26th Annual
HEALTH & FITNESS WORKSHOP
Friday, December 6, 2019, 8:30 am–2:30 pm
Pre-Workshop Check-In: 6:45 am | Workshop Check-In: 8:00 am

2019 KEYNOTE ADDRESS
Developing Your Purpose for Greater Impact

When people lose their why, they lose their way! Discover your why and add fuel to your how and what. 100% of our student-athletes and coaches that have completed this exercise said they would recommend it to a friend.

BRIAN TOWNSEND, B.S., Director of Leadership Development and Community Engagement, University of Michigan
COLETTE HEMKER, B.A., Assistant Director of Leadership Development and Community Engagement, University of Michigan
MOLLY LIPTON, M.S., Physical Education & Health Teacher, NCAA Administrator, Ann Arbor Public Schools

Register online for the workshop! Registrations will only be accepted online.
HEALTH & FITNESS 2019 COURSES

PRE-WORKSHOP 7:00–8:30 AM

Child & Adult CPR/AED & First Aid
Kerry Winkelseth
Clinical Assistant Professor, University of Michigan - School of Kinesiology
For participants who are confident in their skills and therefore require little to no review. This course covers recognizing and caring for breathing, cardiac emergencies in adults and children, and use of an Automated External Defibrillator (AED). Also, we will cover basic first aid care including wounds, sudden illness and minor injuries to muscles, bones and joints. Participants will earn American Red Cross Child & Adult CPR/AED and First Aid certifications. **The fee for this pre-workshop course is $55 and covers the cost of certification.**

SESSION ONE 8:40–9:40 AM

Integrating SEL, Culturally Relevant Instruction and Trauma Informed Care
Dr. Jaye Peterson, Ph.D.
Assistant Principal, Ann Arbor Public Schools
Do you use a social-emotional approach to teaching and learning? Do you intentionally include curriculum, resources, topics, and instructional practices that are relevant to the non-dominant culture? Do you understand how learning is impeded by trauma and know how to address students that face trauma? Join me for a session discussing these topics and take away ideas to start using in your classroom tomorrow!

Fundraising & Grants for your Physical Education program
Darcy Knoll, M.S.
SHAPE Michigan President, Ann Arbor Public Schools
Learn about new fundraising opportunities for your Physical Education program! All programs are supported by SHAPE Michigan and are designed to meet specific needs of teacher and provide optimal proceeds. Processes are simple and resources available for all. Additionally, learn about various opportunities for PE grants.

The Importance of Music in Physical Education
Christopher Hughes, B.S.
Physical Education Teacher, Detroit Country Day
This session will be broken into two parts. Part one is a discussion on how music and beat recognition can help create competent readers at an early age. Part two will be a demonstration on how live music is used in my PE classroom to help bring motivation and beat recognition.

Lacrosse
Jason Willard, M.S.
Physical Education Teacher, Ann Arbor Public Schools
Lacrosse can be fun and easy with the soft stick program offered by US Lacrosse. This session is active with the soft stick equipment, fun games and a brief talk about the US lacrosse program.

SESSION TWO 9:50–10:50 AM

Cyberbullying/Bullying
Robin Batten, B.A.
Program Coordinator, Washtenaw Area Council for Children
Addresses the issue of cyberbullying and the social and emotional impact on today’s youth. The workshop will discuss cyberbullying laws and ways to help young people navigate bullying and other risks they encounter online.

National Archery in the Schools Program
Dr. Katherine Garland, Ph.D.
Archery Education Coordinator, State of Michigan Department of Natural Resources
An introduction to the National Archery in the Schools Program, the curriculum, how to get trained, and how to get the equipment.

Rick Dekeon’s Crazy Games
Katie Hamilton, M.S.
Physical Education Teacher, Ann Arbor Public Schools
JoAnn Rushdan, B.S.
Physical Education Teacher, Ann Arbor Public Schools
JonLamar Hamilton, B.S.
Physical Education Teacher, American Montessori Academy
Participants will be exposed to a variety of games and activities that have either been created by the legendary Rick Dekeon, or have been developed through his inspiration. These are games and activities that can be used for a variety of age groups and have been proven favorites among students. There will be very little sitting in this session as you will be asked to get up and participate. Come ready to play and leave with games that you will be able to incorporate into your curriculum immediately.

Programming for Student-Athletes
Brandon Bedinger, M.S.
Head Strength and Conditioning Coach, Ann Arbor Public Schools
How to program exercises, reps, sets, progressions for students and athletes. Followed by a Q&A period.

KEYNOTE 11:00–12:00 PM

All participants attend the Keynote session.

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Let's Get Moving: The Psychology of Exercise Adherence
Tom George, Ph.D.
Assistant Clinical Professor, University of Michigan
This presentation will address issues related to exercise adherence, and include a discussion of barriers to regular exercise as well as approaches aimed at increasing exercise activity. Participants will have opportunities to generate exercise adherence “plans” for their students during the session.

