

NED Wonderful Winter Workshop – January 14th, 2012
Concordia University, River Forest
7400 Augusta, River Forest, IL 60305
Registration form on IAHPERD/NED website

8:00 – 8:30 a.m. – Registration – IAHPERD members/students \$25.00 by 1/8/12

Non-members same as above plus \$50.00 membership fee

8:30 – 9:00 a.m. - Welcome and Warm – ups

Session 1: 9:00 -10:00

North Gym	<p>Movement: Food for the Brain - Elementary We will explore feeding the brain through locomotor and nonlocomotor movement activities. We will work with levels, shape, space, form as well as Brain Dance. Participants will learn how to incorporate cross lateral movements that stimulate brain development as they move. Adaptations of lessons will be discussed. Presenter : Pam Weiss School District #97 Curriculum Leader</p>
South Gym	<p>Tchoukball – Middle/High School Learn the game that allows all students, regardless of skill level, to participate and compete equally. Participate in drills and play with fellow educators, and see why this game should be in every PE program! Presenter: Todd Keating River Wood Elementary NBCT</p>

Session 2: 10:00 – 11:00

North Gym	<p>Active Body Systems and Nutrition 2 - Elementary Participants will learn how to incorporate movement, fitness, and fun while learning important health concepts. You will leave with ideas that can be used to teach body systems, and nutrition while continuing to keep children active during PE. Presenter : Heather Isler William Hammerschmidt Elementary NED President</p>
South Gym	<p>Self Defense – Middle/High School Learn how to fight back against an assault. Participants will learn simple striking techniques and incorporate them into situational drills. These skills can easily be incorporated into any physical education lesson. Presenter: Ben Putra Adjunct Professor Concordia University Chicago 4th Degree Black Belt Tae Kwon Do</p>

Session 3: 11:00 – 12:00

South Gym	<p>Building Bridges Between PE and the Classroom -Elementary</p> <p>Basic brain facts and how the brain works will allow us to understand further aspects of teaching and learning. Facts, research and hands-on opportunities to connect you with progressive physical education, cross curricular opportunities, brain wake-ups, energizers, brain breaks and daily life skills that enhance opportunities to nourish and flourish. Adaptations to the lessons will be discussed.</p> <p>Presenter: Kathy Houston Pheasant Ridge Elementary NED Delegate and Past President</p>
KM 350	<p>Effective Tools for Health Education – Middle/High School</p> <p>Learn how I use Twitter, create blogs and podcasts and a few other technology tools that make my life easier and lessons more engaging. This workshop is not limited to Health teachers; PE teachers can use these ideas as well.</p> <p>Presenter: Andrew Milne Carmel Catholic High School NED Highlight Award Winner</p>

Lunch Session 4: (Pack own lunch) 12:00 - 1:00

KM 350	<p>Putting your Local Wellness Policy into Action - All levels</p> <p>Hear about the latest additions to the local wellness policy rules. Discover strategies and tools to implement and evaluate your school wellness policy. Learn about effective nutrition education programs and physical activity resources you can use in the classroom and tools for wellness policy evaluation. Walk away with ideas, and an action plan template to help kick-start your wellness policy. Healthy fundraising and snack ideas will also be addressed.</p> <p>Presenter: Christine M. Cliff, MPH,RD, LD Nutrition Specialist The Illinois NET Program</p>
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Session 5: 1:00- 2:00

South Gym	<p>Fuel Up to Play 60 at Juarez Middle School – Middle School</p> <p>Learn about the FUTP60 program and how middle school students are participating in” In-Class Activity Breaks”. Hear how students are taking responsibility for their actions and how your students can become a Student Ambassadors. Learn what you need to do to be a Program Advisor. Get answers to all your questions and finish with a FUTP cool down and stretch.</p> <p>Presenter: Ray Arceo Juarez Middle School Fuel Up to Play Program Advisor</p>
KM 350	<p>Creating Creativity – All levels</p> <p>Create the opportunities/framework for our children to develop and exercise their individual creative abilities in both PE and life. This workshop provides us with a guideline for walking the exciting and always a bit scary edge of what is possible for each individual student.</p> <p>Presenter: David K. Jones Golden Apple PE Teacher Author "10 Demandments of Creativity: Parents Edition" by Denis R. Berkson and David K. Jones, PsyD</p>

2:00 p. m.

- ✓ Fill out NED evaluation forms and CPDU evaluation
- ✓ Pick up CPDU forms
- ✓ Visit the resource table

**Join us on Monday, January 23rd, 2012 at our Northeastern District Meeting
Fuddruckers on Finley and Butterfield at 7:00 p.m.**