

8:30-8:58 **Registration**
9:00-9:12 **Welcome: SCAPES**

Session 1 9:15-10:10

UltraBall- UltraBall is a fast paced invasion game designed to hold a wide range of numbers and skill levels. The game involves multiple pieces of basic equipment and the need to play offense and defense at the same time. The focus is on throwing/catching and spacial awareness. The design of the game and rules ensure that each player's contribution is important to the success of the team. The design of UltraBall is a great way to blend high and low skilled students together into a team. **Jason Hamil Main Gym (All)**

Move 2 Learn P.L.A.Y. Activities to Enhance Literacy and Math Fun interactive session designed to provide teachers with Move2Learn activities and strategies to facilitate P.L.A.Y (Physical Literacy and You) using Simon Sinek's Golden Circles. This session supports the vast body of research linking physical activity with positive outcomes in cognition, concentration, behavior, and executive function. Teachers will learn how to infuse the Why, How, and What lesson format while reinforcing math and literacy standards. **Susan Flynn (Elem/MS)**

Promoting Adaptive Sports Through PE: This presentation will provide an overview of adaptive sports, review several ways a PE teacher can help promote sports for kids with disability, and offer hands on demonstrations of some adaptive sports equipment. **Kristen Caldwell (All)**

"Videos of Live PE, Health and Weight Lifting Classes": During this presentation, attendees will view live video samples of PE, Health and Weight Lifting classes. Participants will learn strategies in how to teach the content, assess skill performance via technology, maximize time on task and develop an appreciation towards lifetime activity. The PE videos will include: Badminton, Basketball, Disc Golf, Golf, Handball, Hockey, Pickleball, Ping Pong, Soccer, Tennis, Ultimate Frisbee and Volleyball. The Health videos will include: Activinspire Flip Charts (Promethian Software) with 39 health topics and lap club around the track. The Weight Lifting videos will include: upper/lower body workouts, cycles (sets/reps), challenge runs, cardio-sport activities and conditioning ideas to maximize the opportunity for an individual to become bigger, faster and stronger. All of the videos show start to finish of how all of my PE, Health and Weight Lifting classes run themselves as far as pedagogical routine and how students take ownership in their learning. My goal is for the students to take the content learned in my class home and to design their own personal exercise and nutrition prescription program. **PART 1 Jerry Honeycutt Classroom (Secondary)**

"101 Fundamentals for Sport Speed" ...Part 1 LIVE demonstrations..."HANDS ON" all are welcome to participate...Dynamic Warm-Up, Dynamic Flexibility, Speed Drills/Techniques, Training for Speed in your Weight Room, Contrast Training, Exercises to Develop Speed **Mike Srock Field House Weight Room (Secondary/Athletics)**

Transforming PE through Google Forms: Google Forms is a free formative assessment tool which allows teachers to quickly check for understanding and grade responses. In this session participants will learn how to create and use google forms in physical education & health by creating surveys, quizzes, and other forms of assessment. Forms can save you time, make teaching easier and change your classroom for the better. **Melissa Patterson (All)**

Unpacking the Health and Safety Education and Physical Education Standards with Best Practices: Come and enjoy an interactive session with no sitting and getting but learning and doing. Mike Laly (All)

10:10-10:15 Break/Networking/Follow-Up with Speakers

Session 2 10:15-11:05

The Zen Den is a breathing and relaxation activity based on the principles of shavasana or sleep yoga. After having been a participant of shavasana several times, I decided to write my own script. The script can be modified to between 20 and 35 minutes. I use this with a select group of my middle school physical education students once per quarter. I have also conducted Zen Den sessions on demand for certain self contained special education classes. **Jason Hamil**
Main Gym (All)

Cutting Edge Fitness: Deviate, Innovate, and Motivate! Learn to Deviate from your routine activities, Innovate with the latest in fitness trends and lessons, and Motivate your students to be fit4life while teaching the concepts of health related fitness. This session will reinforce the Physical Best philosophies of teaching the “how’s and why’s” of health-related fitness. **Susan Flynn (Elem/MS)**

Movement Through Physical Ed This workshop will literally move us through techniques, ideas, and exercises that focus on the elements of dance in a PE setting. Participants will be given curriculum ideas that concentrate on arts integration that can also be modified for students with disabilities. **Kelsey Crum and Alyson Amato (All)**

“Videos of Live PE, Health and Weight Lifting Classes”: PART 2 See above for session description from PART 1 **Jerry Honeycutt Classroom (Secondary)**

"101 Fundamentals for Sport Speed" ...Part 1 LIVE demonstrations... "HANDS ON" all are welcome to participate...Dynamic Warm-Up, Dynamic Flexibility, Speed Drills/Techniques, Training for Speed in your Weight Room, Contrast Training, Exercises to Develop Speed **Mike Srock Field House Weight Room (Secondary/Athletics)**

Drugs, A New Epidemic: Description: For years we have worried about obesity and the impacts it has on our youth and and society as a whole. However, there is a new epidemic sweeping across our nation. Our children are experimenting with drugs. Drugs that are so powerful our youth is immediately addicted, impacting their lives right now and future. Our children do not understand the dangers and risks involved in their decisions to use these drugs. Do you? Let's find out. **Donna Odom Classroom (Health)**

National Board from a Scorers Perspective: Going through renewals? Come and see how it is scored. Updates for the renewal process **Kathy Sullivan Classroom ____ (All)**

