



*2025 CAHPERD  
Conference  
Joint with  
National Adapted  
Physical Education  
Conference*



*Pasadena Convention Center  
April 30-May 3, 2025*

# HEALTHSmart<sup>®</sup>

- + Skills-based for grades K-12
- + Available in both English & Spanish
- + Fully compatible with Learning Management Systems
- + ADA-compliant with fully responsive digital student materials
- + Choose print or digital

Connect with the *HealthSmart* Exhibit  
for 30 Day Review of the Program



etr.

<b>4</b>	<b>President’s Welcome</b>
<b>6</b>	<b>Featured Speakers</b>
<b>10</b>	<b>2024-2025 CAHPERD Officers</b>
<b>11</b>	<b>2025 Conference Committee</b>
<b>12</b>	<b>CAHPERD Business Meetings</b>
<b>14</b>	<b>General Information</b>
<b>15</b>	<b>Wednesday Pre-Conference Workshops</b>
<b>16</b>	<b>Thursday Sessions and Activities</b>
<b>21</b>	<b>Opening General Session</b>
<b>30</b>	<b>Friday Sessions and Activities</b>
<b>33</b>	<b>Second General Session</b>
<b>44</b>	<b>Saturday Sessions and Activities</b>
<b>51</b>	<b>Closing General Session</b>
<b>58</b>	<b>2025 Sponsors</b>
<b>60</b>	<b>CAHPERD Award Recipients</b>
<b>66</b>	<b>History of CAHPERD Conferences</b>

## Advertisers

Health Smart	IFC
Catch Global	5
Boardball	8
Dink Buddy	9
Coastal	11
First Tee	13
Illumination Institute	18
Rhythm and Moves	25
QuaverEd	35
Spark*Ed	43
Open/US Games	49
Peaceful Playgrounds	53
Disc It	57
ACEing Autism	IBC
Goodheart-Willcox Publisher	BC



CAHPERD extends appreciation for the continued support and participation of conference sponsors and advertisers and we encourage your consideration of the products and services they offer.

The opinions of the contributors are their own and do not necessarily reflect the attitude or views of CAHPERD, its officers, or the editor of this publication. CAHPERD does not discriminate in this or any other of its programs on the basis of color, religion, age, gender, national origin, sexual orientation or handicap.

**MANAGING EDITOR:**  
**BARBARA ANN BUCKALEW**  
**DESIGN: DEBBI TEMPEL**



## Welcome to CAHPERD 2025 Make Inclusivity Happen Tour!

Welcome to this year's conference on Inclusivity; where we gather to celebrate and advance the importance of creating spaces that embrace diverse perspectives, backgrounds, and experiences. We are thrilled to have you here, whether you are joining us in person or virtually, to engage in thoughtful discussions, gain new insights, and collaborate with others who share a commitment to fostering inclusive environments. This conference is an opportunity for all of us to explore the power of inclusion, not just as a goal, but as a practice that shapes the future of our HPERD communities, workplaces, societies and beyond.

Throughout our time together, you will hear from a variety of inspiring speakers, participate in hands-on sessions, and have the chance to engage in meaningful conversations with individuals who are leading the charge for inclusivity in their respective fields. We encourage you to approach these sessions with an open heart and mind, to challenge any previous assumptions, and to listen with empathy and respect. Together, we can better understand the barriers that may still exist and the innovative solutions that are being developed to break them down.

As we move through these sessions, remember that each of us has a role to play in building a more inclusive world. Whether you're here to learn, network, or share your own experiences, know that your voice is valued, and your presence here makes a difference. Let us leave this conference inspired and empowered, ready to make lasting changes that support the inclusion of all individuals, ensuring that everyone, every student, regardless of their identity or background, feels seen, heard, and respected. Let's see what we can do and keep this going throughout our communities, Make Inclusivity Happen. Make inclusivity heard, understood, and go on an endless Tour!

James Clemmer  
CAHPERD President 2024-25





*Leading Expert of*  
**Whole Child Wellness**

CATCH Health Ed  
**JOURNEYS**

*K-8 Health Education Program*

- High-quality, easily adaptable curriculum and paired professional development
- Inclusive, fun and engaging for all students
- Supports requirements of Senate Bill 224 (SB-224) Mental Health Education, and alignment to SHAPE America's national standards

**Learn More**



[catch.org](https://catch.org)



[info@catch.org](mailto:info@catch.org)



(855) 500-0050  
ext. 824





## Jordan Wiseley

Jordan Wiseley is one of the most versatile players in entertainment today. He grew up in Mustang, Oklahoma riding horses and dirt bikes and idolizing icons such as Paul Newman and Steve McQueen. In 2012 Jordan was found by MTV and cast on the iconic TV show, *The Real World*. After his original season, he was immediately cast on the massive competition franchise, *The Challenge*, where over the next 8 seasons Jordan would win 4 championships and cement himself as one of the best players to ever do it.

Jordan also followed his passion for filmmaking and studied at the William Esper Studio in NYC where he was then cast on hit TV shows like NBC's *The Blacklist*, CBS's *S.W.A.T.* and series regular on Tyler Perry's *If Loving You Is Wrong*. In 2018 Jordan developed his own Production company and has helped make commercials for companies like Microsoft and T-Mobil as well as writing and producing the current feature film *The Stalking Fields*.

Most recently, Jordan has become a professional race car driver competing in IMSA's sportscar championship; the most prestigious championship in North America and broadcast by NBC Sports. He is running his first full season in 2024 and already sitting 6th in the standings! Jordan will take on a full year packed with races and TV appearances!



## Rudy Garcia-Tolson

Since his first Paralympic Games in 2004 at the age of 16, Rudy Garcia-Tolson has become an ambassador for Paralympic sport. Born with multiple birth defects, including Pterygium Syndrome, a club foot, webbed fingers and a cleft lip and palate, he endured 15 surgeries by the age of five before telling his parents he'd rather have a double leg amputation. By age 8, he had already become active in swimming, running and triathlons. At that age, he stated that he wanted to compete at the Paralympic Games and eight years later, he made good on his promise when he swam to gold at the Athens 2004 Paralympic Games. Since then, Garcia-Tolson has added more Paralympic medals to his collection and accomplished more in his career, including becoming the world's first double above-knee amputee to complete an Ironman Triathlon in 2009.

Rudy has been featured on numerous media publications and television shows, including The Oprah Winfrey Show, CNN, The New York Times, USA Today, Sports Illustrated and was named as one of People Magazine's "20 Teens Who Will Change the World." Garcia-Tolson has earned several awards, including the ESPN's ARETE Courage in Sports Award, Nike's Casey Martin Award and he was nominated for an ESPY. He continues to make an impact in his community through his work with the Challenged Athletes Foundation (CAF) and as a motivational speaker, sharing his message that "A brave heart is a powerful weapon."



### **Andrea Becker, Ph.D.**

Andrea Becker is an Associate Professor in the Department of Kinesiology and the Director of the Health Science Program at California State University, Sacramento. Prior to arriving at Sacramento State in the Fall of 2017, she spent ten years as a professor in the Department of Kinesiology at California State University, Fullerton. Her primary teaching and research interests are in the areas of sport psychology and coaching. Some of her most recent publications, for example, delve into the strategies that successful USA national team coaches implement to cultivate a positive team culture, as well as explore the philosophies of renowned Division I Baseball coaches.

In addition to her role in academia, Dr. Becker serves as the Sport Psychologist for the USA Men's Volleyball Team. Since entering the gym in 2013, the team has reached the podium in over 12 major international competitions. Most notably, capturing gold medals at the 2015 and 2023 World Cup competitions, silver medals at the 2019, 2022, and 2023 FIVB Nation's League competitions, and bronze medals at the 2016 and 2024 Olympic Games.

From 2011 to 2015, Becker served as an assistant coach for the UCLA men's volleyball team. According to administrators, she was the first female to coach a men's sport in UCLA's athletic department history. During the 2022-23 academic year, she returned to the team as their sport psychologist. Over the past three seasons, the team has achieved a cumulative 79-12 record with three final four appearances, and two National Championship Titles in 2023 and 2024. During the 2011-12

# Featured Speakers

season, Becker also served as an assistant coach for the UC Irvine men's volleyball team – a season that also culminated in a NCAA Division I National Championship.

In addition to her work in the sport of volleyball, Becker has consulted with many individuals and teams from a variety of sports at the professional, collegiate, and youth levels. Most notably working with the Sacramento Kings from 2018 to 2022.

A native of Martinez, California, Becker received her PhD in Sport Studies from the University of Tennessee (2007), and her MS (2004) and BS (2001) degrees in Kinesiology and Sport Performance from Sacramento State University. During her undergraduate degree, Becker played four seasons for Sacramento State Softball (1997- 01), serving as team captain during each of her final two years.



**"Boardball is awesome to incorporate into P.E. because it's easy to set up, super durable, and an accessible and inclusive game. We use it for our foundational volleyball unit and the kids love it!"**

**-Matt Morales, P.E. Teacher & Volleyball Coach**



**B O A R D B A L L**

Available on [www.boardballsport.com](http://www.boardballsport.com)

DinkoBuddy



SCAN HERE



# Pickleball Made Easy

Modular Nets: Revolutionizing Pickleball in Physical Education  
Ultra-Portable. Expandable. Perfect for Schools.

## WHY PE TEACHERS LOVE DINK BUDDY

- ✔ More Kids Playing, Less Waiting
- ✔ Compact & Easy to Store
- ✔ Modular for Any Space
- ✔ Quick Setup & Takedown

## PATENT-PENDING COURT EXPANDER TECHNOLOGY

Lets teachers customize net configurations for different lessons and spaces:

- ✔ **Single Nets for Training Pods:** Set up small stations for drills and skill development.
- ✔ **Extended Nets for Full Play:** Join two nets together for larger courts and game play.
- ✔ **Custom Play Areas:** Adjust layouts to fit class sizes, age groups, and teaching goals.



JOIN THE PICKLEBALL  
REVOLUTION IN PE!

[mydinkbuddy.com](http://mydinkbuddy.com) | [schools@mydinkbuddy.com](mailto:schools@mydinkbuddy.com)

## Board of Directors

James Clemmer.....	President
Marci Pope.....	President-Elect
Kathy Russell.....	Past President
Joanie Verderber.....	Treasurer
Brent Powell.....	Executive Director
Christopher Busch.....	Member at Large
David Daum.....	Member at Large
Lemi Hayashi.....	Member at Large
Julie Kuehl-Kitchen.....	Member at Large
Gabe Padayhag.....	Member at Large
Margaret Weimer.....	Member at Large

## Cabinet/Council Chairs

David Adams.....	Cabinet Chair
Nicole Lombardi-Risen.....	Adapted Physical Education
Keisha Clark-Booth.....	Dance
Brandi Hobson.....	Diversity & Social Justice
Alex Pulido.....	Co Future Professionals
Nica Lampe.....	Co Future Professionals
Beth Kahn.....	Health Education
David Adams.....	Higher Education
Ryan Alvarez.....	Leadership & Administration
Kalani Hobayan.....	Elementary Physical Education
Chan Park.....	Secondary Physical Education
Kaelyn Gsellman.....	Recreation
Judith Brooks.....	Retired Members
Will Potter.....	Council of Regions

## Region Coordinators

Melania Valdez.....	Region 1
Marc Macaluso.....	Region 2
Natalie Wells.....	Region 3
Will Potter.....	Region 4
Cathie Culver.....	Region 5
Stevi Balsamo.....	Region 6
Denton Watkins.....	Region 7
Sammi Stewart.....	Region 8
Austin Olsen.....	Region 9
Chris Gentry.....	Region 10
Vacant.....	Region 11

*Special thanks to all CAHPERD leaders, officers, committee members and everyone who served the Association throughout the year!*

CAHPERD wishes to extend appreciation to the entire Conference Planning Committee and all the volunteers for making this event such a success.

Conference Managers.....	Stevi Balsamo & Margaret Weimer
Program Chairs.....	Julie Kuehl-Kitchen & Marci Pope
Audio-Visual.....	Chan Park
Continuing Education Units.....	CSU Stanislaus
Elections.....	Kathy Russell
Equipment.....	Lindsey Wallace
Exhibits.....	Brent Powell & Christina Wink
Hospitality.....	Hannah Williamson, Nat Wells
Mobile App/Technology.....	Christina Wink
Registration.....	Christina Wink & Barbara Ann Buckalew
University Competition.....	Alex Pulido, Nica Lampe
Student Volunteers.....	Chan Park

# COASTAL

## ENTERPRISES

[www.CoastalSportswear.com](http://www.CoastalSportswear.com)

Your Official Sponsor for

# CAHPERD

**Specializing in:**

- PE Uniforms
- Sweats
- Spiritwear
- Master Locks
- Loaners
- Team Uniforms

**U.M.S.**  
**PEYS. Falcons** ED.  
ESTABLISHED 1958



**No Charge for ARTWORK,  
 Screens or Set-ups!  
 FREE SHIPPING!**

[Sales@coastalsportswear.com](mailto:Sales@coastalsportswear.com)  
**Toll Free (800) 644-3900**



# CAHPERD Business Meetings

Cabinet ..... Saturday, 12:00-1:00 pm – Room 103  
Board of Directors..... Saturday, 1:00-2:00 pm - Room 209/210  
Town Hall..... Saturday, 10:45 am-12:00 pm - Ballroom D/E

## Council Meetings

Adapted Physical Education.....Thursday, 12:00-12:30 pm - Ballroom G  
Dance ..... Friday, 11:30-12:00 pm - Ballroom H  
Diversity & Social Justice ..... Thursday, 12:00-12:30 pm - Ballroom A  
Elementary Physical Education ..... Friday, 11:30-12:00 pm - Ballroom B  
Future Professionals..... Friday, 11:30 – 12:00 pm - Room 103  
Health Education ..... Thursday, 12:00-12:30 pm - Ballroom H  
Higher Education ..... Friday, 11:30-12:00 pm - Ballroom G  
Interscholastic Athletics ..... Thursday, 12:00-12:30 pm - Ballroom B  
Leadership and Administration ..... Thursday, 12:00-12:30 pm - Ballroom C  
Recreation ..... Friday, 11:30-12:00 pm - Ballroom C  
Retired Members ..... Friday, 11:30-12:00 pm - Room 105  
SCAPE ..... Thursday, 8:00-10:15 am - Room 209/210  
Secondary Physical Education..... Friday, 11:30-12:00 pm - Ballroom B  
Council of Regions ..... Friday, 4:30-5:30 pm - Ballroom D/E

## Miscellaneous

APE University Coordinators..... Thursday, 2:45-3:45 pm - Room 103  
2026 Conference Planning Committee..... Saturday, 4:30-5:30 pm – Room 105

**Thank you for your participation in the  
Make Inclusivity Happen Tour!**



**MARK YOUR CALENDAR**  
**2026 CAHPERD Conference**  
**February 26-28, 2026**  
**Oakland Marriott City Center**



## First Tee School Program

Since 2004, First Tee has been integrating our program into PE classes in schools across the country. We've trained educators at more than 10,000 elementary schools across the nation to teach our curriculum, expanding our impact.

