

MIDSTATE CONFERENCE SESSIONS

Promoting Your PE Program through Jump/Hoops for Heart

This session will teach you how to use current movies, fun games, health lessons, writing lessons, and pre-made reproducible items from the web and the American Heart Association to increase awareness of what PE does for a student currently and in the future. Everything presented will help you promote your PE program as an important part of a student's daily curriculum because we will show you how to promote health, fitness, and philanthropy through one activity that incorporates the school community you teach within.

Activities for When You Get Kicked Out of the Gym

This session will give you activities to use in a general classroom, commons, hallway or any other small space with low ceilings when you can't be in the gym or outside. You will learn fine motor, visual tracking and other cross curricular activities that utilize motor skills in small spaces.

A to Z Jump Rope

This session will give you more activities than you thought imaginable to do with jump rope from individual skills, partner skills, team building skills, games, and much more. Come learn everything from the basics to advanced skills. Also, you will learn how to teach jump rope even if you can't.

Tchoukball an exciting new game for all levels

Tchoukball is game made for the New PE. It incorporates teamwork, includes all skill levels and allows the athletic ones to shine. You will return to your classes with a game that soon your students will be asking to play every day.

Pedometers and PE: Teach your students to love physical activity!

Learn how to teach with pedometers so your students become accountable and responsible for their fitness. Every class will address state goal 20 as you learn this unique way to incorporate pedometers into your curriculum.

A new approach to assessing fundamental movement skills in school settings

The purpose of this session is to introduce a new method for assessing fundamental movement skills (e.g., kicking, skipping, catching, etc.) in kindergarten and elementary physical education. This new approach will enable teachers to easily collect, monitor, analyze, and report student's results, thus allowing assessment practices in fundamental movement skill performance to be more easily integrated into the instructional process in Physical Education.

Benefits of a University and K -12 School relationship

This presentation will discuss Rantoul City Schools working relationship with the University of Illinois. A panel will discuss the benefits that our staff and students received as well as the university's gains.

What PETE (Physical Education Teacher Education) programs require from PE Teachers

NASPE's newest teacher education standards for physical education teachers is recently published with new requirements from PE majors. Because of one of the new standards, K-12 Physical education teachers play an important role in the preparation of physical education teachers.

"Promoting Physical Activity across a Secondary Curriculum,"

The presenter will facilitate discussion about providing additional physical activity opportunities in secondary settings beyond interscholastic sports and physical education. The role of the teacher will be discussed and examples provided. The audience will be encouraged to share personal experiences in his/her own school.

Trends & Issues Affecting High School Sports and Activities

An analysis of current trends and issues being faced by various high school activities associations in the United States, including the Illinois High School Association (IHSA).

Preparing Your Athletes to Win: Strength & Conditioning Strategies That Work

This session is for sport coaches and PE teachers who want to learn practical strategies to develop strength training and conditioning programs to improve athletic performance and prevent injuries. The session will include some exercise demonstrations which illustrate how the concepts from the fields of exercise science and kinesiology apply to performance training for young athletes. This session will benefit coaches of all sports both male and female.

Using High Dense Nerf Balls for One Wall Handball, racquetball, short court tennis, & hand tennis

This session would be participation based and share how this equipment with these game skill areas fit standards and are fun and engaging for secondary school students.

Online Physical Education: The Past, the Present, the Future

The purpose of this presentation is to develop an understanding of the phenomenon of online physical education. This presentation will cover the benefits and challenges associated with online physical education. Also covered will be current research in the area of online physical education.

Sport Education Model and Team Sportfolios: Connections in Middle School Physical Education.

Are you looking for an efficient teaching strategy that empowers student learning while addressing middle school foundations? In this session, the sport education model will be reviewed. Assessment through team sportfolios will then be outlined and examples of intra/interdisciplinary connections will be presented. In the second half of this session, participants will have the opportunity to collaborate in small groups to develop potential units using this instructional approach and assessment strategy.

National Board Certified Physical Education Teachers: Dispositions and Perceived Efficacy

In this presentation we will report on the characteristics of physical educators who pursue National Board Certification, with a specific focus on their teaching efficacy. In addition we will examine the national and state distributions of National Board Certified Physical Education Teachers, and Illinois state incentives for the attaining board certification. A question and answer session will follow the presentation.

Teaching Outdoor Education on a shoe (boot) string

Come learn how to teach fun and exciting lessons that both your students and you will enjoy for very little money. This presentation will cover fun activities like orienteering, fishing, canoeing, tents, back packs, cooking, and much, much, more.