11:05- 11:55 Lunch-Cafeteria

Session 3 11:55-12:45

Are you ready for some football and other modified games? During this presentation, attendees will participate and learn basic football techniques and drills (that can be applied to other sport activities such as: Handball and Ultimate Frisbee) such as throwing grip, throwing cues, force application, angles, contact point, trajectories, receiving stance, receiving cues, and force absorption while stationary and moving in general space. Participants will learn nine different pass patterns (tagged with hand signals) that will move them in different angles and directions. Participants will also participate and learn four different modified football games (Star QB, Razzle Dazzle, Flicker ball, Cougar ball) that utilize multiple games, small teams, integrate the nine pass patterns, tactile strategies, lots of touches and movement with as well as without the ball. Participants will also learn how to assess skill performance, give specific feedback, utilize quick transitions while building teamwork, sportsmanship and cooperation amongst all of the students during game play. This presentation can be taught indoors/outdoors and requires little equipment. This activity can be taken home and played in the one's backyard with family members. **Jerry Honeycutt Main Gym (All)**

Rock This Party – Practical Dance for Schools Part 1: Strengthen your belief that dance is an invaluable part of Physical Education. @Fit2Bsmart will share practical ways to integrate key elements for dance/rhythms that enhance creativity and cooperation for students. The dances will offer a wide range of variety from rhythmic energizers to partner dances, using a variety of music from top 40, to Country, to House and Trance. Kick up your heels and “Rock this Party” leaving this session with new dance ideas for your curriculum. (focus on early childhood and elementary dances) **Susan Flynn Aux Gym (All)**

Strategies for Engaging Millennials in Health and Physical Education: Are you looking for strategies in Health and Physical education that will engage the students of today? This presentation will demonstrate creative ideas to make lessons exciting for all students. Topics will include, Fitness, Nutrition, and so much more! Adam Mullis (3rd-8th)

21st Century Technology In Physical Education: This session will discuss several ways in which to include hardware and software in the present Physical Education class. It will explore technology uses both in the gymnasium, as well as in the classroom setting. There will also be a brief discussion on connecting new technologies to the improved FITNESSGRAM testing. **Freddy Coan Classroom ____ (All)**

How to survive teaching high school sex education: This session will focus on the challenges that health education teachers face for teaching sexual health and responsibility at the secondary level in an engaging way. Participants will learn various instructional strategies and activities to actively engage students. Strategies to implement technology for surveys and assessments will also be shared. All activities and strategies are based on the South Carolina Comprehensive Health Standards. **Greenville County Health Educators (Secondary)**

Fitnessgram 2015 Update: This session will provide an update on the SC FitnessGram statewide implementation. Participants will learn about the new features and tools of the FitnessGram 2015 software. This project, funded by Blue Cross Blue Shield of SC Foundation provides a a unique opportunity for all SC public schools to implement FitnessGram testing and software to improve fitness education and the fitness status of students. This project supports the implementation of Standard Three of the SC Academic Standards for Physical Education. **Lynn Hammond Classroom (All)**

Are You Going to Renew Your National Board Certification?: A Scoring Supervisor for National Boards will be sharing how to address the standards and review the rubrics used to score your entry. *Kathy Sullivan (All)*

12:45-1:00 Break/Networking/Follow-up with Speakers

Session 4 1:00-1:50

Kitchen Sink of Tried and True Activities: We will explore different activities that students enjoy and give a new twist to old ideas. Some ideas will incorporate math while other activities will be from the facebook activities that everyone tags you in. The goal is for you to leave this session with exciting new ideas to take back and try almost instantly in your classroom. *Amber Barnette (Elementary)*

Rock This Party – Practical Dance for Schools Part 2: Strengthen your belief that dance is an invaluable part of Physical Education. @Fit2Bsmart will share practical ways to integrate key elements for dance/rhythms that enhance creativity and cooperation for students. The dances will offer a wide range of variety from rhythmic energizers to partner dances, using a variety of music from top 40, to Country, to House and Trance. Kick up your heels and “Rock this Party” leaving this session with new dance ideas for your curriculum. (focus on middle and high school dances) *Susan Flynn Aux Gym (Secondary)*

Tchoukball: Come learn the game of Tchoukball (pronounced “Chook-ball”) which combines the elements of three different games – team handball, volleyball, and Squash– to make a fast-paced and exciting cardiovascular fitness activity. The game can be played indoors (basketball court-sized area) or outside on a grassy field with a rebound net at each end. Great game for students to practice their throwing and catching skills without traditional defense. Tchoukball has become an international sport, played in Brazil, Canada, China, the Czech Republic, Great Britain, India, Japan, Italy, Macau, the Philippines, Poland, Singapore, Switzerland, Taiwan, and the United States. *Kathy Sullivan (All)*

"Hey, I've got this kid..."- Ideas for adapting your PE lessons for students with special needs. Learn to help integrate your students with special needs into your physical education classroom. This session will introduce a few tips and activities to help your students with special needs be successful. Learn more about integrating students with mental and physical disabilities into your physical education lessons. *Nancy Crowe Auxiliary Gym (Elem)*

Practical Use of Technology in Health and Physical Education Do you want to integrate technology into your Health and Physical education class? This presentation will demonstrate how to incorporate technology that will help analyze data, engage students, and assist them in becoming health and physically literate individuals. Please bring your own device! Practical Use of Technology in Health and Physical Education. *Adam Mullis (3rd-8th)*

Practical Use of Technology in Health and PE: Do you want to integrate technology into your Health and Physical education class? This presentation will demonstrate how to incorporate technology that will help analyze data, engage students, and assist them in becoming health and physically literate individuals. Please bring your own device! *Adam Mullis (All)*

Grant Writing 101: Provides tips on finding a funding source, preparing a typical grant proposal, and suggestions on how to make the grant proposal compelling to the potential funder. *Lisa Finley Classroom (All)*

1:50-2:00 Closing: Evaluations, membership follow-up and signing out in last session