

Conference Sessions Writeups

Monday, July 29 Sessions

8:20-9:20 a.m.

Motivate and Elevate with OPEN and Polar! – Upper Gym – Melanie Lynch and Barbara McCarney

Experience the magic of live heart rate during this fun session using OPEN's activities to stay active and engaged. You will have an opportunity to win a Polar A370 Watch!

9:25-10:45 a.m.

Opening Welcome and Awards

This year we are excited to feature the Capital High School Unified PE class, introduced to us by Kyle Norman. They will discuss their program and go through a drumming session they presented at the Capitol this last Legislative session. We will then be introduced to SHAPE America's health.moves.minds! program from Michelle Carter. To wrap up, we will present our awards handed out by Governor Bullock and First Lady Bullock.

10:50-11:50 a.m.

Small Sided Games--Main Gym—Paula Olson and Lindsay Gustafson

Nutrition in Physical Education --Upper Gym—Mike Tindal

How to facilitate both nutrition education and physical education by combining them into fun, easy to use activities.

health.moves.minds! --Band Room—Michelle Carter

The NEW Service-Learning Program for Schools! Inspire healthy habits, fuel active minds and teach your students to thrive physically and emotionally! Learn about a safe, secure fundraising platform with a dedicated page for your school to help raise funds for your health and physical education programs.

PE 150 Pilot Schools Session – Choir Room

11:50-1:00

Lunch – Cafeteria

We will introduce and review Constitutional and By-Law changes, as well as hear from Susan Court on the happenings at OPI. Western District Executive Director Megan Chilson and current Co-Past-President Michelle Peterson will briefly discuss the Western District and Salt Lake 2020.

1:00-2:00 p.m.

Integrating Physical Education into the Classroom across the Curriculum--Main Gym—Jen Loomis

Our cultural units aim to give our students a broad sense of our global community. By incorporating library and music, students can draw a much bigger picture of the world we live in today. Learning Targets: 1--Students can explain the similarities and differences between my culture and the one I am studying. 2--Students can show others how to play a game from another culture. 3--Students can appreciate others who are from other cultures

Going for Gold! Changing the Heart Health Fitness for Youth--Upper Gym—Lois Mauch and Brian Kessler

Be ready to sweat in this session with some fun activities that will show you how to help your students Reach the Gold Standards! You will experience hidden methods of pedagogy for your students that will change the heart health fitness level for them. In all the years of fitness testing, we have seen very little change in the health of our children. According to the American Heart Association research, numerous studies have reported that both measured and estimated CRF (Cardiorespiratory Fitness) is a stronger predictor of mortality than established risk factors such as smoking, hypertension, high cholesterol, and Type 2 diabetes. CRF is considered a reflection of total body health. We will introduce pedagogy that can effectively change the heart health fitness of your students.

Let's Have Fun in Health Class Today, Part 1 – Band Room – Melanie Lynch

Interactive skills-based health education is a crucial part of any fun and effective health class. These sessions will provide participants with lessons and activities that will facilitate them to effectively create a high energy health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class.

Learning Targets for “Let’s Have Fun in Health Class Parts 1 & 2

1--Understand the relationship between health education content areas, CDC risk factors, and National Health Education Standards. 2--Plan for an interdisciplinary approach to health education. 3--Increase health literacy and healthy behaviors by planning and implementing skills-based lessons.

Power Up, Speak Out! (7-12) Choir Room—Kelsiann Helsley

Violence costs students’ opportunities at every turn. Bullying, sexual violence, and teen dating violence cause student’s trauma that affects their whole lives. The best answer to making sure these opportunities are not lost is to prevent the violence in the first place. In this session, Kelsiann Helsley, Violence Prevention Educator, will show participants a lesson that teaches 6-8th grade students critical thinking skills to have healthy peer relationships using hands-on activities and real world examples that will capture student interest.

**Attendees will receive a free copy of “Lesson One, Healthy Relationships”

2:05-3:05 p.m.

Rainy Day Activities--Main Gym—Mike Tindal

Bad weather is no obstacle to having a fun, active day at school!

Mindful Movement in Elementary Physical Education-Upper Gym—Caitlin Kelly

This session will allow teachers to participate in a hands-on and dynamic lesson in yoga and mindfulness. Teachers will leave with tools to teach mindfulness, meditation and basic yoga activities for students in grades K-5.