### Objectives

- Create a safe introduction to golf for today's students and teachers.
- Help students strengthen character and confidence through the positive personal and social values associated with the game and extend those values to other areas of their lives.
- Provide opportunities for students to experience golf as an enjoyable, lifelong recreation and health-enhancing activity.
- Ensure that the curriculum meets national standards developed by the Society for Health and Physical Educators (SHAPE).

"This program is everything you are looking for. It's fun, engaging and resourceful in so many ways."

— Melissa Argenzio,  
La Casa de Esperanza  
Charter School

**Visit the First Tee booth #410 for more info**

## Registration Hours:

Wednesday, April 30th  
5:00 pm – 7:00 pm

Thursday, May 1st  
7:00 am – 4:00 pm

Friday, May 2nd  
7:00 am – 4:00 pm

Saturday, May 3rd  
7:30 am – 11:00 am

## Conference Badges

A conference badge is issued upon registration. This badge is required for admission to all meetings, sessions, exhibits and any scheduled social event. Badges must be worn in clear sight at all times. There will be a nominal fee for replacement badges.

## Conference App

EduPlus is the provider of the mobile app for this conference. Download from the app store or type the URL into your browser and choose the correct platform for your device.

<http://e.confplusapp.com/main.html>

## Certificate of Attendance

CAHPERD will offer certificates of attendance acknowledging your participation in this Professional Development Conference. As an attendee, it is your individual responsibility to document session attendance and present it with the certificate to your local school administrators to meet the requirements of your district. Certificates will be available in the registration area.

## Continuing Education Units

1 Continuing Education Units (CEUs) is offered by California State University, Stanislaus. Interested participants can enroll online by clicking the link below, no later than **April 29th**. The cost is \$50.

<https://commerce.cashnet.com/cashneti/static/storefront/UEE/catalog>

## Commercial Exhibits

CAHPERD is pleased to welcome its exhibitors to the Annual Conference. We invite you to join us for “Beverages & Booths” on Thursday evening from 5:00-6:00 pm followed by the Welcome Reception! The Grand Opening of the Exhibit Hall will take place on Friday morning at 9:00. The exhibitors are here to see YOU, so don’t hesitate to stop and ask questions. Vendors welcome the opportunity to exchange ideas about products to serve your needs. The exhibit hall will be open from 9:00 am – 4:00 pm on Friday and 8:00 am – 1:00 pm on Saturday.



## Wednesday, April 30, 2025 Pre-Conference Workshops

### 9:00 am-4:00 pm

SECONDARY PHYSICAL EDUCATION and HEALTH EDUCATION

#### Self-Defense Certification for Middle & High School Teachers

##### Ballroom A

Did you know that “combatives” is part of the California State P.E. Standards 1-3: Course 2 for high school physical education? Self-defense can also be taught in middle school. In 2017, Erin’s Law required sexual assault prevention training to be taught in grades K-12. This certification will train PE teachers to teach various self-protection strategies to their students. The course content includes: verbal self-defense & de-escalation techniques, bullying prevention, avoidance safety information, stranger awareness vs. acquaintance assaults.

*Speaker: Tracie Arlington, Play It Safe Defense Inc.*

### 1:00 pm-4:00 pm

HEALTH EDUCATION

#### California Healthy Youth Act (CHYA)

##### Room 207

This workshop provides a clear overview of the California Healthy Youth Act, focusing on its requirements for teaching sexual health, including pregnancy prevention, HIV, and STI education. Participants will learn what is mandated by law and explore strategies for effectively delivering this content in the classroom. Gain practical tools to foster an inclusive, safe environment while addressing sensitive topics with confidence. Key takeaways will include an overview of legal requirements, effective teaching strategies for sexual health, creating a safe, inclusive learning space and a synopsis of common curricula choices. Designed for educators and school staff.

*Speaker: Diane Farthing, Pleasanton USD, Retired*

### 1:00 pm-4:00 pm

ADAPTED PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

#### Adapted Sports Workshop

##### Ballroom C

Join us for an interactive workshop exploring the how and why of incorporating disability sports into your programming. Through hands-on participation, you’ll experience a variety of sports, including goalball, beep kickball, blind soccer, showdown, sitting volleyball, boccia, disc golf, floorball, and more! Get ready for movement, learning, and fun as we dive into the benefits and strategies for making sports accessible for all.

*Speakers: Marci Pope, CSU Chico, Molly Armstrong, California School for the Blind and Mike Rosenkrantz, SoCal Adaptive Sports*

### 1:00 pm-4:00 pm

HEALTH EDUCATION and PHYSICAL EDUCATION

#### AED/CPR Certification

##### Ballroom F

AED and CPR certification for infants, children and adults teaches lifesaving techniques to respond to cardiac emergencies. Participants learn how to perform CPR, use and Automated External Defibrillator (AED) and adapt techniques for different age groups. Each attendee receives a book and certificate valid for two years upon completion.

*Speaker: Nanci Hanover, CPRnSafety*



## Thursday, May 1, 2025 Sessions and Activities

**8:00-9:00 am**

DANCE and ELEMENTARY PHYSICAL EDUCATION

### **Creative Dance for ROCK STARS** *Ballroom H*

This session focuses on dance terminology, movement terminology, elements of dance, and musical adaptation for teaching creative dance to elementary school children.

Session includes handouts.

*Speaker: Michele Blake, LAUSD*

**8:00-9:00 am**

ELEMENTARY and SECONDARY PHYSICAL EDUCATION

### **Token Economies can Improve Social and Motor Behavior in PE**

*Room 207*

The token economy is a tool that was developed out of the field of Behavior Analysis and implemented in physical education and other physical activity settings to improve motor learning and performance, exercise intensity and adherence, and social and affective behavior. This session will discuss the foundations of token economies and how to utilize them in physical education to improve physical activity and social behaviors.

*Speaker: Andrew Alstot, Azusa Pacific University*

**8:00-9:00 am**

ADAPTED PHYSICAL EDUCATION

### **Designing and Interpreting Graphic Displays of Behavioral Data**

*Room 212-214*

Designing and interpreting graphic displays of behavioral data is a powerful skill that can support teachers within the classroom. This presentation will focus on identifying the correct design based on the behavior(s) the teacher is hoping to change and the interpretation of the data that can be reported to students, parents, and others within the IEP meetings.

*Speaker: David Adams, Cal Poly Humboldt*

**8:00-9:00 am**

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

### **Using Imagery/Routines to Empower Student Learning and Self Efficacy**

*Room 106*

Imagery and routines are mental skills which are powerful tools for building motivation and self-efficacy for our students. Join us for hands-on learning with archery as we show you first-hand how incorporating these mental skills into your physical education program will empower students to reach new heights in their learning. See “what it looks like” and “feels like” and explore and experience it through participating in a lesson, video and other forms of student work.

*Speakers: Stephanie Molina and Savannah Linhares Chowchilla Elementary School District*

**8:00-9:00 am**

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

### **Themed Workouts for Your PE Program: Boost Engagement & Motivation**

*Room 211*

Tired of the same old routine? We were too! That’s why we created themed WODs (Work-out of the Day) – short, engaging workouts designed by our students themselves! These 8-12 minute bursts of activity keep things fresh and exciting, motivating students to push their limits. Plus, with our handy WOD log, they can track their progress and compete with themselves to see how far they’ve come. But the fun doesn’t stop there! We’ve also launched a “Fitness Lab” that’s anything but ordinary. Packed with exciting challenges, it’s a haven for students to explore different exercises and celebrate their achievements. It’s no surprise – with themed WODs and a dynamic Fitness Lab, we’ve seen students working harder and having more fun than ever before!

*Speakers: Austin Olson and Tyler Kuehl, Pacific Trails Middle School*

**9:15-10:15 am**

HEALTH EDUCATION and DIVERSITY &amp; SOCIAL JUSTICE

**Male Involvement and Responsibility: Masculinity Conversations at Juvenile Justice Settings****Room 204**

This workshop will provide an overview of PPOSBC's Male Involvement and Responsibility workshop that creates an opportunity for male-identified youth in the juvenile justice system a safe space to learn about sexual and reproductive health topics, break down ideas around traditional masculinity, and discuss its impact on men's health and relationships. Learn from our experiences, success and challenges presenting this topic in this setting.

*Speakers: Miguel Rolon and Neil Reyes, Planned Parenthood of Orange and San Bernardino Counties*

**9:15-10:15 am**

EXHIBITOR SHOWCASE

**A Tennis Curriculum for PE Teachers Catering to Children with Autism****Ballroom F**

ACEing Autism is a nonprofit organization that provides a tennis curriculum specifically designed for children with autism. For the past three years we have been working with schools and PE teachers to make our curriculum available in schools for children with autism and other developmental disorders. Our curriculum is structured so that participants learn the flow of the clinic and socialization is enforced. Promoting movement, fun and inviting confidence are pillars to our curriculum. We have designed our program operations to be turnkey and provide all equipment and training to schools for free.

*Speakers: Richard Spurling and Miles Vidreiro, ACEing Autism*

**9:15-10:15 am****ADAPTED PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION Creating Community while Teaching in an Inclusive Environment with an Emphasis on our Neurodivergent Learners****Ballroom B**

This session will focus on ways to create an inclusive environment for learning and a place where all students can feel safe, successful,

and a sense of acceptance and belonging within the class community. This includes providing routine and structure within a multi-sensory rich environment that helps meet the needs of our neurodiverse learners (including students with ADHD, Autism) I will share teaching tips and strategies including UDL (Universal Design for Instruction) along with cooperative based activities (for everyone to try) that build skills and class community.

*Speaker: Cindi Chase, Retired*

**9:15-10:15 am**

ADAPTED PHYSICAL EDUCATION and HIGHER EDUCATION

**Inclusion as Intersubjective Experiences: Learning from Students with Disabilities to Inform Practice****Room 104**

Traditional conceptualizations of 'inclusion' in physical education focuses on stakeholders' perspectives and decentralizes the voices of students with disabilities. In this session, I will explore definitions of inclusion and suggest a conceptualization that values the voices of students with disabilities. Following, quotes directly from persons with disabilities will be shared with attendees, and time to reflect upon those voices and how they can/should influence pedagogical practices as a group will be provided. This session will include reflective activities as a group, that are intended to challenge the way we think as a field about 'inclusion' and teaching students with disabilities in physical education contexts.

*Speakers: Justin Haegele, Old Dominion University and Lindsey Nowland, CSU San Bernardino*

**9:15-10:15 am**

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

**Quick Instant Activities That can be Utilized in a Variety of Units****Ballroom G**

Looking for activities to get your kids moving right away? Want to get away from roll call lines? Look no further! Come check our session out and we will show you how we get our kids moving as soon as they walk in! Quick instructions, maximum participation and lots of movement! Come ready to sweat!

*Speakers: KV Vigil and Maegan Penirian, Tracy Learning Center*



## Mindfulness for Physical Education & Health Programs

*Illumination Institute provides mindfulness training to educators and students and curriculum for educators to teach and practice mindfulness with their students.*

Use the QR  
code to try a  
practice today!



ILLUMINATION INSTITUTE

www.illuminationinst.org  
© 2024 Illumination Institute



**To plan your next Mental Health & Wellness Program or Professional Development workshop, contact us today!**

10061 Talbert Ave, Suite 325, Fountain Valley, CA 92708

Phone: (714) 464-2016

Website: [www.illuminationinst.org](http://www.illuminationinst.org)

Instagram: [@illumination\\_institute](https://www.instagram.com/illumination_institute)

**9:15-10:15 am**

ADAPTED PHYSICAL EDUCATION and  
ELEMENTARY PHYSICAL EDUCATION

**Orienteering Games****Ballroom C**

If you like scavenger hunts, you will like Orienteering. This presentation will include some interesting background information and easy games to introduce Orienteering into your teaching curriculum. Games to participate in will be: 'Funny Faces', 'Orienteering Obstacle Challenge', 'Matching Symbols', 'Counting Cones', & 'Slalom Ball'. Games, resources, and links to lesson plans will be available on the conference online platform for attendees.

*Speaker: Laura White, LAUSD*

**9:15-10:15 am**

SECONDARY and ELEMENTARY  
PHYSICAL EDUCATION

**Done Assessing, Now What?****Room 105**

Unlock the power of assessment data in guiding effective instruction! Join us as we explore assessment practices and their role in shaping teaching strategies. Discover how to interpret assessment results, personalize instruction, and establish feedback loops for continuous improvement. Walk away with actionable insights to maximize student learning.

*Speaker: Matthew Bassett, Los Angeles County Office of Education*

**9:15-10:15 am**

ADAPTED PHYSICAL EDUCATION

**Parent Communication and Data Tracking Using the Google Platform****Room 208**

Bring your own technology to this make-and-take digital session! We will share ways to communicate with parents using a google doc and a QR code, get input from IEP team members using google forms, and log student attendance and track data using google sheets. Attendees will have opportunity to create their own data docs.

*Speakers: Natalie Phillips and Chelsea Bowerman, Corona Norco Unified*

**9:15-10:15 am**

ELEMENTARY and SECONDARY  
PHYSICAL EDUCATION

**Physical Education and Physical Activity Opportunity in California Public Schools****Room 211**

Participants will learn about the status of Physical Education (PE) and physical activity (PA) opportunities in K-12 schools in California. PE and PA profiles will be created using data from the US Physical Education Physical Activity Policy (US PEPAP) and the CDC's 2022 School Health Profiles surveys. County and district profiles will describe minutes, class size, and other facilitators and barriers to opportunity and effectiveness. Associations between opportunity, health, and academic achievement will be presented. This session has potential to inspire local and statewide advocacy. Participants will have the opportunity to share input and engage in valuable discourse.

*Speakers: Nicole Smith, CSU Fresno, David Daum, San Jose State University, Christopher Gentry, CSU San Bernadino and Mellissa Bittner, CSU Long Beach*

**9:15-10:15 am**

INTERSCHOLASTIC ATHLETICS and  
LEADERSHIP & ADMINISTRATION

**School Culture and Inclusivity in High School Sports****Room 207**

This presentation will provide high school administrators, athletic directors, and coaches with resources to promote a positive school culture on their campus with respect to high school athletics. It will also call attention to the various programs that the CIF has available to provide an inclusive sports environment.

