OAHPERD 2026 ANNUAL STATE CONVENTION

SESSION GUIDE

WEDNESDAY, DECEMBER 2

REGISTRATION OPEN

Session Date/Time: Wednesday, Dec. 2, 6:00 PM - 8:00 PM
Location: Registration Booth 9

CONVENTION KICK-OFF WELCOME SOCIAL

Session Date/Time: Wednesday, Dec. 2, 7:00 PM - 11:00 PM
Location: Baobab

Session Description: Join us at the Wednesday night welcom social – wear a shirt with your school name, logo, etc and rep your school while getting together with old friends, playing games, and enjoying raffles for some fun prizes! Appetizers and cash bar provided.

THURSDAY, DECEMBER 3

EXHIBIT HALL OPEN

Session Date/Time: Thursday, Dec. 3, 8:00 AM - 4:30 PM
Location: Kilimanjaro 1 & 6

Session Description: Join us in the exhibit hall to explore the latest resources and innovations in our field! Discover interactive displays, engage with industry leaders, and participate in hands-on demonstrations that will enhance your teaching practice. Don't miss this opportunity to connect with fellow educators and find inspiration to bring back to your classrooms.

REGISTRATION OPEN

Session Date/Time: Thursday, Dec. 3, 8:00 AM - 5:00 PM
Location: Registration Booth 9

SUNRISE YOGA: A JOURNEY INTO WELLNESS

Presenter(s): ***Melissa Fitzgerald, Solon High School***
LeAnn Cinadr, Solon High School

Session Date/Time: Thursday, Dec. 3, 8:15 AM - 8:45 AM
Location: Mangrove

Session Description: Wake up, breathe deeply, and start your day feeling strong, centered, and refreshed. This 60-minute yoga flow offers a chance to step away from the demands of teaching and give yourself the care and attention you so often give others.
Based on the Journey into Power sequence, we'll begin with grounding, build warmth and energy through mindful movement, and explore poses that invite strength, stability, balance, and opening. Connecting breath with movement, we'll find moments of both challenge and ease before slowing down for release, rejuvenation, and deep rest.
This practice is for every body—with options to meet you where you are. All levels are welcome, and no yoga experience is needed.
Bring your mat and come as you are. A limited number of mats will be available to borrow.

KEYNOTE: WHAT KIND OF TEACHER DO YOU WANT TO BE?

Presenter(s): ***Mark Housel, Monmouth University***

Session Date/Time: Thursday, Dec. 3, 9:00 AM - 9:45 AM
Location: Zambezi

Session Description: Based on the book *What Kind of Teacher Do You Want to Be?*, this inspirational keynote and workshop by former New Jersey PE Teacher of the Year Mark Housel challenges educators to reflect, reconnect, and recommit to their purpose. Blending storytelling, occasional movement, humor, and real classroom experiences, the keynote resonates with teachers at every stage of their career and across all content areas. Attendees leave motivated, re-energized, and equipped with a renewed mindset they can bring back to their students and school community.

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: N/A
Age Group: Any/All Ages

THE WEIGHT ROOM AS A CLASSROOM: STANDARDS-BASED ASSESSMENT IN S&C-CENTRIC PHYSICAL EDUCATION

Presenter(s): ***Travis Lombardozzi, Brunswick***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Ballroom A

Session Description: This session demonstrates how to build standards-based assessments inside a weight room physical education class aligned to Ohio's 2025 Learning Standards for Physical Education and SHAPE America's 2024 National Standards. Attendees will learn how the ODE 1-2-3 rubric applies to strength and conditioning activities across all four standards - from technique assessment and biomechanical analysis to peer coaching evaluation and lifetime fitness planning. The session includes a 19-week pacing guide with assessment touchpoints, a TeamBuildr-based grading model, and data collection ideast that fit into a weight room centric classroom.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Sport & Exercise Science
Age Group: 9 - 12

STRS OHIO: YOUR JOURNEY MATTERS

Presenter(s): ***Tamla D. Cole, Assistant Director, Member Engagement and Outreach for STRS***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM

Location: Ballroom G

Session Description: STRS Ohio: Your Journey Matters
As you move through your career journey, there are practical steps you can take to prepare for what's ahead. During this session an STRS Ohio representative will discuss eligibility, payment options, and health care so you can feel confident about your financial future.

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: Physical Education
Age Group: Adult

OMNIKIN: HAVE A BALL!

Presenter(s): ***Sue Zeanah, Omnikin***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Kilimanjaro 3

Session Description: Get ready to Have a Ball! with Omnikin's signature session packed with large-group cooperative games that emphasize inclusion, creativity, and joyful movement. Using Omnikin balls of all sizes and colors, this presentation takes easy to learn games to a new level. Perfect for elementary through high school, these activities can be modified to fit any space or schedule. Come discover why Omnikin is always a hit!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

PSYCHOBABBLE: BUILDING A CHAMPION MINDSET IN ATHLETES AND STUDENTS

Presenter(s): ***Maria Schneider, Brecksville-Broadview Hts. Middle School***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Ballroom H

Session Description: Student-athletes spend countless hours training their bodies but rarely receive structured instruction on how to train their minds. This session introduces Psychobabble, a discussion-based approach to teaching the mental and emotional skills behind performance, confidence, and resilience. Join Maria Schneider, a veteran health educator and championship gymnastics coach, as she shares practical strategies used in both the classroom and athletic settings. Participants will gain ready-to-use discussion prompts and reflection activities that help students build confidence, handle mistakes, and develop a champion mindset while supporting social-emotional learning and SHAPE America National Health Education Standards.

Division/Interest Area 1: Health
Division/Interest Area 2: Sport & Exercise Science
Age Group: 6 - 12

CREATING COMMUNITY THROUGH ADVENTURE BASED LEARNING AND BEYOND!

Presenter(s): ***Sam Meyerhoff, Ohio State University***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Ballroom F

Session Description: As a PE teacher, creating a community with your students in physical education takes more than planning. I takes action, interest, and an invested teacher. In this session PE teachers who want to invest in their students to cultivate community within their PE classes will explore the foundations of Adventure Based Learning with culturally sustainable practices and learn how to cultivate and sustain communities in PE.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Student

Age Group: Any/All Ages

UNLOCKING OAHPERD MEMBER BENEFITS: THE OAHPERD-SMART CEUS HUB PARTNERSHIP

Presenter(s): ***Nathan Lamaster, SMART CEUs Hub***
Ruthie Kucharewski, OAHPERD

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Orange

Session Description: What if your continuing education could do more than help you maintain your certification? What if it could expand your professional network, create new leadership opportunities, generate additional income, and increase your impact on the profession?
Join representatives from OAHPERD and SMART CEUs Hub as they showcase an innovative partnership designed to empower HPERD professionals through flexible, high-quality continuing education and meaningful opportunities for professional engagement. Participants will discover how online learning can fit into even the busiest schedules, explore how their own knowledge and experience can be transformed into continuing education courses that provide ongoing residual income, and learn how to become a SMART Ambassador to help colleagues access valuable professional development resources while earning ambassador rewards.
This interactive session will also highlight the power of professional collaboration and provide practical strategies for staying connected, growing as a leader, and giving back to the profession. Whether you are looking to advance your career, share your expertise, expand your influence, or simply make the most of your professional development, this session will equip you with actionable ideas and resources you can begin using immediately. Conference attendees will also receive access to an exclusive conference-only discount on SMART CEUs Hub's Unlimited CEUs Membership and learn how to take advantage of the opportunities introduced during the session.

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: N/A
Age Group: Any/All Ages

THE CLASSICS & THE REMIX: TRIED, TRUE & SOMETHING NEW IN PE

Presenter(s): ***Amy Belles, Copley-Fairlawn City Schools***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Kilimanjaro 2

Session Description: The best physical education ideas do not come with an expiration date, and great teaching never stops evolving. Whether you are new to the gym or have years of experience, you have something valuable to share and something new to discover. In this fast-moving, hands-on session, participants will experience the classics: trusted PE activities, routines, and teaching strategies that continue to deliver. Then comes the remix: practical twists that build student choice, increase meaningful participation, strengthen inclusion, and keep familiar favorites fresh. This session makes room for the wisdom of experience and the energy of new ideas while emphasizing a shared commitment to meaningful movement and student learning. Everyone leaves with practical approaches to keep, modify, and try in their very next class.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Adapted PE
Age Group: Pre K - 5

JUST BREATHE: SLIPPING MINDFULNESS STRATEGIES INTO CLASS

Presenter(s): ***Jess Crooks, Independence High School***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Kilimanjaro 4

Session Description: Attendees will understand the importance of mindfulness and why it can help your class. Learn and practice various mindfulness activities, such as breathing techniques, settle-in practices, yoga breaks, and more, for yourself and for your students. These activities can be applied in any class, during any lesson, in almost any environment.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Health
Age Group: Any/All Ages

FROM IDEAS TO FUNDING: A PHYSICAL EDUCATION GRANT WRITING BOOTCAMP FOR IMPACT AND SUSTAINABILITY

Presenter(s): ***Lisa Longino, Garfield Heights City School District/ Maple Leaf***

Session Date/Time: Thursday, Dec. 3, 10:00 AM - 10:45 AM
Location: Ballroom B

Session Description: This Physical Education Grant Bootcamp is designed to equip Health and Physical Education professionals with the essential skills to transform instructional ideas into fully developed, fundable grant proposals. Many educators have innovative program ideas, such as increasing physical activity, expanding FitnessGram implementation, integrating STEM in PE, or improving student wellness, but lack structured training in grant research, project design, narrative writing, and budget development.
Participants will engage in a hands-on learning experience that walks through the complete grant development process. The session begins with strategies for identifying relevant funding sources aligned to physical education, health education, and school wellness initiatives. Educators will learn how to interpret grant requests for proposals (RFPs), align project ideas with district improvement goals, and use student data to justify need.
The session will guide participants through project design, including developing SMART goals, logic models, and evidence-based interventions grounded in SHAPE America and Ohio standards and best practices. Special emphasis will be placed on writing compelling project narratives that clearly communicate need, objectives, implementation strategies, and sustainability plans.
In addition, participants will learn how to construct compliant and realistic budgets, including personnel, equipment, supplies, and professional development costs. Real-world examples of successful PE grant applications will be shared.
By the end of the session, participants will leave with a draft grant concept, planning templates, and a clear roadmap for submitting competitive proposals. This session empowers educators to secure external funding that enhances student engagement, improves physical literacy, and strengthens school health and wellness programs across Ohio and beyond.
Presenter is US Dept. of Education Health and Human Service Grant Consultant and Reviewer.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Health
Age Group: Any/All Ages

TENNIS FOR ALL GRADES: LEARN ABOUT ALL THE OPPORTUNITIES AND GRANTS THAT ARE AVAILABLE TO YOU!! NO COURTS NEEDED.