Native American Games--Outside—Deb Sension-Hall

In this session we will explore a variety of games and activities played by various Native American Tribes. Games of skill, intuition and chance as well as team games will be explored. Information on construction of game equipment and materials used will also be addressed.

Using Plickers and Plagnets in Health Education--Choir Room—Dr. Megan Chilson

Learn how to use *Plickers*, a free, interactive tech tool that uses printable “paper clickers” instead of clicker devices. Plickers is a terrific, formative assessment tool, but can be used for much more than assessment.

3:10-4:10 p.m.

A Few of our Favorites in Elementary P.E.--Main Gym—Meghan Grady

Come learn some of my favorite activities like Gaga Ball, Battleball and Ultimate Hoop Hop. We will also learn about an assessment tool called Plagnets. Learn how these assessments and strategies will enhance your HPE class!

Interactive Games for Small Spaces—South Deck—Brian Kessler and Linda Paul

Many of us find ourselves in a situation where we are trying to figure out how to use small spaces effectively to ensure a high level of student engagement. At Helena High, we use our deck space as a teaching rotation spot and are continuing to find ways to alter games or create new games to ensure our students are engaged and benefit physically from being in those spaces. In our session, we will demonstrate how we play Bleacher Volleyball, Human Foosball, Scooter Ball, and a few other differentiated approaches to ensuring success in those areas.

Learning targets: 1--Students can demonstrate proper tactics and techniques in small spaces to gain advantages and success. 2--Students can maneuver through space effectively, engaging kinesthetic awareness and developing small space skills.

Let's Have Fun in Health Class Today, Part 2 – Band Room – Melanie Lynch

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Learning Targets for “Let’s Have Fun in Health Class Parts 1 & 2

1--Understand the relationship between health education content areas, CDC risk factors, and National Health Education Standards. 2--Plan for an interdisciplinary approach to health education. 3--Increase health literacy and healthy behaviors by planning and implementing skills-based lessons.

PE 150, Making It Work – Choir Room – Ty Moore and Michelle Peterson

Tuesday, July 30 Sessions

7:30-8:30 a.m.

Pickleball – Main Gym – John Dayton and Anne Wolfinger

Motivate and Elevate with OPEN and Polar! – Upper Gym – Melanie Lynch and Barbara McCarney

Experience the magic of live heart rate during this fun session using OPEN's activity to stay active and engaged. You will have an opportunity to win a Polar A370 Watch!

Adolescent Health -- Band Room—Cassidy Walter

Adolescence is a crucial time in a person's life. What students learn between the ages of 10 and 24 greatly influences their future health outcomes. In the 21st Century, adolescents are faced with numerous pressures that can lead to unhealthy relationships and risky behavior. The Adolescent Health Section (AHS) at the Department of Public Health & Human Services (DPHHS) has adopted innovative approaches to ensure that Montana adolescents have access to knowledge, skills and resources that will help them establish healthy relationships and prepare them for adulthood. These approaches include implementing curriculums or programs that help prevent teen pregnancy and sexual violence, promote healthy masculinity and consent, and encourage respect. Come find out what these curriculums and programs are and how you can get involved. All the programs that AHS supports and funds have pre and post surveys that educators can use to assess their students' understanding of the material.

An Active Classroom is a Learning Classroom (150) --Choir Room—Eric Fisher

Attendees will learn multiple techniques for getting students moving in a classroom setting for fitness or academic integration. This session will benefit both elementary classroom teachers and elementary P.E. teachers when they do not have gym space to use. More Movement=More Learning!

8:35-9:35 a.m.

Bring the Presidential Youth Fitness Program to Your School--Main Gym—Joel Ahles

The Presidential Youth Fitness Program training empowers fitness champions to implement the 8 steps associated with the PYFP. We will cover FitnessGram assessment protocol and the Brockport Adaptive Fitness testing.

Dying to Be Thin, A Study of Eating Disorders--Band Room—Melanie Lynch

As an educator of high school students for 22 years, Melanie has seen the devastating effects that poor body image and eating disorders can have on a student's academic success, social life, physical health and overall mental health. This presentation will share information on how the media is perpetuating eating issues and body dissatisfaction among our youth and how we as a community can help our youth maintain a healthy body image in a looks-obsessed society.