*Speaker: Ron Nocetti, California Interscholastic Federation*

**10:30 am-12:00 noon**

CAHPERD

OPENING GENERAL SESSION

**Children with Disabilities and Inclusion – More Than Words**

*Ballroom D-E*

You won't want to miss the Opening General Session, featuring Jordan Wiseley of The Challenge. He will be sharing his thoughts on how inclusivity starts within! "For inclusivity to catch on we have to put ourselves in positions to be seen." He will speak about how early hardships shaped who he is and the things he's done; and how failing makes success THAT much sweeter. Jordan wants parents to know that they need to put their children into situations that may be scary but that's going to give so much perspective later and everywhere else in life.

*Keynote Speaker: Jordan Wiseley, The Challenge*

**12:00-12:30 pm**

COUNCIL MEETINGS

CAHPERD members and all conference participants are encouraged to attend council meetings based on their area of interest. You are welcome to attend more than one meeting if your schedule permits. Council meetings are a great way for attendees to share their thoughts and questions. Councils are always looking for members who want to volunteer for various projects. Please see page 12 for the exact location of each meeting.

*Facilitators: Council Chairs*

**1:30-2:30 pm**

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

**Baller On a Budget: Activities with Limited Equipment**

*Room 101-102*

Are you struggling to find activities with your limited equipment and limited budget each year? Come participate in these fun and engaging activities for your K-12 Physical Education classes that require little to no equipment. Learn tips and tricks on how to utilize your equipment in various ways.

*Speaker: Ashley Sharp, Palmdale School District*

**1:30-2:30 pm**

SECONDARY PHYSICAL EDUCATION

**Building Inclusion in Schools and Municipalities**

*Room 106*

Sports for everyBODY is our school-based program for creating greater societal inclusion through student experiential learning. This very impactful program provides all students with proper disability etiquette as well as enabling students to experience adapted sports. Municipalities are the key to leveling the playing field and we are working with many. This will describe our experience.

*Speaker: Michael Rosenkrantz, SoCal Adaptive Sports*

**1:30-2:30 pm**

ADAPTED PHYSICAL EDUCATION and DIVERSITY & SOCIAL JUSTICE

**California Adapted Physical Educators Experiences with Barriers to Service Delivery**

*Room 212-214*

National research indicates APE teachers encounter a range of service delivery barriers. Governed by California's unique APE Guidelines, the barriers faced by the state's APE teachers need specific investigation. This presentation will share findings from a study focusing on barriers to service delivery experienced by California APE teachers through the lens of Occupational Socialization Theory. Semi-structured interviews were conducted with 6 CA APE teachers during the Fall of 2024. Significant findings from thematic analysis of transcripts will be discussed. Identifying these barriers can inform policy changes, professional development programs, and support strategies for APE teachers and students they serve.

*Speakers: Corey Chrisman and Chloe Simpson, Cal Poly Pomona*

**1:30-2:30 pm**

SECONDARY PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

**The 1st Two Weeks**

*Ballroom G*

Struggling to motivate your middle school or elementary students to enjoy working out? If you feel like traditional fitness testing doesn't



## Opening General Session

Thursday, May 1, 2025

10:30 am – 12:00 noon

Ballroom D/E

### Welcome Greetings

James Clemmer, President

### Greetings from our Diamond Sponsor

Rhythm & Moves

### Words of Gratitude to all Sponsors

James Clemmer, President

### Introductions – Board of Directors

James Clemmer, President

### Elections and Introduction of Candidates

Kathy Russell, Immediate Past President

### Keynote Address – *Children with Disabilities and Inclusion - More Than Words*

Dr. Scott Modell

### Announcements/Closing Remarks

James Clemmer, President

inspire your students, join us for a session packed with fresh ideas. Austin Olson (CA MS Teacher of the Year 2023) and Tyler Kuehl (CA MS Teacher of the Year 2025) have found an approach that truly works. We've introduced themed Workouts of the Day and guided our students in creating a Fitness Lab that we run three times a year. Come see examples of our students' work that will leave you excited to transform your own PE program!

*Speakers: Austin Olson, Pacific Trails MS and Dennis Gildehaus, San Diego USD*

**1:30-2:30 pm**

SECONDARY PHYSICAL EDUCATION

**High School Physical Education: Why WE Need to "Get it Right"!**

*Room 211*

The results and outcomes of our high school physical education lessons and programs are 100% in our hands and WE need to get it right to reach our intentions. Join us as we dig into some big ideas, explore our intentions, and share perspectives which can help us get it right for each of our students during and beyond high school.

*Speaker: Dianne Wilson-Graham, California Physical Education-Health Project*

**1:30-2:30 pm**

HEALTH EDUCATION

**Using Formative Assessments and Self-Assessments to Guide Student Learning**

*Room 204*

We know that formative assessments and student self-assessments should help us determine next steps in our teaching, but how do we consistently make that happen in our middle and high school health classrooms? Managing data with large class sizes can be overwhelming so we'll explore a variety of practical ways to gather evidence from your students. We'll analyze the benefits and constraints of each. Then we'll examine self-assessment strategies your students can use and how those can help students to be more engaged in their learning.

*Speaker: Diane Farthing, Pleasanton USD, Retired*

**1:30-2:30 pm**

LEADERSHIP & ADMINISTRATION and HEALTH EDUCATION

**The CARE Model: A Practical Tool for Character Development and Social Emotional Learning**

*Room 208*

SEL and the concepts of human connection might be the most important set of skills anyone could learn. We all see it. We all feel it. And yet, the field of Social Emotional Learning has been stretched, abstracted, and (at times) misappropriated. SEL curricula cannot be standardized, industrialized, fit into a curriculum or graded. The CARE approach has been influenced by research conducted at Harvard University, put into action, and evaluated for the past 5 years. Join us for research and strategies of the CARE Model, which any educator can pick up and use in their daily practice.

*Speaker: Jim Davis, Good Athlete Project/New Trier High School*

**1:30-2:30 pm**

EXHIBITOR SHOWCASE

**USTA School-Teacher Workshop (Tennis) Part 1**

*Ballroom F*

This workshop is designed for teachers/admin interested in bringing tennis into their P.E. program. This presentation will cover a sample of K-12 activities and games that you will find in the curriculum that will be given to all attendees. Even if you have zero "tennis" experience, you will feel confident at the end of this workshop that you will be able to conduct a tennis unit for your upcoming P.E. session.

*Speakers: Kevin Finkelberg and Sammie Xiao, United States Tennis Association*

**1:30-2:30 pm**

DANCE and HEALTH EDUCATION

**Healthy or Harmful Children's Dance: Solutions**

*Room 209-210*

In children's dance classes around the nation, children are learning to dance with adult hypersexualized costumes, choreography and

music. Children have become covert victims of sexual exploitation in what used to be a safe place – the dance studio. According to the American Psychological Association, many girls are beginning to think of themselves as sex objects and to imitate the porn-style dance moves of their favorite stars. At the same time, many boys are groomed to be hypermasculinated. This presentation will include definitions of healthy and harmful dance, research and solutions to benefit the educational community.

*Speaker: Mary Bawden, Dance Awareness: No Child Exploited (DA:NCE)*

### 1:30-2:30 pm

#### EXHIBITOR SHOWCASE

#### **Netball – Bring This Olympic Sport to Your PE Class Today!**

##### *Ballroom A*

Using Netball America's in-class tools and techniques to suit all class sizes and ability levels, grades K-12 PE teachers can introduce the international sport of Netball as a safe, coed, inclusive and no-contact transition to basketball, volleyball or other sports. Players are restricted to zones on the court, no dribbling and no contact. Therefore, Netball teaches spatial awareness, off ball movement, teaming, body control and hand-eye coordination. Teachers will get hands-on experience learning the skills and drills, and how they can adapt the game with the equipment and space they have.

*Speakers: Sonya Ottaway and Tim Taggart, Netball America*

### 1:30-2:30 pm

#### ADAPTED PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

#### **Thematic Activities for Inclusive Physical Education**

##### *Ballroom B*

This presentation showcases thematic activities developed and implemented by pre-service physical education (PE) teachers at CSU, Long Beach. These activities are vital components of various service-learning practicum programs such as inclusive Elementary PE, After School Adapted Physical-activity

Program (ASAPP), Transition Practicum, and Camp Nugget. The focus is about fostering inclusivity for students with diverse abilities through engaging thematic experiences. Activities include various games including sorting, relays, ball and locomotor skills, dance, and relaxation techniques. A key emphasis is placed on creativity in thematic design to enhance student motivation and participation. Attendees will have the opportunity to actively engage in hands-on activities and games, experiencing firsthand inclusive PE activities.

*Speakers: Tori Kohler, Melissa Bittner, and Amanda Young, CSU Long Beach*

### 1:30-2:30 pm

#### ELEMENTARY PHYSICAL EDUCATION

#### **PETIP: Empowering Teachers for Quality Elementary Physical Education**

##### *Room 104*

This presentation will explore the effectiveness of a professional development program for elementary classroom teachers to deliver impactful physical education lessons. Research suggests hands-on training can improve teacher confidence and student physical activity. To investigate this, a survey will be administered to 200 credentialed elementary classroom teachers in the Los Angeles USD (LAUSD), including those who participated in the Physical Education Teacher Itinerant Program (PETIP) and those who have not. The study aims to inform LAUSD and other districts on the value of embedded professional development programs in empowering elementary classroom teachers to deliver high-quality physical education.

*Speaker: Venus Lyon, CSULB/Los Angeles USD*

### 1:30-2:30 pm

#### ELEMENTARY PHYSICAL EDUCATION and ADAPTED PHYSICAL EDUCATION

#### **PE for Everybody & Every Body**

##### *Ballroom C*

Universal Design for Learning (UDL) is the concept that all quality physical education is adapted physical education. Treating every student like an individual, and meeting their individual needs is essential to taking your PE

program from good to great. Because UDL is best implemented proactively, and not reactively, this session will focus on how to plan with all students in mind. Creating a diverse curriculum that accommodates everyone is the best way to create an inclusive and successful learning environment. Participants in this session will learn how to take any mainstream physical education lesson and adapt it for Universal Design.

*Speakers: William Potter, Serendipity School and Kasia Givenrod, Brea Olinda High School*

**1:30-2:30 pm**

EXHIBITOR SHOWCASE

**Supercharging Skills-Based Health Education: How Students Learn Best!**

*Room 105*

This all-in-one health education session will place you in the best health classroom ever! Learn active engagement techniques and strategies to enhance health education all aligned to SHAPE America's National Standards. Educators know that students learn best when they are actively engaged throughout a lesson. See and learn "supercharging" techniques today that you can use in the classroom tomorrow!

*Speakers: Erin McCarthy and Darren Cohn, ETR*

**2:45-3:45 pm**

LEADERSHIP & ADMINISTRATION

**PAY ATTENTION!!! Legislation "IS" Important to YOU!**

*Room 207*

State Legislators continue to write bills every year that affect our subject matters. The bills that pass through the process turn into laws, which ends up controlling what we can do and what we can't. CAHPERD membership must be present and continue to educate legislators who think they know what we do. Your CAHPERD Legislative Team continues to work for you. We invite all conference attendees to attend this session where you will find out what bills the CAHPERD Team believes are important to you. Your Legislative Team will be present and we would like to hear from you.

*Speakers: Cindy Lederer, Tim Hamel, and Ken Dyar, CAHPERD Legislative Committee*

**2:45-3:45 pm**

DANCE and SECONDARY PHYSICAL EDUCATION

**Square It Up! A Comprehensive, Ready-To-Use Square Dance Unit (Part 1)**

*Ballroom H*

Come join in a 2-hour session crammed full of developmentally appropriate, FUN square dances. The "rooster's crow and the birdie sings" during this session packed with learning progressions designed for easy instruction and implementation, as well as increased student's success! Come find out why "It's hip to be square!"

*Speaker: Julie Kitchen, CSU Sacramento*

**2:45-3:45 pm**

EXHIBITOR SHOWCASE

**USTA School-Teacher Workshop (Tennis) Part 2**

*Ballroom F*

This workshop is designed for teachers/admin interested in bringing tennis into their P.E. program. This presentation will cover a sample of K-12 activities and games that you will find in the curriculum that will be given to all attendees. Even if you have zero "tennis" experience, you will feel confident at the end of this workshop that you will be able to conduct a tennis unit for your upcoming P.E. session.

*Speakers: Kevin Finkelberg and Sammie Xiao, United States Tennis Association*

**2:45-3:45 pm**

ADAPTED PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION

**Fun Themed Activities to Excite Movement!**

*Room 101-102*

Individuals learn better when they are better connected to the material. The same goes for movement. We are more excited to practice and try when we are connected and drawn to the task at hand. Having a holiday theme or character reference set up for your session gets our students motivated and excited even when it's a skill they tend to have a hard time with. Let's make moving fun and continue to encourage physical activity for all our students!

*Speakers: Lindsey Wallace, Nikki Thornburg and Deann McCormick, Rowland USD*

## Music Education and Physical Education Teaching Opportunities.

- Competitive Salaries
- Full Benefits, Medical, Dental & Life Insurance
- 401K Plan With Employer Match
- Standards Based Curriculum
- Equipment to Support Curriculum
- Yearly Conference
- Professional Development & Support
- Continuing Education



510.521.2505 • [rhythmandmoves.com](http://rhythmandmoves.com)  
[info@rhythmandmoves.com](mailto:info@rhythmandmoves.com)



**2:45-3:45 pm**

ADAPTED PHYSICAL EDUCATION and  
SECONDARY PHYSICAL EDUCATION  
**Creating A Neurodiverse PE Community  
(Part 1)**

**Room 204**

A session dedicated to effectively creating and implementing a peer neurodiverse physical education program partnering students with diverse learning needs with general education peers. Hear from a general education PE teacher and how she developed her high school peer neurodiverse class and from two adapted PE teachers helping support secondary PE teachers implementing buddy classes. We'll guide you through the process of how to approach your admin and special education departments, general education student selection, structure of the neurodiverse peer buddy system, and how to effectively serve the whole school community within physical education classes.

*Speakers: Meggan McCall, Jessica Atwood and Laurie Towne, Folsom Cordova USD*

**2:45-3:45 pm**

ADAPTED PHYSICAL EDUCATION  
**Effective Assessment Strategies for  
Students Who Are Blind, Visually  
Impaired, or Deafblind**

**Room 208**

A how to on assessment for students who are blind, visually impaired or deafblind using standardized assessments and the Expanded Core Curriculum (ECC). Deciding what assessment to use, how to use them and what parent and student input should be included.

*Speakers: Molly Armstrong, California School for the Blind and Taylor Guy KIPP Public Schools Northern California*

**2:45-3:45 pm**

ELEMENTARY and SECONDARY  
PHYSICAL EDUCATION  
**Change your Words, Change your Mind:  
Cognitive Restructuring**

**Room 104**

Cognitive restructuring is a technique used to identify our self-defeating beliefs, refute them, and then modify them. This session will help you learn about strategies that can be used to help students with their self-talk while they are learning to move. We will share several standards-based activities that when connected to cognitive restructuring are Powerful!