Presenter(s): ***Jim Amick, United States Tennis Association (USTA) - Midwest Section***
Michael Rose, United States Tennis Association (USTA) - Midwest Section
Greg Boyd, United States Tennis Association (USTA) - Midwest Section

Session Date/Time: Thursday, Dec. 3, 11:00 AM - 11:45 AM
Location: Ballroom F

Session Description: The USTA has made it easy and fun for physical education teachers to offer tennis by sharing a turnkey PE tennis curriculum created in partnership with SHAPE America for grades K-12 and by providing a free PE tennis equipment package to schools! No Tennis Courts Needed!!
Join us at our active session that will provide you information on:

1. Free PE in-service trainings
2. Free Equipment packages
3. Swing Hit Ace Schools Program
4. Additional opportunities for students through before, during, and after-school programs
5. Grants
6. Interactive Curriculum Examples

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

REFRESH YOUR FIELD DAY

Presenter(s): ***Kent Hamilton, Plain Local Schools/Middlebranch Elementary and Avondale Elementary***
Brad Kerns, Springfield Local Schools/Dorr Elementary
Lauren Wilson, Twinsburg City Schools/Wilcox Primary School

Session Date/Time: Thursday, Dec. 3, 11:00 AM - 11:45 AM
Location: Kilimanjaro 3

Session Description: Join us as we share some of our favorite Field Day activities that can be added to your next event. This engaging session will explore creative ways to boost engagement and take your event to the next level!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5

BEYOND TALENT: THE EXECUTIVE FUNCTION SKILLS EVERY STUDENT ATHLETE NEEDS

Presenter(s): ***Tula O'Neal, Learning Skills For Success***

Session Date/Time: Thursday, Dec. 3, 11:00 AM - 11:45 AM
Location: Ballroom H

Session Description: Student-athletes are often praised for their talent, determination, and work ethic. Yet many continue to struggle with organization, time management, planning, emotional regulation, and balancing the demands of academics, athletics, and daily life. Success requires more than talent alone-it requires strong executive function skills.
This interactive session explores the critical executive function skills that support both athletic and academic performance. Participants will learn how skills such as planning, prioritization, organization, self-monitoring, task initiation, working memory, and emotional regulation impact a student-athlete's ability to perform consistently and achieve long-term success.
Through real-world examples, case studies, and practical applications, attendees will discover why some athletes excel physically but struggle to meet academic expectations. The session will highlight ways coaches, physical educators, health teachers, and school personnel can intentionally teach and reinforce executive function skills that help athletes transfer discipline and perseverance from sports into the classroom and beyond.
Participants will leave with practical strategies, tools, and resources that can be implemented immediately to improve accountability, time management, goal setting, and overall student performance. By developing executive function skills, educators and coaches can help student-athletes move beyond talent and build the habits, systems, and self-management skills necessary for success in sports, school, and life.

Division/Interest Area 1: Health
Division/Interest Area 2: Sport & Exercise Science
Age Group: Any/All Ages

ALIGNING GAMES-BASED PEDAGOGY WITH EDTPA ESSENTIALS (2026) TO SUPPORT QUALITY ELEMENTARY PHYSICAL EDUCATION

Presenter(s): ***Adrian Turner, Bowling Green State University***

Session Date/Time: Thursday, Dec. 3, 11:00 AM - 11:45 AM
Location: Orange

Session Description: This presentation explores how games-based pedagogy can assist preservice physical educators to design meaningful, developmentally appropriate game experiences for elementary learners that address Ohio's PE Standards (2025) while simultaneously supporting the teacher candidates' preparation for the new edTPA Essentials (2026), a performance-based assessment designed to measure candidates' readiness for teaching. Drawing from an elementary PE teaching methods course, the session emphasizes how preservice teachers learn to teach children through modified games that prioritize tactical problems, decision making, movement competence, communication and enjoyment. Candidates learn how to modify their teaching so children can experience success and develop understanding through play. Games-based instruction provides teachers with a visible story for edTPA: what learners need, what tactical or movement problem was designed, what students did, what evidence showed learning, and what instruction should come next. Modified games create visible evidence of children's motor performance, tactical thinking, social interaction, and personal engagement. Teacher candidates can use this evidence to explain instructional decisions, analyze student learning, provide feedback, and identify appropriate next steps, while keeping the focus on quality elementary PE rather than edTPA portfolio compliance. Practical demonstrations of modified games will be included to show how small-sided and conditioned activities can make children's thinking, movement, and learning observable in authentic ways. This session highlights how games-based pedagogy can help future teachers move beyond sport replication toward child-centered, educative games experiences. The presentation will also invite discussion about assisting teachers to notice children's responses, adapt instruction in real time, and build PE environments where learners can think, move, collaborate and enjoy play across diverse game contexts.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Higher Education
Age Group: Pre K - 5

PECLASS.FUN

Presenter(s): ***Bryan Cook, Pleasant View Middle School***
Stephanie Thomas, Pleasant View Middle School

Session Date/Time: Thursday, Dec. 3, 11:00 AM - 11:45 AM
Location: Ballroom G

Session Description: PEClass.fun: Simplifying PE Planning, Engagement, and Assessment
What if you could spend less time searching for activities, organizing lessons, and managing paperwork-and more time teaching?
PEClass.fun is a practical digital platform designed specifically for physical education teachers. This session will introduce teachers to tools that can help simplify everyday PE instruction while increasing student engagement and organization.
Participants will explore how PEClass.fun can be used to organize lessons and activities, create fitness challenges and tournaments, manage class activities, track student participation and performance, and provide students with more opportunities to take ownership of their learning.
The session will focus on real-world classroom applications rather than simply demonstrating technology. Teachers will see examples of how a digital PE platform can support everything from a quick warm-up or fitness activity to larger class competitions and ongoing curriculum planning.
Whether you teach elementary, middle, or high school PE, you will leave with ideas and practical strategies that can be implemented immediately. The goal is not to replace what already works in your PE program, but to give teachers another tool that can save time, increase organization, and make it easier to create engaging experiences for students.
Come see how technology can work for the PE teacher-not become another thing the PE teacher has to manage.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: N/A
Age Group: 6 - 12

GAME ON: HIGH-ENERGY ACTIVITIES THAT STICK

Presenter(s): ***Andy Tupy, Gopher Sport***

Session Date/Time: Thursday, Dec. 3, 11:00 AM - 11:45 AM
Location: Kilimanjaro 2

Session Description: Game On: High-Energy Activities That Stick is all about bringing instant energy and excitement into your PE classes with engaging, innovative, and easy-to-implement games. In this session, participants will experience a variety of creative activities using versatile equipment that keeps students moving, motivated, and having fun. From fast-paced challenges to adaptable group games, these ideas are designed to maximize participation and minimize downtime. Get ready to energize your teaching with activities your students will ask to play again and again!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

PLUG & PLAY PE: UNLEASHING THE FULL POWER OF PLT4M

Presenter(s): ***Brian Pitzer, PLT4M***

Session Date/Time: Thursday, Dec. 3, 11:00 AM - 11:45 AM
Location: Ballroom A

Session Description: Physical education and health classes are rapidly evolving, yet finding the sweet spot between engaging every student and managing administrative load remains a daily challenge. Whether you are brand new to PLT4M or looking to unlock its full potential, this interactive workshop delivers a clear, step-by-step roadmap to transform your curriculum, maximize active movement time, and boost student buy-in across all grade and fitness levels.
In this practical, hands-on session, attendees will discover how to seamlessly integrate PLT4M's digital tools into their daily routines-moving effortlessly from whole-class instruction to individualized student pathways. We will dive into best practices for leveraging PLT4M's custom programming, video demonstrations, and built-in assessment tools to differentiate instruction, track meaningful student progress, and simplify grading without losing valuable class time.
Beyond fitness and strength training, discover creative strategies to utilize PLT4M for health education, personal wellness tracking, and remote or hybrid learning scenarios. Participants will explore real-world implementation models, address common tech integration hurdles, and learn how to foster a culture of personal accountability and lifetime fitness among students.
Leave this session equipped with actionable strategies, efficient workflows, and plug-and-play templates you can implement in your gym or classroom immediately on Monday morning!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Health
Age Group: 6-12

LUNCH & AWARDS CEREMONY

Session Date/Time: Thursday, Dec. 3, 12:00 PM - 1:30 PM
Location: Zambezi

Session Description: Join us for the Awards Luncheon as we come together to celebrate the accomplishments of our peers and professionals! Enjoy a delicious lunch buffet (must have rsvp'd for lunch when you registered online) while connecting with fellow educators and recognizing the outstanding contributions of our community. Don't miss this opportunity to celebrate excellence! (No lunches will be provided to onsite registrants).

IN IT TO WIN IT!

Presenter(s): ***Mark Housel, Monmounth University***

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Kilimanjaro 3

Session Description: Can healthy competition and a positive classroom culture truly coexist? Join us as we explore practical, inclusive strategies for using competition to teach essential life skills, motivate students, and foster growth for learners of all abilities and experience levels.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

FROM SIMPLE TO COMPLEX: STRUCTURING LEARNING TASKS AND INSTRUCTIONAL FORMATS IN ELEMENTARY PHYSICAL EDUCATION

Presenter(s): ***Hyun-Ju Oh, Ohio University***
Lauren Johnson, Ohio University
Michael Taylor, Ohio University
Santo Scolaro, Ohio University

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Kilimanjaro 4

Session Description: PART I: From Simple to Complex: Structuring Learning Tasks and Instructional Formats in Elementary Physical Education
Teaching games in physical education can be time-consuming and may limit meaningful learning, particularly for elementary students. This session provides practical strategies for creating age-appropriate learning tasks using a variety of games. Participants will learn to boost student engagement through diverse instructional formats, purposeful equipment choices, and structured progressions from simple to complex tasks. All activities align with the 2024 National Standards for Physical Education (SHAPE America, 2024). By the end of the session, participants will be able to design effective lessons, select instructional formats that maximize learning, and use simple assessments to address individual needs.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

MY DAY FORMS

Presenter(s): ***Alexander August, Metro Early College Preparatory Middle School***

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Ballroom H

Session Description: In this breakout session, we will be discussing "My Day Forms" which consist of two questions per day and provide students an opportunity to mentally take a step away from the school day for a moment. These questions challenge students to reflect on how they feel, goal set, and share what is going on in their lives for 5 minutes at the start of class. By doing so, the students not only receive a mental time out from the stress of the day, they gain additional autonomy over their education, and they also come to understand that someone genuinely cares about how they are doing as a person. With roots in trauma informed practices, TPSR, social emotional learning and student voice/autonomy, we explore how two simple questions a day can improve the culture of a classroom, make a great and lasting impact on a student's day, academic journey, and relationship with physical activity.

