



**IAHPERD Midstate Conference Program**  
**Eastern Illinois University**  
**Friday, March 9, 2012**

8:00 - 8:30 Registration & Check-In

8:30 - 8:45 Welcome

**8:45 - 9:45**                      **SESSION I**

**Folk Dance for Fun and Fitness**

**Judy Black**

Easy to learn / Easy to teach and fun to do folk dances that are perfect not only for dance units, but also for warm-up and aerobic activities. Guidelines and suggestions will also be given for adapting the dances to accommodate different developmental levels.

**In School Bowling: Bowling Fitness = Fun**

**IL State BPA**

Teachers learn a simple method of teaching bowling basics along with several fitness options. Utilizing a backward linking teaching method and integrating specific learning keys the workshop is educational and FUN. Participating teachers will all receive our In-School Bowling curriculum video.

**Minute to Win It: Pedometer Power**

**Johnson Glascock**

**Tracy Worby**

Learn new ideas for using pedometers in the classroom. Helpful hints for funding of new technology will also be presented.

**9:45 - 10:45**                      **SESSION II**

**Health in the Gym**

**Erin Washkuhn**

This session provides a variety of health related activities that can be used at various grade levels and settings. Topics include body systems, fitness components, nutrition, hygiene, bike safety, and drug awareness. Activities are fun, energetic and will keep your students moving while being motivated to participate to the fullest.

**Are PE Classes Becoming Fitness Centers? Ovande Furtado**

Discussion of the deemphasizing of the acquisition of motor skills in our physical education programs.

**Teaching Personal & Social Responsibility: Scott Ronspies  
Enhancing the Physical Education Learning Environment for All Students**

Participants will engage in an activity session through the game of Indiaca that emphasizes teaching personal and social responsibility. Affective assessment examples will be presented.

**10:45 - 11:45**

**SESSION III**

**Large Groups, Little or No Equipment: Karen Brown  
What Do I Do?**

Learn activities for elementary age students that encourage maximum participation of large groups using little or no equipment.

**Introduction to Skateboarding: Waide Neal  
Key Concepts Related to Safety**

Educators will learn ways to introduce beginners to skateboarding. Activities will be presented that will help beginners learn to ride, turn and stop.

**Knowledge of Physical Activity Principles Sarah Buck  
In a Diverse Sample of College Students**

Results from a survey of knowledge of basic physical activity principles will be discussed. African-American PE majors were more knowledgeable than Non PE majors, an effect not observed in caucasians.

**12:00 - 1:00**

**SESSION IV**

Lunch and Round Table Discussions. National Board Certification information will be presented.

**1:15 - 2:15**

**SESSION V**

**Speed Stacking**

**Ken Mansell**

This session involves basic sport stacking skills and patterns. Motivate your students to move using speed stacks.

**Lead Up Games: Snap Shot of Skills**

**Lane Schurr**

Lead up games designed to develop a skill or strategy and not emphasize competition. Participants will learn how to enhance a specific skill that can be applied to a sport.

**Sepak Takraw in Secondary Schools**

**Kevin Hussey**

EIU students will share their experiences teaching a Net Game called Sepak Takraw, which is a cross between volleyball and soccer. Instructional ideas, modified rules to help with student success, progression ideas will be shared. In addition, participants will have an opportunity to participate in this Southeast Asian created sport.

**2:15-2:30**

**Conclusion - CPDU's - Evaluation**