*Speaker: Molly Sheridan, Castro Valley USD*

**2:45-3:45 pm**

ELEMENTARY PHYSICAL EDUCATION and  
ADAPTED PHYSICAL EDUCATION

**Kids Yoga**

**Ballroom B**

Kids yoga is full of games, music, stories, imaginative play, and partner activities. You will learn fun games, breathwork, imaginative play, and self-calming/emotional regulation skills. Hopefully teaching them to strengthen their bodies through basic poses, feel confident, calmer, happier and learn mindfulness through breathing exercises and relaxation techniques.

*Speakers: Natalie Phillips and Chelsea Bowerman, Corona Norco Unified*

**2:45-3:45 pm**

HEALTH EDUCATION

**How "Influencers" are Influencing Health  
Information**

**Room 212**

Ever wonder how some people become popular on social media? What role do social media influencers serve in delivering health content? This session will present TikTok and Instagram influencers and analyze the health information presented. Attendees will learn and demonstrate aspects to creating health messaging that is accurate and influential.

*Speaker: Brent Powell, CSU Stanislaus*

**2:45-3:45 pm**

EXHIBITOR SHOWCASE

**Using Technology to Better Assess and  
Include all Students**

**Room 106**

In Physical Education, we know that the starting physical fitness levels and abilities can vary drastically from student to student. Does it make sense then to assess, coach and grade our students with the exact same standards? Or would it be better if we could individualize the goals for each student to level the playing field and encourage more participation? With the use of Heart Rate and Activity Tracking Technology, we can now program our PE to better address the varying needs of all students. Today's teachers finally have the tools to set better goals for each individual and provide personalized instruction to promote better fitness habits into adulthood.

*Speakers: Sally Edwards, Will Taylor and Lane Edwards, Heart Zones*

**2:45-3:45 pm**

SECONDARY PHYSICAL EDUCATION and FUTURE PROFESSIONALS

**How To Modernize Your MS & HS P.E.****Program****Room 211**

Traditional Middle & High School P.E. programs are a thing of the past! We're no longer limited to curriculum solely based on team sports, students performing physical fitness without knowledge of why, and grades based on participation rather than learning. Young people have been vocal, especially on social media, about how they want quality health and fitness lessons that can be applied practically well beyond their school years. We'll share our best practices, lessons that involve thoughtfully planned teaching & activity, mindfulness tips, building community, incorporating STEM, and building a vertically aligned program amongst the P.E. department. Because we're more than just "gym class!"

*Speakers: Tiffany Ragozzino, Johanna Petrich and Lilly Roque-Ferrel, LAUSD*

**2:45-3:45 pm**

ELEMENTARY and SECONDARY PHYSICAL EDUCATION

**Leveling Up Invasion Games****Ballroom G**

Don't miss this opportunity to participate in a series of kid-tested, teacher-approved activities designed to showcase progressions that help students understand and apply the strategies and tactics to be successful in any invasion game. Come see how fun and learning coalesce to build confident movers! You'll walk away with ideas you can implement in your program immediately.

*Speaker: Kate Cox, Corte Madera School*

**2:45-3:45 pm**

EXHIBITOR SHOWCASE

**How to Have a Peaceful Playground****Room 105**

Recess is an important part of every student's day at school. However, it is often a negative experience for students and staff. This presentation is to help the physical educator, that is often asked to "fix" or "help" with recess. This webinar is packed with resources that include the research on the value, common issues, and most importantly strategies to improve recess for all students. Recess is more than a "break" from academics.

*Speaker: Carrie Flint, Peaceful Playgrounds*

**2:45-3:45 pm**

EXHIBITOR SHOWCASE

**Flag Football Comes to Cali with OPEN!****Ballroom C**

Join us for an active professional development. Flag football is now a CIF sanctioned sport and OPEN has free resources for elementary and middle school PE programs to help students prepare to pursue their dreams on the gridiron! This activity-based session will take participants through activities in OPEN's free Flag Football modules for grades 3-5 and 6-8. Teachers will leave with tools to teach their students passing, catching, evading opponents, basic rules, and game play so students have the confidence and competence to participate moving to high school! Join in the action to learn more about the latest sport to hit the West Coast!

*Speaker: Brian Devore, OPEN/US Games*

**4:00-5:00 pm**

RECREATION

**Developing and Delivering Inclusive Summer Camps****Room 208**

Please join us to learn strategies for developing an inclusive summer camp for individuals with and without disabilities. This presentation will highlight the significance of providing inclusive recreational and swimming opportunities to fit the needs of all participants. Specific topics discussed will include planning and preparation, staff training, and collaborating with partners. We will also emphasize program development and share lessons learned. This session is designed to prepare physical activity professionals with the knowledge and skills to develop and deliver inclusive summer camp programs.

*Speakers: Alexis Muñoz, Chloe Simpson and Natalie Lin, Cal Poly Pomona*

**4:00-5:00 pm**

EXHIBITOR SHOWCASE

**Cultivating ResPECT: Strategies for Garnering Recognition and Support in PE****Room 104**

Physical Education teachers do so many great things that are not truly understood by those outside of our content area. There are a few things we can do that help support the overall school mission and show that Physical Education Teachers do more than just "play" all day.

*Speaker: Bill Bode, G-W Publisher*

**4:00-5:00 pm**

EXHIBITOR SHOWCASE

**The New Drug Talk: Updated Strategies for Addressing Substance Use**

**Room 212-214**

With drugs like fentanyl now in wide circulation, how does the way we teach about substance use need to change? What messages are likely to resonate with teens? What information do teachers need to know to feel confident addressing it? Learn how communities are working together to advance this conversation, and get practical, ready-to-use tools that can be shared with educators, students, and families.

*Speaker: Christopher Pepper, Song For Charlie*

**4:00-5:00 pm**

HEALTH EDUCATION and ELEMENTARY PHYSICAL EDUCATION

**Maslow Over Bloom**

**Room 211**

If our students do not feel safe, are hungry, and are desperate for a hug, then it doesn't matter where our questions land on Bloom's or DOK, they simply won't be in the best place to learn! Come learn how to meet your students' "Hierarchy of Needs" and open their brains to a higher level of thinking and learning. Students today need more than just another SEL program. Come dig deeper into the science of WHY you need to be doing this with your students and HOW to bring it into your decisions and actions!

*Speakers: Daniele Della Gala and Maria Molina, Los Angeles USD*

**4:00-5:00 pm**

ADAPTED PHYSICAL EDUCATION

**Educating Special Education Administrators on Adapted PE as a Service**

**Room 105**

Many Special Education Administrators do not understand that Adapted PE is a service, and this session is being provided to assist Adapted PE Specialists in sharing laws and best practices for Adapted PE. Federal Law will be referenced and advocacy resources provided that APE Teachers can share in their districts. Ways that special education adminis-

trators can support their APE teachers will also be shared.

*Speakers: Heidi Ambrosius, Moreno Valley USD, Nicole Lombardi-Risen, Temecula Valley USD and Leslie Kirui Placentia-Yorba Linda USD*

**4:00-5:00 pm**

DANCE and SECONDARY PHYSICAL EDUCATION

**Square It Up! A Comprehensive, Ready-To-Use Square Dance Unit (Part 2)**

**Ballroom H**

Come join in this session crammed full of developmentally appropriate, FUN square dances. The "rooster's crow and the birdie sings" during this session packed with learning progressions designed for easy instruction and implementation, as well as increased student's success! Come find out why "It's hip to be square!"

*Speaker: Julie Kitchen, CSU Sacramento*

**4:00-5:00 pm**

ADAPTED PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

**Creating A Neurodiverse PE Community – Part 2**

**Room 204**

A session dedicated to effectively creating and implementing a peer neurodiverse physical education program partnering students with diverse learning needs with general education peers. Hear from a general education PE teacher and how she developed her high school peer neurodiverse class and from two adapted PE teachers helping support secondary PE teachers implementing buddy classes. We'll guide you through the process of how to approach your admin and special education departments, general education student selection, structure of the neurodiverse peer buddy system, and how to effectively serve the whole school community within physical education classes.

*Speakers: Meggan McCall, Jessica Atwood and Laurie Towne, Folsom Cordova USD*

**4:00-5:00 pm**SECONDARY and ELEMENTARY  
PHYSICAL EDUCATION**DotBall360: The Team Paddle Sport****Ballroom F**

Think volleyball bump, set, spike but with paddles. Instead of hitting the ball over a net you hit it Down On Table "DOT". Can be played 1v1, 2v2, 3v3 or 4v4. Teams have three hits and a bounce between each hit, passing the ball to hit it down on the table switching possession to the other team. There are no sides or boundaries. Easy for all ages and skill sets and dynamic enough for highly competitive play. Games can be played virtually anywhere with easy setup, breakdown, and protected organizing storage. All sets come with 6 paddles, 4 balls, and a table built to last year after year. Comes with full curriculum 3 week lesson plan (15 lesson) with cue and work sheets. Also all the Standards meet within each lesson.

*Speakers: Ryan St. Denis, Mike Garcia and Steph B, DotBall360*

**4:00-5:00 pm**

EXHIBITOR SHOWCASE

**TAGG Academy – Teaching Math & Literacy in PE****Room 106**

In this hands-on session, we show you how to bring Math & Literacy into your class using TAGG-ED balls with letters, numbers, and math symbols that will change the perception of PE and improve the "Whole Child Education" both physically and mentally. Learn how easy it is for students to stay active, have fun, be engaged, learn, and improve SEL all through active play with TAGG-ED Balls, Bowling Mats, Ball Holders/Spots, and more.

*Speaker: Tim Taggart, TAGG TIME*

**4:00-5:00 pm**

EXHIBITOR SHOWCASE

**Meeting the Mandates of CA Mental Health Law SB-224****Room 207**

In partnership with Delta Dental Care Foundation, CATCH is providing needed evidence-informed and evidence-based Mental Health Education training and standards-aligned

curriculum to support California educators who serve students in grades K-8. All participants are eligible to secure a 4-year school or organization license to the CATCH Health Ed Journeys, which meets the mandates of SB-224, digital curriculum with a robust Mental Health Education unit at no cost (value of \$1600 per school).

*Speaker: Chad Misner, CATCH Global Foundation*

**4:00-5:00 pm**SECONDARY PHYSICAL EDUCATION and  
INTERSCHOLASTIC ATHLETICS**We Need Strength-Comprehensive and Equitable Strength Training in Public Schools****Room 101-102**

For decades, weight and strength training programs have been limited to football teams or considered "boys locker room" activities. Public Schools have a unique opportunity to expose students to weight training in various forms. We will explore some avenues through which you can incorporate simple yet effective weight training programs for your physical education program.

*Speaker: Rodrigo Otero, Sweetwater Union High School District*

**5:00-6:00 pm**

CAHPERD

**Beverages & Booths****Exhibit Hall**

Please join us for a sneak peek at the exhibitors while you sip on your favorite beverage. The Welcome Reception with Great Scotts will take place immediately after! You won't want to miss out on the fun!

*Hosts: James Clemmer, President and Brent Powell, Executive Director*

**6:00-9:00 pm**

CAHPERD

**Welcome Reception – Music Era Tour****Ballroom D/E**

You are invited to join us for food, beverages, music, dancing, games and networking! Dress in your favorite era/decade of style.

*Host: James Clemmer, President*



## Friday, May 2, 2025 Sessions and Activities

**8:00-9:00 am**

**DANCE and DIVERSITY & SOCIAL JUSTICE  
Adrienne's Salsa Cardio – You're Included!  
Ballroom A**

This multilevel, low impact presentation integrates, cardiovascular movement into foot patterns, (Salsa, ChaCha, Merengue, and Bachata), emanating from the infectious Latin, rhythms of the Caribbean – notably, Puerto Rico, Cuba, and the Dominican Republic. These patterns may be applied in social situations. In addition, variations will be provided in the forms of a Latin line dance, birthday circle and call and response activities which will accommodate the elementary student to the active, mature adult. If you love the music, you'll love the spicy workout!

*Speakers: Adrienne Bratton, LA County Parks and Recreation*

**8:00-9:00 am**

**EXHIBITOR SHOWCASE  
Curb The Chaos Leading Large (and XL!)  
Groups Effectively  
Room 106**

Large class sizes are no problem when you use these tips, tricks, and strategies to organize your class! Leave this activity session with tools to enhance your teaching with classroom management practices, effective assessments, and the incorporation of technology.

*Speaker: Angie Snyder, QuaverEd*

**8:00-9:00 am**

**LEADERSHIP & ADMINISTRATION and  
FUTURE PROFESSIONALS  
Step Up to the Plate and ADVOCATE  
Room 212-214**

We, as physical educators, know our value and the positive impact we can have with our students. Many of us create amazing programs without support, facilities, and equipment. We step up and do our best with whatever curve balls are thrown to us. However, this presentation is about stepping up and hitting a GRAND SLAM. Discover FREE

resources and strategies to promote your program to the decision makers (School Board and Parents). Ideas for Parent PE Day, Fundraisers, Family Fitness Nights, and tips on grant writing will be shared.

*Speaker: Carrie Flint, Musical PE Plus*

**8:00-9:00 am**

**ADAPTED PHYSICAL EDUCATION and  
FUTURE PROFESSIONALS  
Which States have APE Credentials  
Room 204**

It has been nearly two decades since formal research has been conducted to determine which states require an adapted physical education (APE) credential (Wetzel, 2007). According to Wetzel, only 12 out of 50 states have an APE certification, and 31 states said they were unlikely to develop a certification in the near future. Our research team will be replicating this study and will survey APE teachers, general physical educators, and State Education Agency leaders from each of the 50 states and territories. Participants will be recruited through purposive sampling, as well as reaching out to the National Consortium for Physical Education for Individuals with Disabilities (NCPEID) members.

*Speaker: Daniel Shollenberger, California State University, Long Beach*

**8:00-9:00 am**

**ELEMENTARY PHYSICAL EDUCATION and  
HEALTH EDUCATION  
Decrease Stress and Increase Success  
for Students  
Room 104**

Students encounter a multitude of stressors that can contribute to a long list of physical and mental health challenges. Knowing the signs of stress and anxiety in our students leads us to a deeper understanding of our students' needs and enables us to respond in helpful ways. Join us to learn strategies that decrease student stress and anxiety, support student learning, and inspire students to work towards higher levels of success.