Division/Interest Area 1: Physical Education

Division/Interest Area 2: Health
Age Group: 6 - 12

CONTENT IS NOT THE ENEMY: INFUSING SKILLS INTO THE CONTENT YOU ALREADY TEACH

Presenter(s): ***Maria Schneider, Brecksville-Broadview Heights***
Matt Hagedorn, Tallmadge High School

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Ballroom G

Session Description: "Knowledge is power," but knowledge alone isn't enough. As health education has moved toward skills-based instruction, content can start to feel like the enemy. It isn't. The 2024 National Health Education Standards make this clear: Standard 1 no longer asks students to comprehend concepts, it asks them to use functional health information. Content is the material every other standard builds on. In this interactive session, two SHAPE America Teachers of the Year share strategies, ready-to-use lessons, and activities for teaching the seven skill standards through the content you already cover. You'll leave with "swap, not add" moves that turn content-heavy tasks into standards-based ones without adding to your workload. Because knowledge is power, but knowledge plus skills is real power.

Division/Interest Area 1: Health
Division/Interest Area 2: N/A
Age Group: Any/All Ages

BEYOND THE GYM: A PILOT OF COACH BEYOND FOR PHYSICAL EDUCATION TEACHERS

Presenter(s): ***Emily Nothnagle, The Ohio State University***
Samantha Bates, The Ohio State University
Kylee Ault-Baker, The Ohio State University
Dawn Anderson-Butcher, The Ohio State University

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Ballroom F

Session Description: Compared to teachers of other subjects, physical education teachers (PET) in public schools often have access to fewer professional development opportunities centered on positive youth development (Cardina & DeNysschen, 2018; Martin et al., 2008; Ward & van der Mars, 2020). As a result, PET often must fulfill their continuing education requirements with by attending unrelated sessions during professional development in-service days, which may limit their ability to effectively respond to contemporary challenges of mental health and prevention in the gym. To address this gap, Coach Beyond - an evidence-based, coach education program designed to equip coaches to utilize positive youth development and social-emotional learning practices in sport (Bates et al., 2023) - was adapted and piloted among a sample of PET in Central Ohio (N = 21). This session will include an experiential learning activity simulating the Coach Beyond "Building a Community of Support" training as well as the results from the intervention within physical education (PE) contexts. The effectiveness of the intervention was measured with retrospective pre-post survey data and interviews. Preliminary results from paired sample t-tests reveal significant differences across each of the key learning outcomes at the $p < .05$ level, demonstrating increased self-efficacy among PET. Similarly, both quantitative and qualitative data reveal overwhelming positive perceptions of the training, with 90.5% participants indicating they would recommend Coach Beyond to a colleague. Participants will leave this session with strategies for communicating needs and setting boundaries with others in the community. Additionally, participants will learn about how online Coach Beyond trainings may fit the criteria for school districts' professional development requirements. As such, there may be mechanisms for PET to get sport-specific training to leverage PE as a context for positive youth development.

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: N/A
Age Group: Any/All Ages

ARCHITECTURE FOR ATHLETE FUELING

Presenter(s): ***Michael Bewley, Critical Reload, LLC***

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Orange

Session Description: This session challenges the traditional "information model" of nutrition education and replaces it with an applied learning framework that helps educators move from lectures, reminders, and posters to visible systems that shape daily behavior. Using athlete fueling as the backdrop, participants will explore why nutrition failures are often system design flaws masquerading as discipline problems and how schools can create one simple, visible layer of accountability that makes fueling part of the environment rather than an occasional talking point. The session is built around the "Monday Install" model, which emphasizes choosing one practical behavior, making it visible, tracking it simply, reinforcing it publicly, and keeping the "why" immediate and relevant to students.
What makes this program unique is that it is not just a lecture. It uses an applied learning model that includes a Hydration Accountability System Worksheet, giving participants the opportunity to design a practical implementation plan for their own setting. Rather than leaving with ideas alone, attendees will work through how to build a hydration station, define the daily standard, clarify coaching language, assign ownership, and plan the first steps of implementation.
Participants will leave with a usable framework for turning vague commands like "hydrate" or "eat better" into measurable daily routines that improve awareness, consistency, recovery, and performance in a school environment.

Division/Interest Area 1: Health
Division/Interest Area 2: Physical Education
Age Group: 9 - 12

CHECKING IN ON "CHECKING IN"

Presenter(s): ***Eric Heminger, Mcvay Elementary/Walnut Springs Middle School/Westerville North High School***
Chelbe Heminger, Buckeye Valley Middle School/High School

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Ballroom A

Session Description: The mental health for our student-athletes is at our forefront. It is important, but how can we manage it? Our district mandates that we sit in on a presentation that requires us to check in on our athletes. What does that mean? How does that work? How can I help? This session will be a blend of what we have done to check in with our athletes as well as a sharing session for collegues. Our student-athletes deserve it.

Division/Interest Area 1: Coaching & Officiating
Division/Interest Area 2: Sport & Exercise Science
Age Group: 6 - 12

9 SQUARE IN THE AIR: GET MOVING, BUILD SKILLS, HAVE FUN!

Presenter(s): ***Janelle Segars, 9 Square in The Air***
Beth Ann Smith, 9 Square in The Air

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Kilimanjaro 2

Session Description: Join this engaging, hands-on session and discover how to play the popular 9 Square in the Air game, plus explore exciting variations to enhance your physical education program. 9 Square in the Air combines the fun of 4 square and volleyball, making it perfect for teaching hand-eye coordination, teamwork, good citizenship, and fair play. Step into a square, get active, and experience the energy and excitement of this favorite game that gets everyone moving and having fun together!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Recreation/ Therapeutic Recreation
Age Group: Any/All Ages

ACTIVE ACADEMICS: ENHANCING MATH, LITERACY, AND SOCIAL-EMOTIONAL LEARNING THROUGH SPORT AND PHYSICAL ACTIVITY

Presenter(s): ***Ashley Allanson, Ohio University***

Session Date/Time: Thursday, Dec. 3, 1:45 PM - 2:30 PM
Location: Ballroom B

Session Description: How can sport and physical activity create meaningful opportunities for academic learning and social-emotional development? This presentation introduces Active Academics, a community-based initiative that integrates mathematics, literacy, and social-emotional learning through intentionally designed sport and physical activity experiences. Drawing on an August summer camp for students in grades 3-5, the session explores how coaching pedagogy and interdisciplinary curriculum design can connect physical participation with academic engagement and whole-child development.
The camp combined sport skill instruction and practice with activities requiring students to apply mathematical reasoning, engage in literacy tasks, collaborate, and solve problems while moving. Social-emotional learning was embedded throughout, creating opportunities to practice teamwork, goal setting, self-awareness, emotional regulation, and perseverance. This integrated approach positioned sport as a purposeful learning environment where children could develop physical, academic, and interpersonal skills together.
Attendees will explore the camp's curriculum structure, examples of integrated activities, and practical lessons from implementation. The presentation will highlight strategies for designing inclusive experiences, adapting activities to different learning needs, and using questioning and reflection to strengthen connections among sport, academic content, and social-emotional skills.
Designed for physical educators, classroom teachers, administrators, and youth program leaders, this session will offer adaptable approaches for school and community settings. Participants will leave with practical ideas for using sport and physical activity to support engagement, belonging, and meaningful learning among elementary-aged children.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Recreation/ Therapeutic Recreation
Age Group: Adult

PAST PRESIDENT & LIFETIME MEMBER SOCIAL (INVITATION ONLY)

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Mangrove

Session Description: Past OAHPERD Presidents and Lifetime OAHPERD Members are invited to a reception of socializing and refreshments.

HAVING A BALL IN PE

Presenter(s): ***Elle Shumney, Orrville City Schools***

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Kilimanjaro 2

Session Description: Looking for creative ways to keep students active, engaged, and learning fundamental game concepts? Having a BALL in PE is an interactive session designed to provide physical educators with a variety of lead-up games using gatorskin balls, soccer balls, and basketballs. These activities are easy to implement, adaptable for multiple grade levels, and focused on maximizing participation and enjoyment.
Participants will experience cooperative games that build teamwork, communication, and problem-solving skills while also exploring simple strategies for introducing offensive and defensive concepts. The session will demonstrate how lead-up games can help students develop skills, confidence, and game awareness before progressing to more formal sport play.

Attendees will leave with practical activities they can immediately bring back to their gymnasium to increase engagement, reinforce movement skills, and help students truly have a "ball" while learning.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Physical Education
Age Group: Pre K - 5

TCHOUK IT OUT! A NEW SPIN ON SPORT EDUCATION

Presenter(s): ***Stephanie McMillen, Centerville High School***
Ashley Bergman, Centerville High School

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Kilimanjaro 4

Session Description: Ready to shake up your sport units with something fresh, fast-paced, and full of strategy? In this highly interactive session, you'll learn how to use sport education strategies to introduce Tchoukball in your curriculum, develop roles for all students, and keep every learner engaged-regardless of skill level. We'll dive into game rules, tactical progressions, and creative ways to build team identity and responsibility in your classroom. To cap it all off, you'll get the chance to step on the court and play! Come ready to move, collaborate, and leave with ideas you can use immediately in your program. Bring your sneakers, your energy, and your best game face-because it's time to tchouk it out!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Physical Education
Age Group: 6 - 12

GAME-CHANGING RECESS: SOCCER ACTIVITIES THAT ACTUALLY WORK

Presenter(s): ***Sean Brock, U.S. Soccer Foundation***

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Kilimanjaro 3

Session Description: Transform recess into a high-energy, structured experience using the U.S. Soccer Foundation's World's Game Recess Guide. This session shows how to organize engaging soccer-based activities that build teamwork, confidence, and connection for all students. Learn how to create activity zones, implement small-sided games, and empower student leaders to drive participation. Walk away with ready-to-use games, simple setups, and strategies to maximize movement and minimize downtime. Whether you have a field or a blacktop, you'll leave with practical tools to turn recess into a meaningful extension of your physical education program.