Effective Culture / Rowing Education
Kit Bennett, M.S.
How to establish effective culture in a group setting. The Ann Arbor Public Schools experience of incorporating rowing in to the Physical Education curriculum.

Golf Programs for Schools
Tim Strickland
PGA Professional, Ann Arbor Golf and Outing
SNAG® Golf (‘Starting New at Golf’) is the best first touch program to effectively teach the game of golf to people of all ages and ability levels. It is easy to learn, easy to teach, and FUN to play! SNAG® is a proven player development program designed for new learners of all ages. SNAG® contains all the elements of golf but in a modified form, making it an easy and fun way to learn and play golf. The system builds on strong fundamentals of putting, chipping, pitching and full swing to develop playing ability quickly and effectively. SNAG® incorporates developmentally appropriate equipment and instruction that will allow golf to be learned and played in non-traditional venues, such as on a soccer field, in a gym, or on the beach. The game has its own simplified rules and terminology that adds fun to the learning and playing experience. The program builds on strong fundamentals of the different strokes and swings and develops playing ability quickly and effectively.

Elementary Physical Education: Teaching & Moving with a Purpose
Darcy Knoll, M.S.
Physical Education Teacher, Ann Arbor Public Schools
Observe classroom management skills, techniques, and activities to utilize in an elementary PE setting. Learn how to maximize use of class time with effective transitions and how to connect activities efficiently. Strategies will be taught that increase student participation and learning time. Complete lessons will be demonstrated, and concepts presented, that will help eliminate behavioral problems, enhance activities, and assist in providing accountability for a quality Physical Education program. Instructor was SHAPE Michigan’s 2017 Elem PE TOY and is current president for SHAPE Michigan.

Concussions
James Eckner, M.D., M.S.
Associate Professor, University of Michigan
This presentation will cover basic information about concussion, including discussion of the process for returning a student-athlete with concussion to academic and sport participation.

Field Day Fun Day Open Share!
Jennifer Garcia, M.A.
Physical Education and Health Teacher, Ann Arbor Public Schools
This session will begin with ways I have organized and designed field days, but will open up into a share session. Inspiration can grow when we bounce ideas off each other and share our success (and even “never-again” mistakes). We can address logistics, organization, themes, events, resources, and more!

Fitness & Fun with Rugby
Mark Mantych, B.S.E.
Physical Education Teacher, Detroit Lions Academy Alternative Middle School
Learn some basic rugby terminology while increasing your fitness. We will look at becoming more fit, increasing your range of motion, and flexibility while having fun. The skills and activities are focused around rugby, but can be adopted for any sport. We will look at modifying rugby activities with different types of balls and equipment. This is a non-contact presentation and can be used as a lead up to the Summer Olympic Games.

Tower Ball
Deak T Swearingen, M.S.
APE Specialist, Ann Arbor Public Schools
Tower ball is a cross between lacrosse, and basketball; it is fast paced and can be modified and adapted for all ages and ability levels. It is a new game that attempts to grab the attention of its players, and can elevate the heart rate while working on manipulative skills. Come check out Tower ball today!
It is your responsibility to turn in all the required documentation and payment at the Workshop in order to receive your SCECHs. If you fail to turn in all the necessary documentation, payment, and sign in and out at the beginning and end of the day, you will NOT receive SCECHs.

To obtain Michigan Department of Education SCECHs, please follow the directions below:

1. Please bring either $10 cash (exact change) or check (made payable to WISD) to the Workshop.
2. Fill out the Participant Data form in your welcome packet. You MUST include a valid email address and your PIC number. This email address should be the same email address used for the MDE Secure Central Registry.
3. Complete the registration portion of the State Continuing Education Clock Hours form. If you do NOT have your PIC number, we will give you a certificate of completion.
4. During check in, you will also need to sign in at the SCECH’s table. You must attend all of your selected sessions in order to receive SCECHs.
5. At the end of the Workshop please report to the SCECH’s table to turn in your documents, provide payment ($10 cash, exact change ONLY, or a check made payable to WISD) and to sign out. If you do not turn in all the required documentation at the Workshop you will not be eligible for the SCECHs.

If you have any questions regarding SCECHs please ask any School of Kinesiology Health & Fitness Workshop staff member.

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**PARKING**

You are responsible for your own parking fees. Palmer Drive and Forest Street are two structures near the Central Campus Recreation Building (CCRB). Both take cash, credit and debit. Metered street parking surrounding the CCRB is also available (4 hour maximum).

Note: please allow extra time for parking and walking to the CCRB.

**Palmer Drive Structure**

Located on the corner of Palmer Drive and Washtenaw Avenue just north of the CCRB.

**Forest Street Structure**

650 South Forest Avenue
Ann Arbor, MI 48104