*Speaker: Daniele Della Gala, Los Angeles USD*

**8:00-9:00 am**

HEALTH EDUCATION

**More Interpersonal Communication:  
How Do We Help Our Students Talk?***Room 207*

In 2022 we explored a variety of strategies to develop the skill of interpersonal communication for our middle and high school health students. This session will continue that exploration by looking at more of the communication skills with a focus on the new performance indicators from the National Health Education Standards. You'll leave with activities to use with your students as well as ideas for assessing the different types of communication.

*Speaker: Diane Farthing, Pleasanton USD, Retired*

**8:00-9:00 am**SECONDARY PHYSICAL EDUCATION and  
ELEMENTARY PHYSICAL EDUCATION**Best Indoor Softball Game Ever  
(4 Simultaneous Games)***Room 101-102*

Attendees will participate in 4 games of indoor softball simultaneously. This activity ensures safety, fun and success for all students by using modified rules and equipment. Participants will learn physical literacy and social emotional learning skills. This activity can be used with large groups, in limited space and minimal equipment.

*Speaker: Jerry Honeycutt, Indian Land High/Lancaster*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**Mindfulness, Mental Health, Physical  
Health & Student Wellness***Ballroom G*

Mindfulness has been clinically proven to support not just mental health, but improve overall well-being. In this session, you will learn the foundations of mindfulness, as well as how to incorporate "mindful moments" in your PE, Health, or Recreation activities with your students. You will also receive some bonus "self-care" time during our session, with tips for how to use mindfulness to manage your own stress as an educator.

*Speaker: Brian Ton, Illumination Institute*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**Experience the IHT ZONE Heart Rate  
Monitors while Playing a Fast-Paced Game**  
*Ballroom H*

Experience the IHT ZONE heart rate monitor and the real-time, individualized feedback it delivers to students and teachers. To simulate your classroom setting, participants will wear the IHT ZONE while playing a dynamic and engaging team paddle sport! Learn how the IHT ZONE monitor empowers students to take ownership of their health and delivers data that connects parents, teachers and students through daily reports and links to PE and SEL/Mindfulness activities.

*Speaker: Lisa Rothstein, Interactive Health Technologies*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**Boardball – Bump Up The Fun in  
PE Class!***Ballroom F*

Boardball is the fusion between volleyball and spikeball, focusing on easy setup and volleyball skills without the hassle of a full net. Players use their fundamental bump set spike skills in a new environment. It's a team sport for 2-4 players per team, suitable for all ages and abilities. Perfect for PE, it promotes teamwork and active play with a quick-to-assemble, durable set. Ready to get your class on board?

*Speakers: Amanda Nguyen and David Borish, Boardball*

**8:00-9:00 am**ELEMENTARY PHYSICAL EDUCATION and  
ADAPTED PHYSICAL EDUCATION**Unified Sports in General Education PE:  
Everyone Can Play!***Room 107*

Everyone should get to play! Teach your students how sports and equipment can be adapted so that everyone can be included. Students will learn how to play seated volleyball and Boccia as examples of adapting rules and will explore with beeper balls and bell basketballs to learn how peers who are visually impaired dribble and pass balls. Activities all meet the 2024 SHAPE America National Physical Education Standards.

*Speakers: Stacy Olson and Trisha Nettles, Las Lomas Elementary School*

**8:00-9:00 am**

ELEMENTARY and SECONDARY PHYSICAL EDUCATION

**Learning to Learn****Ballroom C**

In this session we'll model an approach that can be used to help your students understand HOW to learn. We'll start by identifying what good learners do and will then share activities and strategies that can be used to develop these skills in your class. When your students learn how to learn, they will be empowered to be independent and self-directed learners not only in PE but for the rest of their lives!

*Speakers: Terri Drain, Wendy Jones, Will Potter, Stephanie Sandino, Matt Bassett, Kate Cox, and Kathy Jones, H-PEC*

**8:00-9:00 am**

ADAPTED PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

**Sensory Processing Website****Room 208**

Sensory processing disorder (SPD) is a neurological condition that exists when sensory signals do not get organized into appropriate responses. (Chien, et al., 2015). People with SPD find it difficult to process sensory information (e.g., sound, touch, movement) from the world around them. This means that they may feel sensory input more or less intensely than other people. The purpose of this presentation is to help adapted, general physical educators, as well as parents/guardians find sensory processing support. This presentation will highlight a website that includes equipment, activities, tools, resources, community recreation, information about sensory needs, and assessment for individuals with SPD.

*Speaker: Tori Kohler, California State University, Long Beach*

**8:00-9:15 am**

CAHPERD/SCAPE

**Past President/SCAPE Chair Breakfast****Room 103**

Past Presidents of CAHPERD and Past Chairs of the State Council on Adapted Physical Education (SCAPE) will gather to engage in cordial reflections and celebrate the success of the joint conference.

*Hosts: Kathryn Russell, Immediate Past President and Heidi Ambrosius, Past SCAPE Chair*

**9:00-9:45 am**

HIGHER EDUCATION and FUTURE PROFESSIONALS

**Undergraduate and Graduate Student Poster Session****Exhibit Hall**

During this poster session, university students will provide attendees with up-to-date and relevant research related to the HPERD fields. Posters will critique current research articles, identify possible directions for future research, and present original student research. This session is very interactive, we invite you to walk through the session to engage with and ask questions with these future professionals.

*Facilitators: David Daum, San Jose State University and Chris Gentry, California State University San Bernardino*

**9:00-9:45 am**

GRAND OPENING OF EXHIBITS

**Exhibit Hall**

Join us in welcoming the exhibitors to the 2025 CAHPERD/NAPEC Joint Conference! Among these companies are many friends who have supported CAHPERD over the years and some new friends who are joining us for the first time. You won't want to miss the opportunity to meet with vendor representatives. Light refreshments will be provided.

*Hosts: James Clemmer, President and Brent Powell, Executive Director*

**10:00-11:30 am**

CAHPERD

**Second General Session****Ballroom D-E**

We invite you to join this session to hear an inspiring keynote address from Rudy Garcia-Tolson, who became a double amputee at an early age. Since his first Paralympic Games in 2004 at the age of 16, he has become an ambassador for the Games. He continues to make an impact in his community through his work with the Challenged Athletes Foundation (CAF) and as a motivational speaker, sharing his message that "The Real Disability is a Negative Attitude."

*Speaker: Rudy Garcia-Tolson, Challenged Athletes Foundation*



## Second General Session

Friday, May 2, 2025  
10:30 am – 12:00 noon  
Ballroom D/E

### Welcome Greetings

James Clemmer, President

### Announcements

### Elections & Voting Information

Kathy Russell, Immediate Past President

### Student Scholarship Presentations

Adapted Physical Education – Haena So, CSU Long Beach  
Winifred Van Hagen/Rosalind Cassidy – Devin Van Meter,  
Azusa Pacific University

### Keynote Address – *The Real Disability is a Negative Attitude*

Rudy Garcia-Tolson

### Closing Remarks

James Clemmer, President

**11:30 am-12:00 noon**

CAHPERD

**Council Meetings**

CAHPERD members and all conference participants are encouraged to attend council meetings based on their area of interest. You are welcome to attend more than one meeting if your schedule permits. Council meetings are a great way for attendees to share their thoughts and questions. Councils are always looking for members who want to volunteer for various projects. Please see page 12 for the exact location of each meeting.

*Facilitators: Council Chairs*

**11:30 am-1:00 pm**

FUTURE PROFESSIONALS and RETIRED MEMBERS

**Future Professionals Luncheon****Room 103**

Join fellow future professional members for a light lunch and engaging conversation. Take advantage of the opportunity to mingle with others who are seeking guidance in the professional field. We will also conduct the election for the next Future Professional Council Chair, for representation in the Cabinet.

*Hosts: Nica Lampe and Alex Pulido, Future Professional Co-Chairs*

**1:00-2:00 pm**

EXHIBITOR SHOWCASE

**Connecting Health and Physical Activity for Elementary Wellness****Ballroom F**

Prepare for an engaging experience with interactive activities! Integrate movement easily into health lessons while utilizing technology. Whether you're in a classroom, in the gym, or outdoors, teach health concepts from a kinesthetic approach.

*Speaker: Angie Snyder, QuaverEd*

**1:00-2:00 pm**

SECONDARY PHYSICAL EDUCATION and HEALTH EDUCATION

**Social-Emotional Learning in a Snap: Powerful Mini Lessons****Room 204**

A major component of wellness is teaching SEL, and we're excited to share all of our lessons designed to help students navigate the challenges of middle school. Our units cover essential topics like Sleep, Stress & Anxiety, Gratitude, Self-Defense, Healthy and Un-

healthy Relationships, and more. We've seen firsthand how impactful these lessons can be, and we'll be sharing inspiring examples of student work that reflect this growth. Join us in empowering our students to become their best selves!

*Speakers: Austin Olson and Tyler Kuehl, Pacific Trails Middle School*

**1:00-2:00 pm**

SECONDARY PHYSICAL EDUCATION and HEALTH EDUCATION

**Raising Rigor in PE Classes****Room 106**

In this session I will share strategies I have used regularly in my middle and high school PE classes and helped me be selected as the CAHPERD 2022-2023 High School PE Teacher of the Year. These strategies can be implemented immediately and will help raise the rigor and the use academic language in the classroom. Be prepared to get up and move around a bit.

*Speaker: Betsy Erickson, Washington USD*

**1:00-2:00 pm**

ADAPTED PHYSICAL EDUCATION

**Advocacy and Guidance for Preschool Adapted PE Services****Room 207**

Special Education Administrators often do not understand Adapted PE as a service and that is, can, and should, be provided to students ages 3-5 years who require it. This session will provide legal support and references to support those trying to implement or support their preschool adapted physical education programs. Assessments will also be discussed emphasizing appropriate tools for students aged 3-5 years. The presentation will also include different types of service delivery model options to meet differentiated student needs.

*Speaker: Heidi Ambrosius, Moreno Valley USD and CSU San Bernardino*

**1:00-2:00 pm**

SECONDARY PHYSICAL EDUCATION and ADAPTED PHYSICAL EDUCATION

**Ways to Strengthen Physical Educators and Principal Relationships****Room 209/210**

Over time, many school principals, with the support and direction of school district leadership, have increased the amount of instructional time devoted to English, Math, and

# Quaver<sup>TM</sup> Health•PE

# Growing Stronger Bodies & Minds



**QuaverHealth•PE is changing the game across the country.** Our platform is flexible to meet your needs with customizable resources in English and Spanish. K–5 Health and PE lessons are movement packed and bring learning to life.

**Engaging**



**Health  
Lessons**

**Multimedia**



**PE  
Lessons**



**Spanish  
Resources**



**Fully  
Accessible**

**and More!**



Get started now at [QuaverEd.com/Preview](https://www.QuaverEd.com/Preview)



Copyright © 2024, by QuaverEd, Inc. All rights reserved.

Science while reducing time and resources for physical education (PE). As a result, principals may offer inadequate or passive support for PE, leading to the marginalization of this important subject. There are various factors contributing to the relegation of PE in the school curriculum, and this session aims to identify these factors and offer solutions to improve the status of PE. Audience participation is expected to help identify these solutions.  
*Speakers: Chris Gentry and Terry L. Rizzo, CSU San Bernardino*

### 1:00-2:00 pm

HEALTH EDUCATION and DIVERSITY & SOCIAL JUSTICE

#### **TALK TO YOUR BOYS: How to Help Boys Feel Connected and Valued**

##### *Room 104*

By many measures, men and boys are in crisis. College enrollment is down. Overdoses and suicide are increasing. The majority of young men say that “no one really knows me.” How can schools help boys feel connected and joyful? How can we help boys have real conversations about issues like loneliness, consent, violence, and substance use? Get expert tips for how to engage and support boys as they develop a healthier view of masculinity.

*Speakers: Christopher Pepper and Joanna Schroeder, San Francisco USD*

### 1:00-2:00 pm

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

#### **Adventure Racing Activities!**

##### *Room 101-102*

Adventure Racing CORE (a Cooperative Obstacle Racing Experience) is celebrating 20 years since it was first developed. Adventure Racing CORE uses the basic ideas of adventure racing and can be done at any school without expensive equipment. By using teamwork, problem solving skills and fitness, teams read and follow a task sheet to make their way through an obstacle course to the finish line. Learn about this fun way for students to learn skills and knowledge while getting physically fit and using teamwork. Presented by the 2019 SHAPE America National High School Physical Education Teacher of the Year.

*Speaker: Dan DeJager, San Juan USD*

### 1:00-2:00 pm

ADAPTED PHYSICAL EDUCATION and FUTURE PROFESSIONALS

#### **New to APE? Strategies and Resources to Hit the Ground Running**

##### *Room 211*

As a new teacher, the first few weeks of school are crucial in establishing and setting the tone for the rest of the year. We will discuss strategies and provide helpful resources to assist you with getting started on the right foot. During this presentation we will walk through tips and tricks for a successful first day, week, and month. This session will focus on strategies for building relationships with your schools and students, getting and staying organized, as well as successful ways to be ready for those 30-day, annual, and triennial IEP meetings. As a new teacher or a seasoned teacher, you will walk away from this session with some extra tools in your toolbox.

*Speakers: Darlene Salmon and Jennifer Sierra, Cross Country Education*

### 1:00-2:00 pm

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

#### **Mindful Movement: Warmups and Cooldowns for Well-Being**

##### *Ballroom G*

Join us for this experiential session where we will practice a mindful movement sequence from the Pure Edge curriculum and learn the basics of teaching mindful movement to students. These sequences are perfect to integrate into the warmup or cooldown portions of PE classes. Additionally, we will explore recent data on student stress and well-being, highlighting the benefits of incorporating mindful movement and other mindfulness practices into your PE program. Participants will gain access to a free Mindful Movement curriculum, complete with video supports, to easily implement these techniques.

*Speaker: Erin Cooney, Pure Edge, Inc.*

### 1:00-2:00 pm

SECONDARY PHYSICAL EDUCATION

#### **Technology Tips and Tricks for the Physical Education Class**

##### *Room 212-214*

Don't procrastinate, start now! In this session we will provide technology tips and tricks to get you organized and prepared for the first day of

school. This will include: digital organization of rosters, seating charts, assessment logs, time saving apps, websites, and benefits of the usage of AI in the classroom to create rubrics, formative and summative assessments.

*Speakers: Kasey De La Cruz and Shannon Moreno, Grossmont Union High School District*

### 1:00-2:00 pm

ELEMENTARY PHYSICAL EDUCATION

#### **TK and Play Based Learning!**

##### *Ballroom H*

As we add the 14th grade to a California education, we need to focus on all the learning our first-year students need and how we can “start them off” with our best for them. Join us to learn all about physical education in TK. We’ll explore play-based learning that contributes to movement skills, social and emotional skills, coping, and trauma healing. Don’t miss this important opportunity to learn more about TK!