Division/Interest Area 1: Recreation/ Therapeutic Recreation
Division/Interest Area 2: Physical Education
Age Group: Pre K - 5

MAKING THE CALL TO TEACH SPORTS OFFICIATING IN YOUR SCHOOL

Presenter(s): ***Merrin Richardson, Twinsburg City School District***
David Pillar, RefReps

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Ballroom G

Session Description: Join almost two hundred schools around Ohio and over a thousand nationwide that are offering sports officiating as an elective physical education course or as a unit in classes like Team Sports or Advanced PE that you are already teaching. RefReps, the industry leader in web-based sports officiating education, offers your students an opportunity to see the game through the eyes of the officials. In addition to learning about the sport, how to adjudicate the rules, and how to properly demonstrate the positioning and mechanics of the

game officials, students will also learn empathy for officials and develop positive sportsmanship qualities in order to be a better and more informed fan of the game-whether they are playing, watching, or officiating themselves. As students complete any of our 16 sport course, all aligned with NFHS rules, students have a pathway to state licensure which allows them to:
Work local contests
Earn money
Support their local sports communities
Help games get played
Develop valuable employability skills
Maintain a healthy lifestyle after their own participation ends
*Students who complete the RefReps course and earn the OHSAA Officiating License get 4 IRC points

Division/Interest Area 1: Coaching & Officiating
Division/Interest Area 2: Physical Education
Age Group: 6 - 12

THE WELLNESS GENERATION: TRENDS, CHALLENGES, AND OPPORTUNITIES IN YOUTH FITNESS

Presenter(s): ***Kurt Wilson, Ohio Northern University***

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Ballroom B

Session Description: Today's youth are growing up in a world shaped by increased screen time, reduced physical activity, evolving social influences, and changing definitions of health and wellness. As educators, coaches, and school leaders seek to prepare students for lifelong success, understanding the current state of youth fitness and where it is heading has never been more important.
This session will explore emerging trends in youth strength development, movement competency, physical literacy, motivation, and overall wellness. Participants will examine current research highlighting both the opportunities and challenges facing today's students, including declines in physical activity, gaps in fundamental movement skills, and the growing importance of mental and emotional well-being. The presentation will also discuss how physical education programs can evolve to support a more holistic approach to student health while aligning with contemporary wellness standards.
Drawing from current literature, national youth fitness data, and observations from higher education and strength and conditioning programs, attendees will gain insight into the preparedness of incoming college students and the skills needed to thrive in the next decade. Practical strategies and program ideas will be shared to help educators increase student engagement, improve movement confidence, foster lifelong physical activity habits, and create meaningful wellness experiences for all learners.
Participants will leave with actionable tools, evidence-based recommendations, and a forward-looking perspective on how physical education can play a critical role in developing stronger, healthier, and more resilient students for the future.

Division/Interest Area 1: Higher Education
Division/Interest Area 2: Sport & Exercise Science
Age Group: Any/All Ages

PROVIDING PERSONALIZED EXPERIENCES IN PE

Presenter(s): ***Heather Barbour, Mount Vernon City School Districts/Twin Oak and Columbia Elementary Schools***

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Orange

Session Description: In this session, presented by Heather Barbour, 2025 Elementary Physical Education Teacher of the Year, you'll discover practical ways to create meaningful learning experiences that strengthen students' connection to physical education while helping them recognize and develop their unique strengths. Heather will

share how she incorporates the Sport Education model, team-building activities, and physical atmosphere/decor to foster a sense of belonging and ensure every student feels seen, valued, and important when they leave her gym.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: K - 12

DEVELOPING COMPETITORS THROUGH POSITIVE COACHING (PART 1)

Presenter(s): ***Jason Pratt, Positive Coaching Alliance***

Session Date/Time: Thursday, Dec. 3, 2:45 PM - 3:30 PM
Location: Ballroom A

Session Description: Youth sports can be a powerful setting for building connections, life skills, resilience, and a love of the game. Yet, too often coaches focus solely on results, leaving athletes feeling pressured, disengaged, or discouraged. This workshop supports coaches in building competitive environments where sport and life skill development drive performance and long-term athlete growth.
Coaches will explore strategies to intentionally shape team culture and support both competitive success and meaningful growth. Coaches will learn actionable ways to:

- Develop relationships that enhance trust, athlete engagement, and enjoyment
- Accelerate skill development by fostering effort-focused environments
- Support athletes' emotional well-being by strengthening connections with teammates
- Center team culture on respect and belonging for everyone involved - athletes, parents/caregivers, coaches, officials, and opponents.

Division/Interest Area 1: Coaching & Officiating
Division/Interest Area 2: Recreation/ Therapeutic Recreation
Age Group: Any/All Ages

ICE CREAM SOCIAL WITH EXHIBITORS

Session Date/Time: Thursday, Dec. 3, 3:35 PM - 3:55 PM
Location: Kilimanjaro 6

Session Description: Enjoy ice cream novelty treats while networking with our exhibitors and your education peers!

HEALTHY HABITS, HAPPY CLASSROOMS: MAKING HEALTH EDUCATION ENGAGING

Presenter(s): ***Christine Brinkman, Badin High School***

Session Date/Time: Thursday, Dec. 3, 4:00 PM - 4:45 PM
Location: Ballroom A

Session Description:
Looking for fun, hands-on ideas for your health curriculum? In this presentation, I'll showcase my favorite activities and strategies that truly engage my students, along with meaningful health content.

Division/Interest Area 1: Health
Division/Interest Area 2: N/A
Age Group: 6 - 12

SMARTER INCLUSION: HOW AI CAN SUPPORT ADAPTED PHYSICAL EDUCATION TEACHERS

Presenter(s): ***Carolyn Deas, Willowick Middle School***

Session Date/Time: Thursday, Dec. 3, 4:00 PM - 4:45 PM
Location: Ballroom B

Session Description: Adapted Physical Education (APE) teachers are tasked with meeting a wide range of student needs while balancing individualized instruction, IEP implementation, behavior supports, and ongoing assessment. This presentation explores how artificial intelligence (AI) can serve as a practical and time-saving tool to support APE teachers in creating more inclusive and effective learning environments. Rather than replacing teacher expertise, AI enhances the ability to quickly design, modify, and implement instruction tailored to diverse learners. Participants will be introduced to specific, real-world applications of AI across key areas of Adapted PE. These include generating differentiated lesson plans, modifying traditional activities for students with varying abilities, and aligning daily instruction with IEP goals. The session will also demonstrate how AI can assist in creating visual supports, behavior strategies, and engagement tools for students with disabilities such as autism and ADHD. Additionally, attendees will learn how to streamline assessment and data collection by generating rubrics, progress monitoring tools, and clear, professional reports.
At the end of the session, there will be an APE roundtable where teachers can share ideas and struggles and problem solve together.

Division/Interest Area 1: Adapted PE
Division/Interest Area 2: N/A
Age Group: Any/All Ages

CHARACTER OVER COMPETITION

Presenter(s): ***Olivia Jisa, Albert Einstein Academy***
Baylee DiCioccio, Ballard Brady Middle School

Session Date/Time: Thursday, Dec. 3, 4:00 PM - 4:45 PM
Location: Orange

Session Description: I want to present my unit, Character Over Competition, at the convention because it focuses on something I see every day in the gym students who know how to play, but don't always know how to act when they win, lose, or work with others.
This unit is built to teach sportsmanship in a real, honest way. Not just talking about it, but putting students in situations where their reactions actually matter. Whether it's handling a bad call, responding to a teammate's mistake, or winning without showing off, students are constantly practicing what good character looks like. The activities, like Scenario Stations, the Purposeful Losing Game, and the Sportsmanship Tournament, get kids thinking, reacting, and reflecting in ways that stick.
What I like most about this unit is how simple and realistic it is. You don't need a ton of equipment or time to make it work, and it can fit into almost any PE setting. It also changes what "winning" looks like. Students start to realize that how they treat people matters just as much as the final score if not more.
I want to share this because I think a lot of us are dealing with the same issues: poor sportsmanship, negative communication, and students struggling to manage emotions. This gives a clear, structured way to teach those skills on purpose.
At the end of the week, the goal isn't just better gameplay, it's better teammates, better attitudes, and more self-aware students. That's the kind of impact I want PE to have.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: 6 - 8

POP CULTURE PLAY! GAMES FROM MEDIA WE LOVE!

Presenter(s): ***Nicholas Howard, Strongsville City Schools***

Session Date/Time: Thursday, Dec. 3, 4:00 PM - 4:45 PM
Location: Kilimanjaro 4

Session Description: Gamification transforms learning by leveraging students' passion for pop culture-from superheroes and anime to trending shows and music. This program explores how educators can harness the motivational power of pop culture-based games to increase engagement, build community, and strengthen academic skills across subjects. Participants will discover how to design or adapt existing games featuring beloved characters and franchises, integrate them into lessons on literacy, history, science, and social-emotional learning, and use game mechanics like points, challenges, and storytelling to deepen student investment. The session covers selecting age-appropriate content, balancing fun with learning objectives, managing screen time, and fostering inclusive play where all students see themselves represented. Attendees will leave with practical examples, design templates, and strategies for creating pop culture games that captivate students while meeting curriculum standards. By meeting students where their interests already live, educators can transform reluctant learners into enthusiastic participants and create classrooms where learning feels like play.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5

TEAMWORK MAKES THE DREAM WORK

Presenter(s): ***Nate Cline, Lakota Elementary School***

Session Date/Time: Thursday, Dec. 3, 4:00 PM - 4:45 PM
Location: Kilimanjaro 3

Session Description: Cooperation and communication are skills that educators are constantly helping students improve. Students always tend to team up and work with their friends and the same students get left out. In this session, I will share my Teamwork Tournament with you, which is how my 3rd and 4th graders start the school year. From random group drawings, to all the activities involved, and the final award, I will show you how you can take this back to your school and implement it right away. Will you be the Ultimate Teammate?