Learning Targets: 1--Students will define body image and explore how the media is shaping our youth's body image. 2--Identify strategies that help children and teens to develop healthy body image. 3--Compare and contrast body image for males and females.

Peer Education 101 – Choir Room – Cami Armijo-Grover

The Peer Education Team is a group of 16 high school students who are educated on the issues of sexual and reproductive health (Bridgercare) and healthy relationships (HAVEN) who then go out into the community and teach their peers. The team meets once a week for two hours during the school year to practice lesson plans and dive deeper into these issues. They currently teach at Bozeman High School to

the sophomore health classes on the following topics: STI's, puberty, contraception, anatomy, healthy relationships, teen dating violence and consent issues. The team also works with parents, teachers and community members, as well as middle school and elementary students.

9:40-10:40 a.m.

Lead Ups and Small Sided Games--Main Gym—Eric Fisher

In this session, attendees will learn the benefits of lead-up skill activities and small sided games for skill and sport development. This session will offer multiple activity ideas covering numerous skills and sports for elementary teachers to implement within their programs.

K-12 Favorites! – Upper Gym – SHAPE Montana Board

Members of the SHAPE Montana Board (Wendy Wilson, Ashley Henigman, Marti Edgmond, and others) have put together an array of activities that can be adapted to be used from Kindergarten to Senior year! This session will introduce you to different games and the ways they have been adapted to be taught at different grade levels.

Coaching Boys into Men--Band Room—Cassidy Walter and Jamar Galbreath

This session will provide an opportunity for teachers and coaches to be trained in the Coaching Boys into Men program (CBIM). This program teaches and motivates coaches to teach their young male athletes healthy relationship skills and that violence never equals strength. CBIM also helps coaches model healthy behavior and give athletes the tools they need to stand up for, respect, and positively influence their school's culture.

The Connection Between Academic Achievement and Health Risk Behaviors—Susan Court

Using the Montana Youth Risk Behavior Survey data, attendees will be informed about risky behaviors and the difference in participation rates of these behaviors among physically active students and those who are not physically active.

10:45-11:45 a.m.

Lacrosse: Basic Skills, Techniques, and Lead Up Games--Main Gym—Karie Orendorff

Arm your students with Lacrosse Sticks! Come learn basic techniques, skills and lead-up activities for teaching Lacrosse at all grade levels.

Dance—Upper Gym—Dr. Megan Chilson

Skills Based Lessons for the 21st Century Stressed Learner--Band Room—Melanie Lynch

Learners are more stressed and suffering from mental health issues at greater rates than ever before. The sad truth is, so are the educators who teach them. Using her teaching and counseling degrees and her 24 years of classroom experience, Melanie has created effective skills-based lessons that will help engage students and provide the skills they need to remove these barriers to their learning and help improve overall wellness. Lesson plans will be shared with participants. Learning Targets: 1-- Study the relationship between students' stress and mental health issues to their overall health and wellness. 2--Increase health literacy and healthy behaviors by planning and implementing skills-based lessons for stress management and mental health. 3--Discover the role that teaching empathy has on reducing the stigma of students obtaining mental health treatment.

Creating a Consent Savvy Culture – Choir Room – Cami Armijo-Grover

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11:45-1:00 p.m.

Lunch – Cafeteria

We will hold our annual business meeting with a presentation of the budget and spending and elections for open board positions. We will also vote on the proposed Constitution and By-Law changes.

1:00-2:00 p.m.

P.E. It's Elementary! --Main Gym—Eric Fisher

This session will teach attendees a wide gamut of activities and games for elementary physical education. Attendees will leave having learned new activities for skills, dance, fitness, and health to bring back to their elementary curriculum.

E-Cigarettes and Vaping, Education for Educators --Band Room—Sarah Sandau and Nathan Wellington

This presentation will cover what educators should know regarding vaping/electronic cigarettes. The main topics will be the data showing the epidemic among youth, the health effects, specific tactics used by companies to sell the products, JUUL, and how staff can assist in preventing youth use.

Health Relationships for All – Choir Room – Cami Armijo-Grover

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2:05-3:05 p.m.

All Conference Dance! – Main Gym – Dr. Megan Chilson

Wrap up an amazing conference with a final dance session to help you groove into a new school year!