*Speakers: Kim Steffen, Hayward USD and Molly Sheridan, Castro Valley USD*

### 1:00-2:00 pm

EXHIBITOR SHOWCASE

#### **Experience the IHT Heart Rate Monitor While Playing Fast-Paced Games That Will Get Your Students Moving Immediately!**

##### *Ballroom C*

Experience the IHT ZONE heart rate monitor and the real-time, individualized feedback it delivers to students. To simulate your classroom setting, participants will wear the IHT ZONE while playing fast-paced games designed to get students quickly into MVPA, led by Scott Smith, Secondary PE Specialist, SBCUSD. The IHT ZONE monitor empowers students to take ownership of their health and delivers data that connects parents, teachers and students through automated daily reports and links to both PE, STEM, and SEL activities.

*Speakers: Lisa Rothstein, Interactive Health Technologies and Scott Smith, San Bernardino City USD*

### 1:00-2:00 pm

DANCE and RECREATION

#### **Movement Wrx!: Just a Bit of Dance as Therapy**

##### *Ballroom A*

This impactful session uses movement processes and dance techniques to help communicate moods and express emotions. Participants have an opportunity to experience levels of liberty and a sense of wholeness. In this kind of workshop, the mind/body connection is utilized to integrate movements with breathing techniques, music and sounds, that will promote: identification of emotions, freedom of expression through movement, good circulation and large motor skill utilization. We take open action, through movement, to advocate for the expressions of the participating individuals. In this workshop, participants learn to move in ways that are authentic to how they are feeling and experiencing life.

*Speaker: Mori Edwards*

### 1:00-2:00 pm

EXHIBITOR SHOWCASE

#### **Shine Light on Depression**

##### *Room 105*

Shine Light on Depression provides classroom instruction, family engagement, and student empowerment resources that educate students, parents, and the community about adolescent depression, encourage conversations to reduce stigma, and teach help-seeking skills while meeting National Health Education and California Health Education Standards.

This session will describe how utilizing these programs can have a positive impact on your students, school, and community mental health culture. Participants will learn how to immediately access and implement these free turn-key programs along with other resources available for staff and families. These resources support implementation of SB224: Mental Health Education.

*Speaker: Esther Deth, Shine Light on Depression*

**1:00-2:00 pm**

SECONDARY PHYSICAL EDUCATION

**Technology in the Weight Room****Ballroom B**

Elevate your fitness classroom with our cutting-edge Weight Training Program infused with innovative technology. Experience a dynamic blend of traditional strength training and state-of-the-art tech tools designed to optimize your students workouts. Join us for an empowering fitness experience that combines the best of traditional and modern training methods, shaping a stronger, healthier environment for kids. Don't miss this opportunity to revolutionize your classroom – where tradition meets technology for unparalleled results.

*Speaker: Benjamin Upham, Grossmont UHSD*

**1:00-2:00 pm**

EXHIBITOR SHOWCASE

**Empower Kids with Life Skills Through Golf****Room 107**

Come learn how you can introduce students to the sport of golf, many for the first time thanks to the First Tee School Program. You'll see firsthand the curriculum in action for elementary schools during PE class that align to the national standard, SHAPE. Through safe, fun activities, elementary students are learning valuable life & basic skills of the lifelong sport of golf.

*Speakers: Glenn Osako, Jacob Edwards and Mark Fritz, First Tee*

**2:15-3:15 pm**

ELEMENTARY and SECONDARY PHYSICAL EDUCATION

**Adapted P.E. Tennis Workshop****Ballroom B**

We will conduct a workshop for adaptive tennis in the physical education space. We will go through drills, activities and a curriculum that will help adapted P.E. educators add tennis as part of their adapted units.

*Speakers: Kevin Finkelberg and Bryan Hudson, USTA Southern California*

**2:15-3:15 pm**

HEALTH EDUCATION and DIVERSITY &amp; SOCIAL JUSTICE

**All Are Welcome: How to Create LGBTQ+ Inclusive Spaces****Room 207**

Do you want to learn how to create a safe, welcoming, and inclusive environment for LGBTQ+ students? In this session, participants will learn language, strategies, and tools for creating more gender inclusive spaces. We will go beyond the basics and facilitate activities that teach what it looks like to be LGBTQ+ affirming. By learning what actions to take to create a welcoming and responsive atmosphere at their schools, attendees will leave equipped to create safer spaces for their LGBTQ+ students.

*Speakers: Courtney Bramstedt and Angel Mendoza, Planned Parenthood of Orange and San Bernardino Counties*

**2:15-3:15 pm**

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

**Let's Talk: Future and Beginning Teachers****Room 104**

If you are a future or beginning (1-2 years) physical educator, this session is for you! Bring your questions, ideas, and topics. We'll form small groups and each of you can spend focused time with one or more of our teacher leaders. Then... let's talk physical education! *Speakers: Debra Patterson, CSU Fullerton and Teacher Leaders from the California Physical Education-Health Project*

**2:15-3:15 pm**

DANCE and SECONDARY PHYSICAL EDUCATION

**Swing Dancing: Get into the Swing of Things!****Ballroom A**

Come join a fun-filled session jammed packed with over 16 "moves" for the East Coast Swing. We will put everything together in a routine that you can take back to your physical education classes and teach immediately. Bring a fun attitude and be ready to move and learn!

*Speaker: Julie Kitchen, CSU Sacramento*

**2:15-3:15 pm**

ADAPTED PHYSICAL EDUCATION

**Teaching Personal and Social Responsibility to ALL Learners using Social Stories, Token Boards and More****Room 208**

ALL students need to be taught personal and social responsibility skills. They cannot learn them without purposeful and meaningful lessons. Successful implementation of this requires it to be embedded within our lessons as well as our teaching philosophy. Learners with executive functioning deficits, intellectual disabilities, traumatic brain injury or emotional trauma can provide greater challenges for us as educators in this area because they need to be taught this information in the manner that they think. This presentation will provide tools and strategies to use to assist these learners in better understanding the affective domain of physical education.

*Speaker: Karen Puckett, Cooperative Association for Special Education (CASE)*

**2:15-3:15 pm**

ADAPTED PHYSICAL EDUCATION and FUTURE PROFESSIONALS

**APE's Greatest Hits: Resources for APE Specialists and PE Teachers****Ballroom H**

This session is designed to provide grab-and-go activities and resources to benefit all students in the general PE setting and for use during APE sessions. Presenters will demonstrate activities for a variety of skills as well as provide a digital resource book that can be printed for your convenience. Resources include basic sign language for PE, activities organized by skill, games with modifications, videos for warmups or rainy days, and more. The intended audience for the session is APE specialists and general education PE teachers.

*Speakers: Kellie Redmond, La Canada USD, Lorenzo Hidalgo, Rachel Stansberry, Diana Navarro, T'ana Abt, Helio Navarro and Antonio Johnson, Azusa Pacific University*

**2:15-3:15 pm**

EXHIBITOR SHOWCASE

**Creating an Easy Yet Effective Sex Educator Professional Development Plan**  
**Room 105**

Our young people deserve access to comprehensive sex education, which means our teachers need access to high quality professional development. During this session we'll explore how to help prepare teachers using the free Spark\*ED Sex Educator tools to meet your/district's priorities. We'll look at how to identify an individual's specific knowledge/skill gaps, and access to no or low cost resources to meet identified needs. You should walk away with the tools, resources and knowledge to build your sex education capacity or to better support your staff to deliver sex education that meets the needs of today's young people.

*Speaker: Paige MacLeod, SparkED*

**2:15-3:15 pm**

EXHIBITOR SHOWCASE

**Promoting Life Skills & Food Literacy in 4th Grade Classrooms****Room 209-210**

Even though our workshop is a little silly and tons of fun, we are serious about our mission. Equipped with the life skills of food literacy, we believe today's kids have the power to change our food system for good, and we fastidiously track results to ensure our programming leads to real behavior change.

*Speaker: Rebecca Salo, Beecher's Foundation*

**2:15-3:15 pm**

ADAPTED PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

**PE for All! Tips to Make Everyone Feel Like a Super Star!****Room 212-214**

Join us for an enlightening presentation where we explore the design and implementation of Unified PE classes aimed at ensuring inclusivity for all students in secondary education. Through the eyes of two dedicated APE teachers, we will delve into the practical strategies and innovative approaches that make their Unified PE classes successful. Discover how they create an environment where every student, regardless of ability, can participate,

thrive, and enjoy physical education. This session promises to provide valuable insights and actionable tips for educators striving to promote inclusivity in their own PE programs. *Speakers: Sammi Stewart, Conejo Valley USD and Kasia Givenrod, Brea Olinda USD*

### 2:15-3:15 pm

ADAPTED PHYSICAL EDUCATION and ELEMENTARY PHYSICAL EDUCATION  
**From Stress to Resilience: Play, Sensory Integration, and the Development of Agency – Part 1**

#### Room 211

A compelling blend of straightforward play theory and sensory integration, supported by case study videos. This presentation explores how play and sensory integration contribute to the development of a person's sense of agency – the belief that they have control over their actions and can be active participants in learning and decision-making.

*Speaker: Mike Webb, Sonoma State Univ*

### 2:15-3:15 pm

ADAPTED PHYSICAL EDUCATION  
**DIY Adapted PE Equipment**

#### Room 106

Make and take: during this session a variety of DIY equipment will be shared and participants will get an opportunity to make their own piece of equipment to take with them. Learn how pool noodles, PVC pipes, and electrical tape can transform into PE equipment. Get creative to support the learning of our students and help develop tools to maximize engagement for students with disabilities. Ideas for switch activated learning segments and for students with limited mobility and intensive needs will be shared.

*Speakers: Jessica Atwood, Folsom Cordova USD and Bruce Davey, Sylvan Union School District*

### 2:15-3:15 pm

EXHIBITOR SHOWCASE  
**Outdoor Adventures – Because You and Your Students Are Worth It!**

#### Ballroom G

Our mission is to get ALL K–12 students outdoors and improve the health and well-being of all participants. Outdoor adventures can be

a life-changing experience for your students and is appropriate for any grade level. Delve into research around outdoors adventures and discover the many benefits for your students, teachers, school, and community and explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in your own adventure activities during the session!

*Speaker: Tari Garner, Outdoors Tomorrow Foundation*

### 2:15-3:15 pm

ELEMENTARY and SECONDARY PHYSICAL EDUCATION  
**Key Features of a Standards-Based Lesson**

#### Room 107

The goal of this session is to highlight 5 key elements of a standards-based lesson. You'll experience these elements as students will... through movement. The ideas and strategies shared will help you to level up and effectively implement the new National Physical Education Standards with your own students.

*Speaker: Terri Drain, Pleasanton USD, Retired*

### 2:15-3:15 pm

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION  
**Get Noodlin': Fun and Active Games with Pool Noodles**

#### Ballroom C

This session will dive into the world of using pool noodles to create engaging and active games for your physical education (PE) classes. Pool noodles are a cost-effective and versatile tool that can transform your PE lessons from ordinary to extraordinary. Discover creative ways to use pool noodles to make your warm-up routines more engaging and cool-down stretches more fun. Explore innovative drills that utilize pool noodles to help students develop fundamental movement skills. We'll share a variety of fun and active games that incorporate pool noodles, catering to different age groups and skill levels.

*Speaker: Venus Lyon, Los Angeles USD*

**2:15-3:15 pm**ELEMENTARY and SECONDARY  
PHYSICAL EDUCATION**A Compass for the Physical Education Journey****Room 101-102**

The 2024 release of the SHAPE America National Standards has created a new level of excellence for physical educators. These new standards incorporate and reflect the four learning domains. In addition, the standards reinforce the belief that all students deserve learning experiences that equip them to be confident competent and motivated movers. Attendees in this session will participate in standards-based activities utilizing progressions and assessments. This session will give teachers the tools and skills necessary to navigate the new standards, while keeping the focus on what matters most, the journey.

*Speaker: William Potter, Serendipity School*

**2:15-3:15 pm**

EXHIBITOR SHOWCASE

**Omnikin: Have a BALL with Action-Packed Fun for All!****Ballroom F**

Whether you are looking for a new or modified team sport, cooperative and community-building activities, fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our famous lightweight, non-threatening, and dynamic 14"-48" balls that will generate excitement in your classroom like never seen before! Both your students and you will surely have a BALL!

*Speaker: Scotty Williams, Omnikin*

**3:30-4:30 pm**

ELEMENTARY PHYSICAL EDUCATION

**The Many Uses of Squish Balls****Room 107**

Come discover the many uses of Squish balls to develop motor skills and sports skills for Elementary students.

*Speaker: Gilbert Bagaman, La Honda/Pescadero USD*

**3:30-4:30 pm**

EXHIBITOR SHOWCASE

**Ready, Set, ACTION! New Team Games to Motivate Students****Ballroom G**

Join us for an action-packed workshop featuring team games that are class oriented, teacher friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged. We won't just be playing games though; you'll also learn classroom management and skill development strategies that you can take home and implement in your program. Get ready to sweat, learn and have fun!

*Speakers: Gopher Southwest Sales Team*

**3:30-4:30 pm**

ADAPTED PHYSICAL EDUCATION

**Best Practices for Collaborative Motor Teams with Adapted Physical Education, Special Education and Related Service Professionals****Room 208**

In order to provide the best service for students with disabilities, there needs to be collaboration between professionals working in the special education field. Collaborative practices have numerous physical, social-emotional, and cognitive benefits when providing access to the curriculum for students with disabilities. The purpose of this presentation will be to disseminate information on how adapted physical education teachers, special education, and related service professionals collaborate to provide students with the multi-faceted service.

*Speaker: Jovanny Mata, LAUSD*

**3:30-4:30 pm**HIGHER EDUCATION and SECONDARY  
PHYSICAL EDUCATION**Effective Useful Observations of Pre-Service Student Teachers****Room 209-210**

This session focuses on strategies for conducting meaningful and constructive observations of pre-service student teachers in physical education settings. Participants will explore effective techniques for assessing teaching practices, providing actionable feedback, and fostering professional growth. Emphasis will be placed on aligning observations with teach-

ing standards, identifying strengths and areas for improvement, and utilizing observation data to enhance teacher preparation programs. Designed for educators, mentors, and supervisors, this session aims to empower attendees with tools to support the development of competent and reflective future educators.

*Speakers: Matthew Bassett, LACOE, Julie Kuehl Kitchen, CSU Sacramento and Tim Hamel, CSU Fresno*

### 3:30-4:30 pm

DANCE and INTERSCHOLASTIC ATHLETICS

#### **Breakdancing the One and Done Olympic Sport: Introducing the art of Breaking to the P.E Curriculum**

##### **Ballroom A**

With Breakdancing being inducted into the 2024 Summer Olympic Games in France there is an ongoing debate whether Dancers are athletes or artist. Dance can be an outlet for fitness and creative freedom. Dance has helped me become a better athlete (Boxer). My goal is to help people find the connection between dance and athletics, which are so closely connected. Dancing can help anyone within their chosen sport whether that comes in competition mentality or skill progression.