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

BRINGING ORIENTEERING TO YOUR PE PROGRAM

Presenter(s): ***Barbara Bryant, Navigation Games***

Session Date/Time: Thursday, Dec. 3, 4:00 PM - 4:45 PM
Location: Kilimanjaro 2

Session Description: Orienteering is a physically active experience that develops map navigation skills. The ultimate goal is to navigate to checkpoints shown on a detailed map as quickly and accurately as possible, much like a scavenger hunt. Developed in collaboration with PE teachers, our orienteering-based curriculum empowers students to think critically, solve problems, and build confidence as they learn essential navigation skills. In this workshop, you will learn a progression of games that develop orienteering and spatial reasoning skills that tie in to Ohio's Learning Standards for Physical Education. We'll provide lesson plans for elementary, middle and high school PE, discuss what materials you need, and show you how to get an orienteering map made of your school or a nearby park.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Recreation/ Therapeutic Recreation
Age Group: Any/All Ages

EDUCATION DIRECTOR & NATIONAL LEAGUE COACH

Presenter(s): ***Diana Hildebrand, Bike Cleveland / League of American Bicyclist***

Session Date/Time: Thursday, Dec. 3, 4:00 PM - 4:45 PM
Location: Ballroom F

Session Description: Beyond the Gym: Transforming Physical Education Through Bicycle Education
Physical education has the unique opportunity to prepare students not only for lifelong fitness, but also for lifelong mobility, independence, and healthy living. This interactive session explores how bicycle education can become a powerful extension of the physical education classroom while supporting state standards, student engagement, safety, and interdisciplinary learning.
Participants will discover how cycling develops fundamental movement skills, physical literacy, cardiovascular fitness, balance, coordination, decision making, and confidence while creating meaningful connections to science, technology, engineering, arts, and mathematics (STEAM). Through real-world examples from successful school and community programs, attendees will learn how bicycle education can reinforce social-emotional learning, environmental stewardship, transportation safety, and healthy lifestyle habits.
This session will provide practical strategies for implementing bicycle education regardless of the resources available. Whether a school has a fleet of bicycles or no bicycles at all, educators will leave with adaptable lesson ideas, classroom activities, skill progressions, safety concepts, and partnership models that can be incorporated into existing physical education curricula. Participants will also explore opportunities to collaborate with local organizations, access community resources, and develop sustainable bicycle education initiatives that extend learning beyond school walls.
Attendees will leave with ready-to-use ideas, implementation strategies, and a renewed perspective on how bicycle education can engage students of all abilities while preparing them with lifelong skills that promote health, confidence, independence, and active transportation. Together, we will reimagine physical education as a bridge between classroom learning and the communities our students navigate every day.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Health
Age Group: Any/All Ages

OAHPERD DIVISION MEETINGS

Session Date/Time: Thursday, Dec. 3, 5:00 PM - 5:45 PM
Location: Mangrove

Session Description: We invite all convention attendees to participate in their Division Meetings! This is your opportunity to connect with fellow members and peers within your division, engage in meaningful discussions, and stay up-to-date with the latest happenings in your field.

CONVENTION SOCIAL: GAME ON!

Session Date/Time: Thursday, Dec. 3, 8:00 PM - 11:00 PM
Location: Zambezi

Session Description: All convention guests are invited to the GAME ON Convention Social in the Zambezi Ballroom Thursday night! Come and enjoy a cash bar & light refreshments: Sip on your favorite drinks and indulge in delicious snacks throughout the evening. Whether you're looking to network, dance, or test your luck at the casino, there's something for everyone! Don't miss out on this exciting event. We can't wait to see you there!

FRIDAY, DECEMBER 4

CONTINENTAL BREAKFAST

Session Date/Time: Friday, Dec. 4, 7:30 AM – 9:15 AM
Location: Kilimanjaro 5

EXHIBIT HALL OPEN

Session Date/Time: Friday, Dec. 4, 7:30 AM - 12:00 PM
Location: Kilimanjaro 1 & 6

Session Description: Join us in the exhibit hall to explore the latest resources and innovations in our field! Discover interactive displays, engage with industry leaders, and participate in hands-on demonstrations that will enhance your teaching practice. Don't miss this opportunity to connect with fellow educators and find inspiration to bring back to your classrooms.

REGISTRATION OPEN

Session Date/Time: Friday, Dec. 4, 7:30 AM - 12:00 PM
Location: Registration Booth 9

FROM GYM CLASS TO GAME CHANGERS - HOW PE TEACHERS CAN LEAD A SCHOOL-WIDE HYPE SQUAD

Presenter(s): ***Carolyn Deas, Willowick Middle School***
Kelsey Leanza, Willowick Middle School

Session Date/Time: Friday, Dec. 4, 8:35 AM - 8:55 AM
Location: Ballroom A

Session Description: Physical Education teachers are uniquely positioned to shape school culture beyond the gymnasium. This session explores how PE teachers can create and lead a "Hype Squad" that celebrates not only athletics, but the entire school community-academics, arts, and everyday student achievements. With their natural visibility, energy, and relationships across grade levels, PE teachers are ideal leaders for fostering school spirit and inclusion.
Attendees will learn how to design and implement a Hype Squad program that is student-driven, inclusive, and sustainable. The presentation will outline practical strategies for recruiting diverse student leaders, organizing events, and creating consistent recognition systems that highlight positive behaviors and accomplishments. Examples include themed spirit days, recognition shoutouts, collaborative assemblies, and social media campaigns that build excitement and connection.
This session will also address how a Hype Squad can directly impact school climate by improving student engagement, strengthening peer relationships, and promoting a sense of belonging. Special attention will be given to ensuring that all students-not just athletes-feel seen and celebrated.
Participants will leave with a clear action plan, adaptable templates, and creative ideas to immediately begin building a positive culture in their schools. Whether in a small middle school or a large high school, PE teachers can leverage their unique role to energize their buildings and lead a movement that shifts school culture in meaningful, lasting ways.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: 6 - 8

BUILDING PHYSICAL LITERACY THROUGH SOFTBALL: LEARNING TASKS AND INSTRUCTIONAL STRATEGIES

Presenter(s): ***Hyun-Ju Oh, Ohio University***
Jake Sommerville, Oho University
Sophie Miller, Ohio University
Carter Giacomelli, Ohio University

Session Date/Time: Friday, Dec. 4, 8:35 AM - 8:55 AM
Location: Kilimanjaro 2

Session Description: This presentation offers adaptable, inclusive activities in softball fielding and baserunning for elementary physical education. The session demonstrates how to structure lessons that progress from introductory to advanced tasks, supporting physical literacy, skill development, and sportsmanship. Activities are designed to engage diverse learners and promote physical activity in and outside the classroom. All activities align with the 2024 National Standards for Physical Education (SHAPE America, 2024). After the session, participants will

be able to design effective lessons, choose instructional formats that maximize student learning, and apply assessment strategies to meet individual needs.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: K - 12

OPTIMIZING THE ESPORTS STUDENT-ATHLETE: THE LINK BETWEEN PHYSICAL ACTIVITY & MENTAL TOUGHNESS (PILOT STUDY)

Presenter(s): ***John Roncone, STEAMM Academy @ Hartford Middle School***

Session Date/Time: Friday, Dec. 4, 8:35 AM - 8:55 AM
Location: Ballroom H

Session Description: According to the Centers of Disease Control and Prevention (CDC, 2025), and the American Heart Association (AHA) (2025), adolescents should engage in at least 60 minutes of physical activity daily. Approximately 1 in 5 U.S. children and adolescents have obesity (CDC, 2025). For the past decade, more research has been conducted to investigate how physical activity levels may be associated with the mental toughness of esports student-athletes. Therefore, the purpose of this study was to analyze the engagement of physical activity and perceived mental toughness among middle school esports student-athletes. Eleven esports student-athletes participated in this pilot study (N = 11). Participants completed three separate questionnaires, including the Physical Activity Questionnaire for Adolescents (PAQ-A), the Sports Mental Toughness Questionnaire (SMTQ), and a demographic questionnaire. Results from the SMTQ revealed esports student-athletes scored an average of 39.18 (range = 14-56; SD = 4.21), indicating a moderate to good level of mental toughness and that the esports athletes handle pressure well. Also, results revealed that esports athletes are able to overcome challenges, and maintain focus, confidence and control under pressure. In addition, the Final PAQ-A Activity Summary Score was 2.47, indicating that participants engaged in moderate/adequate physical activity (a score of 1 indicates low physical activity, and a score of 5 indicates high physical activity). Implications for practice include the importance of esports coaches implementing physical activity into the training program of middle school esports student-athletes as well as having school personnel (guidance counselors, administration) enrolling esports student-athletes in physical education classes during their middle school years (e.g. Grades 7 & 8).

Division/Interest Area 1: Health
Division/Interest Area 2: Physical Education
Age Group: Any/All Ages

HEALTH.MOVES.MINDS. 2026-2027: THE KINDNESS CODE

Presenter(s): ***Sasha Taylor, Bell Creek Intermediate School***

Session Date/Time: Friday, Dec. 4, 8:35 AM - 8:55 AM
Location: Ballroom G

Session Description: Come learn about Shape America's health.moves.minds. program for 2026-2027, the new theme- The Kindness Code, and how this easy fundraiser gives your PE Program and School over 50% of the money raised to do with how you choose. This speed session will explain the program in a nutshell and show you how to access all the info you need to hold a successful event in your future.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Higher Education
Age Group: K - 12

AFFECTIVE PHYSICAL EDUCATION RUBRICS THAT WORK!

Presenter(s): ***Anita Gabel, Norton City Schools***

Session Date/Time: Friday, Dec. 4, 8:35 AM - 8:55 AM

Location: Ballroom B

Session Description:
This presentation demonstrates how to design and implement physical education rubrics aligned with Ohio's Learning Standards. Attendees will learn to create valid, skill- and knowledge-based rubrics that satisfy state reporting requirements while promoting lifelong physical literacy and assessing authentic movement competencies across grade bands. Crucially, this session highlights how rubrics establish validity and reliability in K-12 PE grading, shifting evaluation away from subjective factors like dressing out or participation and toward measurable learning outcomes.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Adapted PE
Age Group: K - 12

SOCIAL AND EMOTIONAL WELLBEING THROUGH PHYSICAL EDUCATION

Presenter(s): ***Leonard Spacek, Aurora City Schools***

Session Date/Time: Friday, Dec. 4, 8:35 AM - 8:55 AM
Location: Ballroom F

Session Description: This presentation will include a two-semester syllabus that incorporates social and emotional well being into the PE curriculum. It will address topics such as how to handle adversity, how to self regulate, and how to be a good teammate in the PE setting. I will also discuss how these skills transfer into the academic classroom and ultimately become lifelong tools.

Division/Interest Area 1: Recreation/ Therapeutic Recreation
Division/Interest Area 2: N/A
Age Group: Pre K - 5

PACER TEST WITH VISUAL

Presenter(s): ***Kevin Vidourek, Lakota Local Schools***
Anna Wagner, Lakota Local Schools

Session Date/Time: Friday, Dec. 4, 8:35 AM - 8:55 AM
Location: Kilimanjaro 3

Session Description: Participants will partake in running the 15 meter Pacer Test. The audio for the test will be the same but there will be a visual of numbers displaying what number of lap they will be on. I don't believe there is a website that displays the numbers on the screen for students who have an issue with hearing impairment.

