Ownership of their Health –

*Kenneth Hernandez*

**Description:** Our students need the opportunity to learn through discussion, feedback, and advocacy. This session enables participants to actively participate in Skill-Based Health Education activities after learning about the “what” and “why.”

**Activity:** Audience Participation/Lecture

### **Exhibitor Showcase**

#### **USTA Texas**

##### **Frisco Ballroom 8**

**Presentation:** USTA Net Generation Schools Equipment Program – *Katy Rodgers*

**Description:** USTA Texas is a Non-Profit that provides training to community providers across the state. Net Generation is a program within the section that provides curricula and equipment to PE coaches to better assist them with bringing tennis into schools. All trainings and equipment are free to districts once the requirements are met.

**Activity:** Audience Participation/Lecture

### **Recreation & Physical Education Divisions**

#### **Outdoor Education, Adventure Education; and Middle & High School Physical Education Sections**

##### **Frisco Ballroom 9**

**Presentation:** Team Building for All Levels! – *Russell Chavez*

**Description:** From Elementary to Faculty meetings and Professional Development. Come join the fun and activities to work together to accomplish goals.

**Activity:** Audience Participation

**11:35 a.m. – 12:00 p.m.**

**Door Prize Drawing in Exhibit Hall – Frisco Ballroom 6**  
**(Must be present to win)**