*Speaker: Ryan Rayos Del Sol, CSU Sacramento*

### 3:30-4:30 pm

DIVERSITY & SOCIAL JUSTICE and SECONDARY PHYSICAL EDUCATION  
**Standards Based Grading in 9th Grade Physical Education**

##### **Room 212-214**

In this presentation you will learn how to successfully incorporate all eight content areas into one year of high school physical education.

*Speakers: Shannon Moreno and Kasey DeLaCruz, Grossmont UHSD*

### 3:30-4:30 pm

HEALTH EDUCATION

#### **Whole-School Approach to Cultivating Staff Wellbeing**

##### **Room 105**

In today's fast-paced educational environment, prioritizing mental health and wellbeing is essential for fostering a thriving school community. This session will address the pressing need to improve staff wellbeing efforts by outlining

a proven six-step process for establishing comprehensive employee wellness programs. Using a standardized assessment tool, we will explore how to objectively identify key opportunities for strengthening connectedness, engagement, and relationships among school staff. Participants will receive practical strategies and review model action plans designed to facilitate the implementation of effective health and wellness approaches in their school communities.

*Speaker: Maryam Shayegh, Los Angeles County Office of Education*

### 3:30-4:30 pm

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

#### **World's Newest Sports and Leisure Game: YOU.FO**

##### **Ballroom H**

Are you looking for an exhilarating and unique game to engage players of all ages and abilities? Join us for an exciting session introducing "YOU.FO" – the innovative new game that combines elements of flying discs and team sports to create an adrenaline-pumping experience like no other. This award-winning sports and leisure game is based on throwing an aerodynamic ring with specially designed sticks. It is co-created with PE teachers, based on research and the session will blow your mind!

*Speaker: Giel Bos, HAN University of Applied Sciences*

### 3:30-4:30 pm

ADAPTED PHYSICAL EDUCATION

#### **Believe in Each Other**

##### **Room 106**

Take your school's social and emotional learning to the next level with free resources from Believe In You. The Empowerment Program is evidence-based and built for flexible implementation. This session is designed to inspire you and prepare you to fully implement BIY activities and resources with students or adults in a school, health class or physical education setting. Participants will be led through activities that help build school connections, educate on emotions, inclusiveness, and promote leadership. This experience is interactive and fun!

*Speaker: Brian Devore, OPEN/US Games*

**3:30-4:30 pm****PHYSICAL EDUCATION and RECREATION  
The 2024 California Play Equity Report  
Room 207**

Join the LA84 Foundation to learn about the 2024 California Play Equity Report. A statewide study that details youth physical activity, sports participation and the equity gaps that we need to close to make sure all youth get the lifelong wellbeing of sports, play, and physical activity. Join us for an engaging discussion on how educators, administrators, and stakeholders can help close the play equity gap in their communities.

*Speakers: Renata Simril and Shakari Byerly, LA84 Foundation*

**4:30-5:30 pm****CAHPERD  
Council of Regions Meeting  
Ballroom C**

Regional Coordinators will convene to share ideas about member recruitment, opportunities for professional development in various geographic areas, and other future plans.

*Facilitator: Will Potter, Chair*

**6:00-7:30 pm****CAHPERD  
Awards Celebration  
Ballroom D/E**

Join us as we recognize this year's award recipients, including the 2024-2025 Teachers of the Year, and others being honored with the association's most prestigious awards. Attendees will enjoy great cuisine, beverages, dance performances and networking opportunities. Please inquire at the registration desk to see if tickets are available and join us to celebrate those who have provided exemplary service to the professions and the organization.

*Hosts: James Clemmer, President and Brent Powell, Executive Director*

**8:00-10:00 pm****FUTURE PROFESSIONALS  
University Competition  
Ballroom G&H**

Come party with us and cheer on your favorite university! Students will compete in a variety of team challenges, trying to win the coveted trophy to take back to their campus. Entertainment and fun for everyone!

*Facilitators: Nica Lampe and Alex Pulido, Future Professionals Co-Chairs*

**All students  
deserve  
Comprehensive  
Sexual Health  
Education.**

**Spark<sup>\*</sup>ED is  
here to help  
you deliver.**

Our expert sex educators have created **Self-Guided & Virtual Instructor-Led Courses** on these subjects *and more...*

- ✓ Teaching Sexuality
- ✓ LGBTQ+ Inclusive & Affirming Sex Ed
- ✓ Cultural Humility & Responsiveness
- ✓ Teaching from a Trauma-informed Lens
- ✓ Relationships & Consent

Visit our booth to learn more!

**VISIT SPARKED.NET TO ENROLL TODAY**



## Saturday, May 3, 2025 Sessions and Activities

**8:00-9:00 am**

ELEMENTARY and SECONDARY  
PHYSICAL EDUCATION

**Brainball-Mini Closing the Math and  
Literacy Gap with Movement**

**Room 106**

Learn how BRAINball® connects movement with cross-curricular learning through active play. Without compromising physical activity time, BRAINball® is shown to improve students' growth scores in literacy and math. Find out how to get students to think on their feet and work as a team to solve physical and cognitive challenges.

*Speaker: Lori Dunn, Seattle Public Schools*

**8:00-9:00 am**

ELEMENTARY and SECONDARY  
PHYSICAL EDUCATION

**Sharing is Caring**

**Room 204**

Have you ever considered presenting but were apprehensive, or did you see a colleague teach a lesson or activity and think this is awesome? Then this session is for you. In this session, you will get tips and tricks on presenting your content to others, whether at a conference, workshop, or professional development within your school or district. You never know what your idea or lesson can spark; ask Jon. We will use Eduprotocols with health/physical education as a framework in this session. Tips, tricks, and steps will be provided to ensure you can share your great content with others who want to learn.

*Speakers: Christopher Busch, Monterey Peninsula USD and Jon Corippo, Eduprotocols*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**Health Education the Student-Centered  
Way**

**Room 212-214**

Join Mary McCarley and Bill Bode, past SHAPE District TOYS, as they share skills-based activities to get students up and moving in the health classroom. Participants will leave with 10 kinesthetic activities to increase student engagement and learning as well as complimentary access to our updated skills-based middle and high school health and fitness program.

*Speakers: Bill Bode and Mary McCarley, G-W Publisher*

**8:00-9:00 am**

ELEMENTARY PHYSICAL EDUCATION

**Mastering the Throw: Having a Balltastic  
Day in PE!**

**Room 104**

Physical education classrooms are dynamic, with learners of varying abilities in movement. The Universal Design for Learning (UDL) framework equips educators with strategies to eliminate learning barriers and enable all students to participate in physical education to their fullest potential. This discussion illustrates how educators can effectively merge principles from physical education and UDL frameworks to create an inclusive throwing lesson, complete with a skills rubric and a summative assessment.

*Speakers: Denise Ramirez, CSU Fresno and Amy Williams, California Education Partners*

**8:00-9:00 am****ELEMENTARY PHYSICAL EDUCATION  
Variety of Badminton and Pickle Ball  
Activities and Games for Elementary  
Students****Room 107**

The many uses of badminton rackets and pickle ball paddles for elementary students will be demonstrated.

*Speaker: Gilbert Bagaman, La Honda/  
Pescadero USD*

**8:00-9:00 am****EXHIBITOR SHOWCASE****Nourishing the Mind, Heart, & Body: How  
to Un-Silo Whole Child Wellness****Ballroom A**

Many schools address physical and mental well-being independently, despite similarities in instructional best practices and the mind-body connection. By unifying wellness and PE efforts, educators can more efficiently and effectively address the physical, social, and emotional needs of students, staff, and the community. Participants will learn about the CDC's Whole School, Whole Community, Whole Child model, which provides a framework for coordinating school wellness initiatives. Participants will leave with an understanding of practices and resources that they can start using right away.

*Speaker: Desiree Prater, CATCH Global  
Foundation*

**8:00-9:00 am****EXHIBITOR SHOWCASE****Adapted P.E. Tennis Workshop****Room 101-102**

We will conduct a workshop for adaptive tennis in the physical education space. We will go through drills, activities and a curriculum that will help adapted P.E. educators add tennis as part of their adapted units.

*Speakers: Kevin Finkelberg and  
Bryan Hudson, USTA SoCal*

**8:00-9:00 am****ADAPTED PHYSICAL EDUCATION and  
RECREATION****Inclusive, Small-Group Adapted Aquatics  
and VO2max in Children with ASD****Room 208**

There is a need to examine interventions, such as swimming, aimed at increasing car-

diovascular health and developing psychomotor skills in an inclusive setting for children with ASD. This study examined the effectiveness of an inclusive, small-group adapted aquatics (SGAA) program on increasing VO2max in children with ASD. The study took place over eight weeks and included a six-week SGAA program. Participants were assessed for VO2max using the 20m PACER test during week one and week eight of the study. Participants showed increases in VO2max scores during the study, indicating that inclusive, SGAA programs may increase VO2max in children with ASD.

*Speakers: Peggy Manuelita, Scarborough,  
Kernville Union School District and  
Delaney Hughes, Humboldt County Office  
of Education*

**8:00-9:00 am****ADAPTED PHYSICAL EDUCATION and  
SECONDARY PHYSICAL EDUCATION  
Game Variations for Unified Physical  
Education****Ballroom G**

This session will provide attendees with fun game ideas to use in either their GPE, APE or UPE Classes. These games are variations of the classics and allow for practice of the fundamental locomotor and manipulative skills. Come ready to play!

*Speaker: Jennifer Houston, Mesa Public  
Schools*

**8:00-9:00 am****EXHIBITOR SHOWCASE****Meeting the Mandates of CA Mental Health  
Law SB-224****Room 105**

In partnership with Delta Dental Care Foundation, CATCH is providing needed evidence-informed and evidence-based Mental Health Education training and standards-aligned curriculum to support California educators who serve students in grades K-8. All participants are eligible to secure a 4-year school or organization license to the CATCH Health Ed Journeys, which meets the mandates of SB-224, digital curriculum with a robust Mental Health Education unit at no cost (value of \$1600 per school).

*Speaker: Chad Misner, CATCH Global  
Foundation*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**How to Incorporate Innovative Fitness Assessments for Inclusive Health and Physical Education****Ballroom B**

This highly interactive workshop will introduce PE and health educators to a range of fitness assessments designed to accommodate all students. Participants will engage in practical exercises to experience both standard and non-standard fitness assessments, such as those that you choose or those required by your states' Dept of Education. The session will include live demonstrations of intensity (heart rate, step counting, etc.) fitness test, highlighting its adaptability for different grade levels and student's abilities. Attendees will participate in data analysis activities, learning how to interpret assessment results using the data to tailor their teaching strategies and grading. The workshop will emphasize inclusivity and provide tools to celebrate student progress.

*Speaker: Sally Edwards, Heart Zones*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**Empower Kids with Life Skills Through Golf****Ballroom F**

Come learn how you can introduce students to the sport of golf, many for the first time thanks to the First Tee School Program. You'll see firsthand the curriculum in action for elementary schools during PE class that align to the national standard, SHAPE. Through safe, fun activities, elementary students are learning valuable life & basic skills of the lifelong sport of golf.

*Speakers: Glenn Osako, Jacob Edwards and Mark Fritz, First Tee*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**Get FAST and FURIOUS with Omnikin!****Ballroom H**

Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag

activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So what are you waiting for?!? Come join Team Omnikin today and blow your students away!

*Speaker: Scotty Williams, Omnikin*

**8:00-9:00 am**

EXHIBITOR SHOWCASE

**ACTION! Team Games to Boost Engagement****Ballroom C**

An action-packed workshop featuring team games that are class-oriented, teacher-friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged.

*Speaker: Madison Roloff, Gopher Sport*

**9:00-9:30 am**

CAHPERD

**Exclusive Exhibit Viewing****Exhibit Hall**

Take a pause from educational sessions to visit the exhibit hall and chat with vendor representatives. The hall will close at 1:00 pm, so this is a good opportunity to see what each company has to offer that might help improve your program.

*Hosts: James Clemmer, President and Brent Powell, Executive Director*

**9:30-10:30 am**

SECONDARY PHYSICAL EDUCATION and ADAPTED PHYSICAL EDUCATION

**All In For PE: Defining Success with Tips for an Inclusive and Fun Class****Room 104**

Inclusivity is essential in Physical Education (PE). Redefine success by focusing on individualized objectives and removing barriers through differentiated instruction and adapted strategies. This workshop explores inclusive PE education, teaching practical methods for adapting activities, creating supportive environments, and promoting collaboration. Gain a toolkit of strategies and best practices

to empower every student to thrive. Join this workshop to foster an inclusive, equitable future in physical education, ensuring every student can shine.  
*Speaker: Sammi Stewart, Conejo Valley USD*

### 9:30-10:30 am

SECONDARY and ELEMENTARY  
PHYSICAL EDUCATION

#### Cool Small-Sided Games

##### Ballroom B

Attendees will participate with small teams in multiple exciting games that incorporate cooperation, teamwork and sportsmanship skills. These safe, fun, successful, small-sided games provide physical literacy and promote social emotional learning. These cool games can be used with large classes, in limited space, with little equipment and are appropriate for all diverse learners.

*Speaker: Jerry Honeycutt, Indian Land High/Lancaster*

### 9:30-10:30 am

SECONDARY PHYSICAL EDUCATION and  
DIVERSITY & SOCIAL JUSTICE

#### All SEL is not Alike: Making Meaningful Connections with SEL in PE

##### Ballroom G

What prompts are you using for SEL instruction in PE? What rules of engagement do you use during SEL activities? Marcie Gilbert and her team from Calibrate Earth will lead participants in connection circles and discuss their practices for coming up with tried-and-true prompts and guidelines for successful student connections in SEL. This workshop will also address a little bit of brain science and why SEL is particularly important for students from disadvantaged backgrounds.

*Speakers: Andrea Metzker, Karina Camarena, and Marlee Fleckenstein, Cal Poly Pomona and Marcie Gilbert, Calibrate Earth*

### 9:30-10:30 am

ELEMENTARY PHYSICAL EDUCATION

#### Elementary Physical Education is Worth all the Work

##### Room 212-214

Thinking about taking an elementary PE position? DO IT!!! BUT... let's look at the hidden expectations that classroom teachers, admin-

istration, parents, former physical educators, lunch supervisors, custodians and students have for that position. After years of teaching at this level as a rover and as the main physical educator at a site, let's look at what is involved with this position that is not written in the job description.