Division/Interest Area 1: Adapted PE
Division/Interest Area 2: Physical Education
Age Group: K - 12

COACHING WITH EMPATHY

Presenter(s): ***Jason Pratt, Positive Coaching Alliance***

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Ballroom F

Session Description: When stress from school, home, social pressures, or life experiences builds up, it can make it harder for kids to concentrate, learn, and perform. Empathy is a powerful tool we can use to recognize these behavior shifts as signals of overload, allowing them to help kids build resilience and develop their skills.
This interactive session gives coaches/adults the tools and practical frameworks to build high-trust environments:

- An understanding of why a healthy relationship with a coach is the primary driver for a child's ability to heal, learn, and perform.

- The tools to ensure every child feels safe, valued, and a sense of belonging.
- The ability to identify how past experiences might affect expectations and how adults show up for the kids.
- The opportunity to apply and practice the PACT framework with real coaching scenarios

Division/Interest Area 1: Coaching & Officiating
Division/Interest Area 2: Physical Education
Age Group: Any/All Ages

BUILT TO LAST: TIMELESS PE ACTIVITIES AND LESSONS LEARNED

Presenter(s): ***Mark Housel, Monmounth University***

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Kilimanjaro 3

Session Description: Trends come and go, but great ideas last. Discover activities, instructional strategies, and lessons learned from three decades of physical education. This interactive session combines practical activities with the teaching principles that make them unforgettable.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

BUILDING LIFELONG FITNESS HABITS

Presenter(s): ***Caitie McCray, QuaverEd***

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Kilimanjaro 2

Session Description: Walk away with practical, plug-and-play activities that get students moving, collaborating, and thinking about their own wellness. Designed for PE teachers ready to go beyond exercise, this session gives you the tools to build a classroom culture where healthy habits and lifelong fitness truly stick.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5

ABC'S OF AUTISM IN PE

Presenter(s): ***Nick Howard, Strongsville City Schools***

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Orange

Session Description: Physical Education for students with autism requires intentional design and understanding of how autism affects sensory processing, motor skills, social interaction, and communication. This program equips educators with evidence-based strategies to create inclusive PE environments where all students thrive. Participants will learn practical modifications including sensory-responsive classroom adjustments, visual communication supports, adapted motor skill instruction, and behavior-positive approaches. Through real-world scenarios and actionable tools, attendees will discover how to design inclusive lessons that build physical literacy, foster peer connections, and help students with autism experience success and confidence in movement. Whether you're a Adaptive PE or not, you'll gain strategies to ensure students with autism feel safe, understood, and celebrated in your PE program.

Division/Interest Area 1: Adapted PE
Division/Interest Area 2: Physical Education
Age Group: Any/All Ages

DONORSCHOOSE

Presenter(s): ***Sean Emmett, Cincinnati Public Schools***

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Ballroom G

Session Description: With budget cuts and limited funding, teachers are expected to pay out of pocket for many supplies. Donorschoose is a free, yes FREE, website to sign up for, register and get new supplies free to you by donors who love education. You present a project idea or list of needs. Donors log in and donate money to your cause. If fully funded, you get your list of brand new products delivered to your school and it didn't cost you a penny. Best thing, you never touched a dollar.

Division/Interest Area 1: Adult Development & Learning
Dance
Health
Higher Education
Physical Education
Recreation/ Therapeutic Recreation
Sport & Exercise Science
Student
Adapted PE
Coaching & Officiating
Division/Interest Area 2: Physical Education
Age Group: K - 12

GAMES THAT WORK

Presenter(s): ***Derek Frye, Canton City Schools***
Katie Welch, Canton City Schools

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Kilimanjaro 4

Session Description: Games That Work: Activities Your Students Will Ask to Play Again
Looking for new activities that are engaging, easy to implement, and guaranteed to get students moving? Join us for a fast-paced, hands-on session featuring some of the most successful games used in our PE programs. Participants will experience a variety of high-energy activities that promote teamwork, skill development, sportsmanship, and maximum participation. From creative twists on traditional games to unique activities that keep students engaged from start to finish, these are the games our students consistently ask to play again and again.
Featured activities may include Hula Hoop Basketball, Ultimate Kickball, Rock-Paper-Scissors Evolution, tag games, and other favorites that can be adapted for a variety of grade levels, class sizes, and teaching spaces. Attendees will leave with practical ideas, modifications, and strategies they can immediately implement in their own programs.
In addition to playing and discussing the games, participants will learn about Canton City Schools' annual "Games That Work" professional development event, where educators come together to share successful lessons, activities, and best practices through hands-on learning and collaboration.
Come ready to move, compete, laugh, and discover games that truly work!
Thoughts for the proposal?

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: K - 12

ROOTED TO RISE: BUILDING TEACHER SUSTAINABILITY THROUGH RESILIENCE, PURPOSE, AND COMMUNITY

Presenter(s): ***Doug Ellison, Kent State University***

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Ballroom H

Session Description: Teaching is one of the most meaningful and demanding professions. Yet teachers are rarely given structured opportunities to reflect on what sustains them, reconnect with their sense of purpose, or build relationships with colleagues who truly understand the weight and joy of the work.
This interactive 45-minute session draws on my research in teacher sustainability (psychological flexibility, resilience, and sense of purpose) to create a space where participants do more than listen; they reflect, share, and connect. A brief, research-grounded presentation will anchor the session, but the heart of the experience lies in guided self-reflection activities and open conversation. Participants will explore what drains and replenishes their energy, examine the values that drew them to teaching, and practice accessible strategies for navigating the inevitable challenges of life in and out of the classroom.
Equally important, this session is designed with what comes after the convention in mind. Teaching can be isolating, and the insights gained at a single workshop often fade without ongoing support. Participants will have the opportunity to form a voluntary peer community a network of educators committed to sustaining one another through shared experience, accountability, and encouragement long after the convention ends.
Whether you are a veteran teacher feeling the weight of burnout or an educator simply looking to reconnect with your "why," this session offers practical tools, honest dialogue, and the beginning of something lasting.
Participants will leave with:
- Research-based strategies for building teacher sustainability
- A completed personal reflection worksheet to revisit throughout the year
- Connection to a peer support community of like-minded educators

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: Student
Age Group: Any/All Ages

AI, WE NEED TO TALK. KEEPING YOUR VOICE WHILE USING IT WELL

Presenter(s): ***Matt Hagedorn, Tallmadge High School***

Session Date/Time: Friday, Dec. 4, 9:00 AM - 9:45 AM
Location: Ballroom A

Session Description: The mood around AI has shifted. Commencement speakers get booed for mentioning it, students shut down the moment they sense a worksheet was machine-made, and "did a person even make this" has become a reflex. Those reactions are not wrong. There are real concerns about creativity, integrity, and what gets lost when we hand our thinking to a tool. This session starts there, honestly. Then it turns. The danger was never the technology. It is using it without intention, before you know what you think. That is when your voice fades, and your voice is the one thing only you bring to your classroom. We will look at the difference between AI as an answer machine and AI as a coach, why the same brain science used to argue for banning it actually argues for using it on purpose, and how to set up tools that push your thinking further instead of replacing it. You will leave with practical strategies, real classroom examples, and one simple test you can apply to any AI use: does this make me think more, or think less?

Division/Interest Area 1: Health
Division/Interest Area 2: Physical Education
Age Group: Any/All Ages

GROW THE GAME - MORE THAN LIFTING - BUILDING PEOPLE, CULTURE, AND PROGRAMS

Presenter(s): ***Logan Neff, Indian Hill High School***

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Ballroom H

Session Description: This presentation explores what it truly means to "Grow The Game" in high school strength and conditioning by going beyond sets and reps to focus on developing people, building culture, and creating sustainable programs. Attendees will learn how to establish an environment where standards drive behavior, relationships fuel development, and athletes take ownership of their experience.
Drawing from practical experience, this session will highlight how to align training with a bigger purpose using strength and conditioning as a vehicle to teach discipline, accountability, and resilience. Key topics include building trust with athletes and sport coaches, creating clear and consistent systems, and developing leadership within the weight room that carries over to sport and life.
Coaches will also gain insight into balancing structure with adaptability, ensuring their program fits their environment rather than forcing a one-size-fits-all model. Strategies for increasing buy-in, improving communication, and maintaining high standards without overcomplicating the process will be emphasized.
Ultimately, this presentation challenges coaches to think beyond physical performance and view their role as an opportunity to impact lives. By prioritizing people, cultivating a strong culture, and implementing intentional systems, coaches can build programs that not only develop better athletes, but better individuals.

Division/Interest Area 1: Sport & Exercise Science
Division/Interest Area 2: N/A
Age Group: 9 - 12

CHAIR CHI: SEATED TAI CHI FOR THE MOVEMENT IMPAIRED POPULATIONS

Presenter(s): ***Pat Griffith, Pat Griffith Chair Chi***

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Kilimanjaro 2

Session Description: Chair Chi is a gentle exercise program developed by Pat Griffith to help people receive the benefits of traditional Tai Chi Chuan in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance, to participate.

Division/Interest Area 1: Sport & Exercise Science
Division/Interest Area 2: Health
Age Group: Adult

GROOVE AND IMPROVE: DANCE & FITNESS TOOLS FOR TEACHERS

Presenter(s): ***Stephanie McMillen, Centerville High School***
Ashley Bergman, Centerville High School

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Orange

Session Description: Get ready to move, groove, and improve your classroom energy! This high-energy, interactive dance session is designed especially for teachers looking to bring fresh, fun, and effective dance & fitness techniques-like Zumba, cardio exercises, and resistance training-into their lessons.
Whether you're a seasoned mover or a curious beginner, you'll learn new ways to engage your students, boost their confidence, and get them (and you!) smiling through movement. We'll break down easy-to-teach choreography, color coding songs for movement, explore creative ways to adapt routines for different ages and abilities, and most importantly-have a blast doing it.
Bring your water bottle, wear your comfy shoes, and get ready to dance/exercise like no one's watching... but everyone's learning!

Division/Interest Area 1: Dance
Division/Interest Area 2: Dance
Age Group: 6 - 12

HOT TOPICS IN HEALTH EDUCATION

Presenter(s): ***Allen McCaskill, Goodheart-Willcox Publisher***
Melanie Lynch, SHAPE TOY / AUTHOR: Goodheart-Willcox Publisher

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Ballroom B

Session Description: Join this session to discuss current, buzzworthy topics in Health Ed! Goodheart-Willcox Publisher's content update materials will be spotlighted. These lessons are included free with adoptions of G-W Health curriculum and are regularly released throughout the year. Recent topics covered include Health Risks of Energy Drinks, Impact of Oral Nicotine Pouches, Trends of Vaping Behaviors, Fentanyl and Opioid Epidemic, Coping with Loneliness, FOMO (Fear of Missing Out) and Health Misinformation.

Division/Interest Area 1: Health
Division/Interest Area 2: N/A
Age Group: 6 - 12

OMNIKIN: FAST & FURIOUS

Presenter(s): ***Sue Zeanah, Omnikin***

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Kilimanjaro 4

Session Description: Ready to ramp up the energy in your PE program? Experience Omnikin's Fast & Furious, a high-intensity session featuring quick-paced games that develop teamwork, agility, and cardiovascular endurance using Omnikin's oversized, lightweight balls. Participants will rotate through a series of creative, inclusive activities that can be easily adapted for any age or ability level. Leave with practical strategies to ignite student engagement, foster cooperation, and bring the fun back to fitness!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

SPECIAL OLYMPICS/UNIFIED SPORTS CLASS

Presenter(s): ***Travis Crabtree, Perkins Local Schools***
Lindsay Bookshar, Perkins Local Schools

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Ballroom F

Session Description:
Perkins Local Schools Unified Sports Program
Unified sports class at Perkins High School that can be used in grades K-12.
Sports: Football, Basketball, Track and Field, Kickball, Bowling, and Soccer
Our class not only focuses on practice and team building but also it emphasizes perspectives. It allows for students with and without disabilities to learn about different disabilities and how to work together both in and out of the classroom.
Unified Sports is an inclusive program developed by the Special Olympics that brings together individuals with and without intellectual disabilities to practice, compete, and succeed as one team. The purpose of implementing a Unified Sports program is to create an environment where all participants are valued for their abilities while promoting friendship, teamwork, and respect.
The program is built on several key principles that ensure every participant has a meaningful experience. Teams are formed with equal numbers of athletes, who have intellectual or developmental disabilities, and Unified Partners, who do not. Players are grouped by similar ages and ability levels. This player development model encourages skill improvement, confidence, and leadership among all team members.
Unified Sports also emphasizes equal status by ensuring teammates compete alongside one another as equals. Every participant has a meaningful role on the team, receives significant playing time, and has the opportunity to contribute safely during games.

Participants develop lasting friendships, increase self-esteem, improve teamwork and communication skills, and gain a greater appreciation for diversity and inclusion. By focusing on abilities rather than disabilities, the program creates a welcoming environment where everyone belongs.
Implementing a Unified Sports program will strengthen your school community by promoting inclusion, respect, and equal opportunities for all students through the positive experience of sports,

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Physical Education
Age Group: K - 12

IF YOU BUILD IT, THEY WILL PLAY!

Presenter(s): ***Nate Cline, Lakota Local Schools***
Brad Kerns, Springfield Local Schools
Lauren Wilson, Twinsburg City Schools

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Kilimanjaro 3

Session Description: This isn't heaven, or Iowa for that matter, but building your own equipment will allow you and your students to see PE games like never before. Join us in learning how to build a variety of equipment that you can use multiple ways to increase the learning for your students while saving and stretching your budget. From recycled materials to low budget builds we will each share our creative sides, and materials lists to help you make dreams come true in our favorite field! Attendees will leave with their own Phys.Ed. DIY Toolkit to build their own fun for their students!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5

I'M TEACHING ADAPTED HEALTH?! - PLEASE HELP!

Presenter(s): ***Bethany Archer, Van Buren Local Schools***

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Ballroom A

Session Description: We've all heard of Adapted PE, but what in the world is Adapted Health? This session will provide you with creative ideas to modify the Health curriculum you already teach and you will leave with lesson plan ideas you can use the very next day in your classroom.

Division/Interest Area 1: Health
Division/Interest Area 2: N/A
Age Group: 6 - 12

DEVELOPING COMPETITORS THROUGH POSITIVE COACHING (PART 2)

Presenter(s): ***Jason Pratt, Positive Coaching Alliance***

Session Date/Time: Friday, Dec. 4, 10:00 AM - 10:45 AM
Location: Ballroom G

Session Description: Youth sports can be a powerful setting for building connections, life skills, resilience, and a love of the game. Yet, too often coaches focus solely on results, leaving athletes feeling pressured, disengaged, or discouraged. This workshop supports coaches in building competitive environments where sport and life skill development drive performance and long-term athlete growth.
Coaches will explore strategies to intentionally shape team culture and support both competitive success and meaningful growth. Coaches will learn actionable ways to:

- Develop relationships that enhance trust, athlete engagement, and enjoyment

- Accelerate skill development by fostering effort-focused environments
- Support athletes' emotional well-being by strengthening connections with teammates
- Center team culture on respect and belonging for everyone involved - athletes, parents/
- caregivers, coaches, officials, and opponents.

Division/Interest Area 1: Coaching & Officiating
Division/Interest Area 2: Recreation/ Therapeutic Recreation
Age Group: Any/All Ages

STRS OHIO: KEEPING CURRENT

Presenter(s): ***Tamla D. Cole, Assistant Director, Member Engagement and Outreach for STRS***

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Ballroom B

Session Description: STRS Ohio: Your Journey Matters
As you move through your career journey, there are practical steps you can take to prepare for what's ahead. During this session an STRS Ohio representative will discuss eligibility, payment options, and health care so you can feel confident about your financial future.

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: Physical Education
Age Group: Adult

SPLASH OF EMOTION

Presenter(s): ***Aaron Merz, Akron Public Schools***
Jill Holcomb, Akron Public Schools

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Ballroom G

Session Description: Splash of emotion is a mental/emotional health unit for my 7th graders. The unit discussed emotions and how to express them using art. Students were given an 8x11 canvas. They were to construct a piece of art that represents the emotions they picked. It was a form of abstract expressionism.

Division/Interest Area 1: Health
Division/Interest Area 2: N/A
Age Group: 6 - 8

SMALL CHANGES, BIG SUCCESS: PRACTICAL TIPS & TRICKS FOR ADAPTED PHYSICAL EDUCATION (APE)

Presenter(s): ***Jenna Micale, South-Western City Schools***

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Ballroom F

Session Description: Looking for new ideas that you can use in your adapted physical education classes right away? This session will highlight favorite equipment, practical activity modifications, disability specific adaptations, and simple organization strategies that help students of all abilities succeed in a PE setting.
Participants will learn how small changes to equipment, rules, space, and instruction can increase participation, independence, and student success. We will explore versatile, budget-friendly equipment that can be used across a variety of skill levels and activities. In addition, attendees will gain classroom management and organization tips that support smooth transitions, maximize active learning time, and create a structured, positive environment for students receiving special education services.

Whether you are a new or experienced educator, you will leave with practical ideas, resources, and ready-to-use strategies that can be implemented immediately to create engaging, inclusive, and successful physical education experiences for every student!

Division/Interest Area 1: Adapted PE
Division/Interest Area 2: Physical Education
Age Group: Any/All Ages

GAME CHANGER: WHAT EVERY COACH, PE TEACHER, AND ATHLETIC ADMINISTRATOR MUST KNOW ABOUT OHIO NIL RULES

Presenter(s): ***Lisa Longino, Garfield Heights City School District/ Maple Leaf***
Delbert Longino II, Morehouse College Graduate/ Masters of Law Graduate

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Orange

Session Description: The rapid growth of Name, Image, and Likeness (NIL) opportunities has transformed high school athletics, creating exciting possibilities while introducing new legal, ethical, and educational responsibilities. This interactive session equips physical educators, coaches, athletic administrators, counselors, and school leaders with a practical understanding of current Ohio High School Athletic Association (OHSAA) NIL bylaws, Ohio law, and national trends affecting student-athletes.
Participants will explore what students may and may not do under current OHSAA regulations, how NIL differs from recruiting and pay-for-play, and how eligibility can be affected by improper agreements or third-party involvement. Through real-world scenarios, audience polling, case studies, and collaborative discussion, attendees will learn to identify compliance issues before they become eligibility violations.
The session also addresses financial literacy, social media responsibility, branding, contracts, taxes, NCAA transitions, and the critical role schools play in educating families about informed decision-making. Participants will receive practical tools, classroom resources, compliance checklists, parent communication templates, and links to trusted OHSAA and national NIL resources.
By the conclusion of this workshop, attendees will confidently explain Ohio NIL rules, recognize common compliance risks, and develop school-based strategies that protect eligibility while supporting student success on and off the field. This session is ideal for professionals seeking current, practical guidance in today's rapidly evolving interscholastic athletics landscape.

Division/Interest Area 1: Coaching & Officiating
Division/Interest Area 2: Physical Education
Age Group: 6 - 12

STEP RIGHT UP: HOW A CARNIVAL THROWING LESSON BECOMES SO MUCH MORE

Presenter(s): ***Emily Weir, Strongsville City Schools***

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Kilimanjaro 2

Session Description: Imagine walking into a gym transformed into a buzzing carnival where students aren't just practicing throwing-they're making choices, solving problems, managing resources, and helping shape the experience around them. What looks like a playful PE lesson quickly opens into something richer: a full learning ecosystem where movement, math, SEL, and shared responsibility all show up in meaningful ways, while the lesson structure also creates natural opportunities for real-time observation, authentic assessment, and meaningful feedback as students learn.
Join Emily Weir, 2025 OAHPERD Young Professional of the Year, and Strongsville City School Elementary PE teachers, for a session that invites educators to rethink what a lesson on something like throwing can become. This presentation spotlights the power of intentional design to spark engagement, deepen learning experiences, and uncover layers of learning hiding in plain sight.
Attendees will leave inspired to create highly engaging student experiences. Step right up and discover what your students might really be learning when the game begins!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5

ACTIVITIES FOR ALL

Presenter(s): ***Carli Alfriend, Dublin City Schools***
Jenny Oakes, Southwestern City Schools

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Kilimanjaro 4

Session Description: Activities for All is an interactive session focused on creating engaging, inclusive physical education experiences. Participants will explore team building activities, the Sport Education Model, and practical lesson ideas that increase student engagement, collaboration, and participation. Attendees will leave with ready to use strategies that can be implemented immediately in any PE setting.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Any/All Ages

TEACHING HIGH SCHOOL VIRTUAL H/PE

Presenter(s): ***Ginger Frye, Olentangy Orange High School***

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Ballroom H

Session Description: Teaching online Health and PE is different from other subjects taught in an online format. We will discuss tips and strategies on organization, grading, communication, and how to implement fitness testing, CPR, and exams. I will share student work, assignments, assessments, and activity logs from live classes. There will be dedicated time for questions to address your current needs to be successful teaching H/PE online.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Health
Age Group: 9 - 12

A TO Z IN PE

Presenter(s): ***Sidney Long, North Canton City Schools***

Session Date/Time: Friday, Dec. 4, 11:00 AM - 11:45 AM
Location: Kilimanjaro 3

Session Description: This session will introduce a variety of engaging K-5 physical education games organized from A to Z. Participants will leave with easy-to-implement activities that develop fundamental movement skills, encourage teamwork, and keep young students motivated through the final days of school. Games require minimal equipment and can be adapted for different ages, abilities, and class sizes.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5

SESSION 2: STRS OHIO: KEEPING CURRENT

Presenter(s): ***Tamla D. Cole, Assistant Director, Member Engagement and Outreach for STRS***

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Ballroom B

Session Description: Session 2
STRS Ohio: Keeping Current
Join us for a brief STRS Ohio update, followed by an interactive question-and-answer discussion.

Division/Interest Area 1: Adult Development & Learning
Division/Interest Area 2: Higher Education
Age Group: Adult

SOCCER STARTS IN PE: BUILD SKILLS THROUGH THE WORLD'S GAME

Presenter(s): ***Sean Brock, U.S. Soccer Foundation***

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Kilimanjaro 2

Session Description: Bring the energy of the world's game into your PE program with Soccer for Success in School- a K-12 standards-aligned curriculum designed to help teachers deliver high-quality, engaging soccer experiences for all students. This training provides ready-to-use lessons, skill progressions, and classroom management strategies that build confidence, teamwork, and fundamental movement skills across grade levels. Walk away with practical tools, adaptable activities, and a clear pathway to confidently teach soccer while creating inviting, high engagement experiences your students will love.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: K - 12

HOBBY HORSING USA – LOCOMOTOR MOVEMENTS/DANCE/AEROBICS/FITNESS/FUN!

Presenter(s): ***David Fisher, Hobby Horsing USA***

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Kilimanjaro 4

Session Description:
Title: Hobby Horsing USA - Locomotor Movements/Dance/Aerobics/Fitness/Fun!
Brief Program Description: "The best conference session I've seen in my entire career" -PE Teacher of the Year
Saddle up for one of the most creative/high-energy sessions. Original music, videos, dances, games, and ready-to-use lesson ideas, participants will experience how Hobby Horsing transforms locomotor movements and aerobic dance.

Join THE ROPE WARRIOR (Guinness World RTecord Holder in Rope Jumping) for a DEEP dive into locomotor movements, trick roping (jump rope) and learn new dances like, "The Hobby Horse Slide" and "Let's Horse Around"
This Physical Education unit is designed to get everyone participating and everyone constantly moving.
"I don't know how you got the fifth graders to buy into this - they're dancing and they don't even realize it!"
Astonished P.E. Teacher

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Dance
Age Group: Pre K - 5

BRINGING PE TO LIFE: THE POWER OF THEMES IN ELEMENTARY PHYSICAL EDUCATION

Presenter(s): ***Kara Hicks, Kettering City Schools***

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Ballroom A

Session Description: Discover how to use imaginative themes to boost engagement, simplify behavior management, and naturally teach fundamental movement skills to elementary students. Turn exercise into play, teach PE and STEAM skills, and make your gym a fun, safe, learning experience for all. Attendees will receive ready-to-use game examples and resources.

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5

WHAT'S NEW FOR SEX ED? ADOLESCENT SEXUAL HEALTH TRENDS, MEDICAL UPDATES, AND TEACHING STRATEGIES

Presenter(s): ***Letitia Van Horn, Nationwide Children's Hospital***
Lauren McHenry, Nationwide Children's Hospital
Jalyssa Stanford, Nationwide Children's Hospital

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Ballroom H

Session Description: What should educators know about today's adolescent sexual health landscape? Join us for an update on trends, advances in contraception and STI care, and strategies for delivering medically accurate instruction that supports student health and well-being.
Educators play a critical role in helping young people develop the knowledge and skills needed to make informed decisions about their health. Students who receive current, accurate information are better equipped to engage in meaningful conversations with caregivers and health care providers and reduce their risk for unplanned parenthood and sexually transmitted infections. Empowering youth with information that supports healthy decision-making helps them reach their future goals.
This session will provide data and updates relevant to the OAHPERD Health Education Model Curriculum and requirements outlined in Ohio Revised Code 3313.60(A)(5). Adolescent sexual health trends, updates in reproductive health care, and developments in STI prevention and treatment will be discussed and activities will explore how these developments can inform classroom instruction. Presenters will also share strategies for integrating sexual health information into engaging, age-appropriate learning experiences that promote student understanding and effectively respond to student questions.
Content is informed by both classroom and clinical expertise. The lead presenter is a trained health educator at Nationwide Children's Hospital and facilitator for the Ohio Personal Responsibility Education Program (PREP), with experience delivering sexual health education to middle and high school youth across diverse settings. As a former Ohio public school teacher, the presenter also brings firsthand understanding of the needs of both teachers and students. To ensure accuracy and alignment with current clinical guidance, all medical updates and trend data are reviewed by adolescent reproductive health experts at Nationwide Children's Hospital.

Division/Interest Area 1: Health
Division/Interest Area 2: Adult Development & Learning
Age Group: 6 - 12

GET ACTIVE WITH JUMP ROPE IN THE CLASSROOM

Presenter(s): ***Anita Gabel, AMJRF Ohio/Norton Elementary School***
Jenny Mentzer, AMJRF Ohio/Oberlin Elementary School
Traci Grissom, AMJRF Ohio/Dublin Elementary School
Abbi Grissom, AMJRF Ohio

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM

Location: Kilimanjaro 3

Session Description: Jump rope is a versatile activity that can be easily incorporated into various settings, from individual workouts to team activities. This session will explore the engaging and effective use of jump rope in physical education, after school programs and community events. We will highlight the numerous benefits of jump rope and demonstrate how jump rope can be a fun and motivating tool for promoting physical activity among students of all ages and fitness levels. The session will offer practical tips and ideas for integrating jump rope into PE lessons, making it an accessible and enjoyable way to achieve fitness and skill goals. Participants will leave with a renewed appreciation for the power of jump rope and practical strategies to implement it effectively in their own PE programs and school events

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Sport & Exercise Science
Age Group: K - 12

SLEEP ACCOUNTABILITY SYSTEM: TURNING SLEEP FROM ADVICE INTO A DAILY RECOVERY ROUTINE

Presenter(s): ***Mike Bewley, Critical Reload***

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Orange

Session Description: This professional development session helps high school health and physical education teachers, coaches, and school leaders understand how sleep habits shape student recovery, readiness, focus, mental health, and performance. Using a systems-based approach, the session moves beyond simply telling students to "get more sleep" and shows educators how to create visible, measurable routines that reinforce better recovery behaviors at home and at school.
The session is informed by themes from Jonathan Haidt's The Anxious Generation, including the impact of phones, technology, social media, and modern adolescent environments on sleep, attention, anxiety, and student well-being. Participants will explore how schools can help students connect sleep behaviors to physical health, emotional regulation, academic readiness, and performance.
Participants will also use a practical Sleep Accountability System Worksheet to build a simple sleep-support framework. The worksheet introduces the bedroom as a "high-performance sleep lab" and includes a short QR-based morning check-in process to help students reflect on sleep habits, recovery, and readiness over time.
Learning Objectives
By the end of this session, participants will be able to:
1. Explain why sleep is a critical driver of student recovery, readiness, focus, mental health, and performance.
2. Distinguish general sleep advice from a measurable sleep accountability system.
3. Identify environmental, behavioral, and technology-related factors that support or disrupt adolescent sleep.
4. Apply the Sleep Accountability System Worksheet to design one practical daily sleep routine.
5. Use the "high-performance sleep lab" concept to help students and families rethink the bedroom as a recovery environment.
6. Describe how a short QR-based morning check-in can track sleep habits, recovery, readiness, and student well-being.

Division/Interest Area 1: Sport & Exercise Science
Division/Interest Area 2: Sport & Exercise Science
Age Group: 6 - 12

HEALTH.MOVES.MINDS. 2026-2027: THE KINDNESS CODE

Presenter(s): ***Sasha Taylor, Bell Creek Intermediate School***

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Ballroom F

Session Description: Come learn about Shape America's health.moves.minds. program for 2026-2027, the new theme- The Kindness Code, and how to unlock kindness in your classroom and school community, with easy-to-use

teacher-friendly fundraiser. Booster partners with Shape America and provides the website, professional videos, resources, and lesson plans, and gives you over 50% of the money raised back to your PE Program or your school to do with how you choose. Are you ready to unlock the possibilities for you and your students?

Division/Interest Area 1: Physical Education
Division/Interest Area 2: Higher Education
Age Group: K-12

PLUG & PLAY PE WITH PLT4M: K-5 WORKSHOP

Presenter(s): ***Brian Pitzer, PLT4M***

Session Date/Time: Friday, Dec. 4, 12:00 PM - 12:45 PM
Location: Ballroom G

Session Description: Elementary physical education and health classes are rapidly evolving, yet finding the sweet spot between engaging every young learner and managing daily setup remains a constant challenge. Whether you are brand new to PLT4M or looking to unlock its full elementary potential, this interactive, hands-on workshop delivers a clear roadmap to build foundational movement skills, maximize active play, and boost student buy-in across all K-5 grade and skill levels.
The session kicks off with a fast-paced, 15-minute live showcase of PLT4M's elementary curriculum. You will see firsthand how age-appropriate visual cues, gamified exercises, and structured warm-ups capture young students' attention the second they enter the gym.
Next, every attendee will receive instant free-trial access to the PLT4M platform on their own device.
During the dedicated 30-minute interactive lab, you will get hands-on experience building and customizing your own K-5 lessons. Learn how to leverage PLT4M's video demonstrations, foundational movement tracks, and simple assessment tools to differentiate skill stations, track motor development, and streamline management without losing precious active class time. Discover creative strategies to integrate elementary health concepts, promote personal wellness, and foster a lifelong love of movement.
Bring a tablet, phone, or laptop, and leave this session equipped with free trial access, a ready-to-use K-5 lesson plan, and actionable strategies you can implement in your gym immediately on Monday morning!

Division/Interest Area 1: Physical Education
Division/Interest Area 2: N/A
Age Group: Pre K - 5