*Speaker: Cindy Lederer, Fairfield-Suisun USD, Retired*

### 9:30-10:30 am

EXHIBITOR SHOWCASE

#### Pickleball Made Easy – Court/Class Versatility with Simplified Setup and Storage

##### Ballroom F

Discover how Dink Buddy's Modular Pickleball Net System makes it easy to teach and play pickleball in any school setting. In this hands-on session, participants will assemble and connect nets to create small-group stations and full pickleball courts in seconds. Learn through experience – all attendees will participate in drills, group play and just having fun. This lightweight, collapsible, expandable net system is perfect for gymnasiums, blacktops, or multi-use spaces. It will help educators maximize activity time and adapt on the fly. Can't wait to see to see you all in action!

*Speakers: Janet Galtes and Felipe Triana, Dink Buddy*

### 9:30-10:30 am

RETIRED MEMBERS and ADAPTED  
PHYSICAL EDUCATION

#### Retiring Soon? Come get your Retirement Questions Answered!

##### Room 204

Come join us for a short presentation provided by a CalSTRS representative. There will also be ample time for your specific questions to be answered. If you are about to retire or just want to get a head start on retirement planning, this is the session for you.

*Speakers: Kim Hunt and Cindy Chase, Retired*

**9:30-10:30 am**

DANCE AND RECREATION

**The Hit Moves Work! 80s & 90s Dance Workout Party****Ballroom A**

As it has in the past, THIS class is sure to be a HIT! Using urban and social dance moves that span music and dance genres, “The Hit Moves Work” will highlight popular dance moves from the '80s & '90s! The moves will also fuse classical dance styles such as Jazz, Contemporary, and even some Ballroom. The movements are done to high-energy music, lending themselves to a fun and engaging time of Dance, with promising benefits of a workout!

*Speaker: Mori Edwards*

**9:30-10:30 am**

ELEMENTARY PHYSICAL EDUCATION and SECONDARY PHYSICAL EDUCATION

**Adapted Physical Educators Address: Common Questions from Physical Educators****Room 207**

The State Council on Adapted Physical Education (SCAPE) is a group of currently active general and adapted physical educators, higher education faculty, professors, and retired educators whose main goal is to lead, support, and assist physical educators—both general and adapted—to provide the highest quality physical education programs for individuals with and without disabilities in California. SCAPE frequently receives questions from Physical Educators on a variety of topics, such as what an Individualized Education Plan (IEP) is, what are best practices for successful and meaningful inclusion, and when it is appropriate to consider Adapted Physical Education service as part of the students' IEP. We also receive questions around laws and rights of students with disabilities in CA schools, SCAPE will take this opportunity to answer common questions in hopes to inspire collaboration and teamwork to provide all students with their most optimal learning experiences in Physical Education.

*Speakers: Lemi Hayashi, Fremont USD and SCAPE Members*

**9:30-10:30 am**

ELEMENTARY and SECONDARY PHYSICAL EDUCATION

**Physical Activity Promotion: Active Schools and the Youth Activity Profile****Room 208**

The purpose of this presentation is to increase awareness about the Active Schools Movement. Participants will learn about (a) the Active Schools Guiding Framework; (b) how to join; (c) annual campaigns and a national summit; (d) school recognition; (e) free resources and grant opportunities; and (f) the Youth Activity Profile (YAP). The YAP is free and training is available. The YAP platform is integrated with Clever and allows for student, school, and district level profiles. The YAP

is validated and can be useful in efforts to understand the impact of existing school opportunities and to advocate if opportunities are insufficient.

*Speaker: Nicole Smith, CSU, Fresno*

**9:30-10:30 am**

SECONDARY PHYSICAL EDUCATION and HEALTH EDUCATION

**Personalize Students' Learning – For Each of Them!****Room 105**

Do you want your students of color to have more academic success, increased engagement in their learning, better attendance, and a stronger perception of themselves as capable learners? Join us to learn how to add more focus on imparting belonging and safety among students in your classes and support them in upholding their cultural identities. A must session for teachers focused on learning!

*Speakers: Savannah Linhares, Chowchilla Elementary School District and Michelle Presley, Los Angeles USD*

**9:30-10:30 am**

ELEMENTARY and SECONDARY PHYSICAL EDUCATION

**Standards in ACTION!****Room 101-102**

Join us as we model how to use SHAPE America's NEW National Physical Education Standards. Come ready to move and experience what it looks like when backwards design is used to plan instruction. You'll take away

# OPEN Professional Development

## OPEN National Trainers Inspire Great Teaching



The OPEN National Training Team is the nation's largest and most respected professional development organization with more than **80 outstanding teaching professionals**.

Since 2016, OPEN National Trainers have provided high-quality professional learning for more than **175,000 physical educators, physical activity leaders, and classroom teachers**.

Use the QR Code to jump to our full Professional Development menu including topics related to:

- Physical Education
- Proactive Mental Health
- School Connection
- Student Leadership
- Staff Wellness



**Each face-to-face professional development event is \$3,450.**

**Virtual experiences are \$925 per session with discounts for 3 or more sessions.**

Learn more at [openphysed.org/professionaldevelopment](https://openphysed.org/professionaldevelopment)

activities to use with your own students and develop a deeper understanding of how to implement the standards and grade level indicators into your own programs.

*Speakers: Terri Drain, Matt Bassett, Kate Cox, Kathy Jones, Wendy Jones, Will Potter and Stephanie Sandino, H-PEC*

### 9:30-10:30 am

#### EXHIBITOR SHOWCASE

#### **Strategies for Creating an Inclusive Environment in Physical Education**

##### *Ballroom H*

An inclusive PE class is one in which All students are engaged in learning and all students feel included. It is important to create a learning environment in which every student can thrive. In inclusive environments all students receive similar opportunities to be active and learn. In this session you will learn how and when to modify lessons and equipment, identify and address challenges working with a wide range of student skill levels, strategies for building relationships and creating an inclusive learning environment, and how to access instructional resources to help your PE program to be more inclusive.

*Speaker: Jeff Mushkin, SPARK*

### 9:30-10:30 am

#### EXHIBITOR SHOWCASE

#### **Introduction to Tennis for Children with Neurodevelopmental Disorders**

##### *Ballroom C*

This presentation will provide an introduction to ACEing Autism's tennis curriculum for Physical Education teachers to use in schools. The curriculum caters to children with autism and a calm, happy environment is created where children have the opportunity to cooperate and learn visually. We will share some of the strategies used to help keep the students motivated and on task.

*Speakers: Justin Belisario and Richard Spurling, ACEing Autism*

### 10:45 am-12:00 noon

#### CAHPERD

#### **Closing General Session**

#### **G04theG0ld**

##### *Ballroom D-E*

Our final General Session will feature Dr. Andrea Becker, Associate Professor in the Department of Kinesiology and Director of the Health Science Program at California State University, Sacramento. Whether you're an educator seeking to inspire students, a coach striving to elevate performance, or an individual navigating the complexities of life, these insights will offer tools and perspectives to help you move forward with purpose. The session emphasizes the universal applicability of these lessons – encouraging growth, resilience, and a deeper understanding of how to approach the obstacles and opportunities that arise in everyday life.

*Keynote Speaker: Dr. Andrea Becker, CSU, Sacramento*

### 12:00-1:00 pm

#### CAHPERD

#### **Cabinet Meeting**

##### *Room 103*

Cabinet members, including Council Chairs, meet to discuss and make decisions regarding CAHPERD policies and programs.

*Presider: David Adams, Cabinet Chair*

### 1:00-2:00 pm

#### ADAPTED PHYSICAL EDUCATION and LEADERSHIP & ADMINISTRATION

#### **Do Anything Without Limits**

##### *Room 211*

This presentation will provide adaptive curriculum for an entire year as well as curriculum for a tutor(general education) component. This is a "modeling" class. We train general education students to work with our special needs population. This is a general education class. Units include, dance, rock climbing, swimming, Field days/ Special games, training includes, presenters, OT, PT, Social work.

*Speaker: Janine Wilkins, Carl Sandburg HS (Orland Park, IL)*



## **Closing General Session and Town Hall Meeting**

**Saturday, May 3, 2025  
10:30 am – 12:00 noon  
Ballroom D/E**

### **Welcome Greetings**

James Clemmer, President

### **Recognition of Conference Committee Members**

James Clemmer, President

### **Financial Report**

Joanie Verderber, Treasurer

### **Legislative Report**

Cindy Lederer, Legislative Committee Chair

### **Elections Results**

Kathy Russell, Immediate Past President

### **Passing of the Gavel**

James Clemmer, President to Marci Pope, President-Elect

### **Save the Date for CAHPERD 2026**

Marci Pope, President-Elect

### **Keynote Address – G04theG0LD**

Andrea Becker

### **Closing Remarks**

James Clemmer, President

**1:00-2:00 pm**ELEMENTARY and SECONDARY  
PHYSICAL EDUCATION**Adventure-Based Learning from The Lens of Mattering (Part 1)****Room 212-214**

In this first session of a two-part series, we introduce educators to perceived mattering, defined as the psychological tendency to feel valued by others. Participants will explore the theoretical underpinnings of mattering and gain a deeper understanding of why cultivating these feelings positions student learning and holistic wellness as it relates to emotional safety and feelings of belonging. Mattering includes various parameters, thus this session will specifically focus on unpacking the four core sub-constructs of importance, dependence, ego-extension, and attention and allowing participants to explore how each of these elements can be intentionally implemented through the adventure-based learning model.

*Speakers: Denis Schulz, Paul Stuhr and Esther Ortiz-Stuhr, CSU San Marcos*

**1:00-2:00 pm**ADAPTED PHYSICAL EDUCATION and  
DIVERSITY & SOCIAL JUSTICE**Teaching Goalball: Enhancing Awareness and Inclusivity in Physical Education****Ballroom H**

In this presentation, we will explore the development and delivery of a lesson plan on a disability sport, goalball in general physical education. Goalball is a team sport designed for individuals with visual impairments that is played using bell balls to score on the opposing team's goals using tactile court markers. Teaching disability sports like goalball offers students opportunities to increase their awareness and appreciation of diversity. This activity session will provide attendees with a detailed lesson plan and strategies for scaffolding, modifying, and equipment resources for effectively teaching goalball in physical education.

*Speakers: Alexia Montantes, Chloe Simpson and Corey Chrisman, Cal Poly Pomona*

**1:00-2:00 pm**ELEMENTARY and SECONDARY PHYSICAL  
EDUCATION**Inclusive Games and Activities****Ballroom B**

This session will include examples of games and activities that provide modifications from traditional sport games to be more inclusive for all students and their unique abilities. These games will provide the opportunity for all students to have fun and be successful through simple rules, modified equipment and teamwork. Participants of the session will receive a link to access the lesson plans of each game demonstrated in the session and additional modified group activities.

*Speakers: Michelle Laurenzi and Lindsey Wallace, Santa Ana USD*

**1:00-2:00 pm**ADAPTED PHYSICAL EDUCATION and  
ELEMENTARY PHYSICAL EDUCATION**Fundamental Movement Skills in Children with Autism****Room 207**

Fundamental Movement Skills (FMS), proficiency in locomotor, balance, and object manipulation skills, are foundational in developing Physical Literacy; these skills are essential building blocks for children to competently engage in activities of daily living (ADL's), play, sport and recreational activities. The one-hour presentation will: (1) Discuss the FMS construct, strategies for assessing these critical skills, and how their assessment can guide effective interventions; and (2) Present group and individual case studies that examine recent comparative data in children with autism and a matched comparison group on 15 FMS tasks.

*Speakers: Brett Bruininks, University of St. Thomas, St. Paul MN and Megan E. Johnson, Minnesota State University-Moorhead*

**1:00-2:00 pm**ELEMENTARY and SECONDARY  
PHYSICAL EDUCATION**SOS: Stations Organized Successfully****Room 106**

Teach skills & standards step by step utilizing stations. Tips on how to craft stations that allow for increased engagement and student learning. Class management, teaching

strategies, creative theme, skill-based lessons and FUN Fitness Stations are packed in this presentation.

*Speaker: Carrie Flint, Musical PE Plus*

### 1:00-2:00 pm

SECONDARY and ELEMENTARY  
PHYSICAL EDUCATION

#### **Making Every Physical Education Lesson More Meaningful**

##### *Room 104*

Are you looking to spice up some of your old unit and lesson ideas? Do your students find physical education to be meaningful? Are we doing everything we can as physical educators to support our students in their physical literacy journey? In this presentation, we will define the idea of meaningful physical education, look more specifically at some unit and

lesson plans and discuss ways to make everything we do more meaningful for our students. Presented by the 2019 SHAPE America National High School Physical Education Teacher of the Year.

*Speaker: Dan DeJager, San Juan USD*

### 1:00-2:00 pm

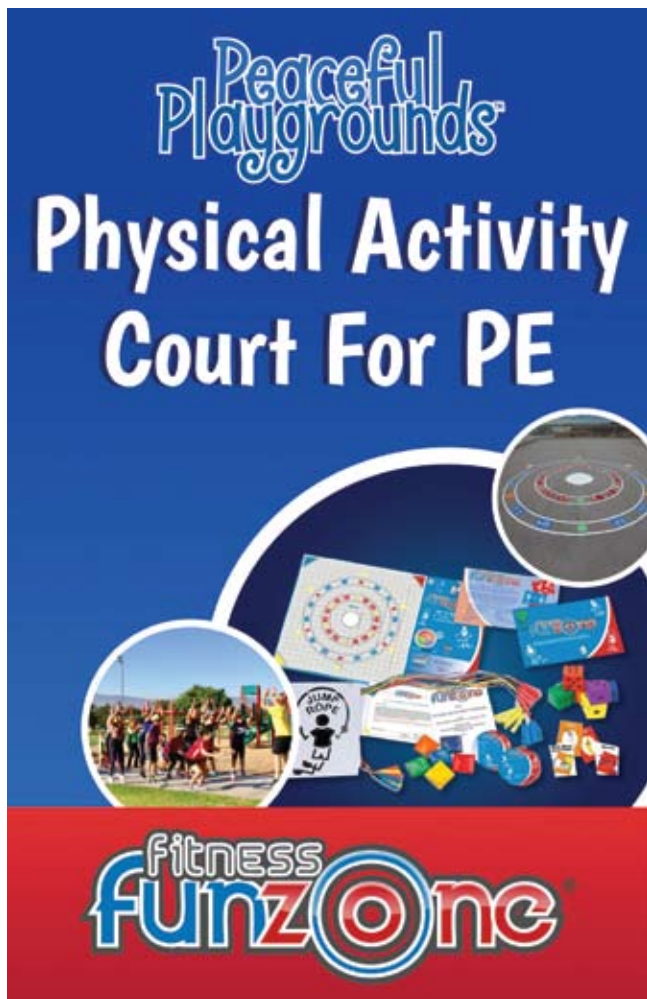
SECONDARY and ELEMENTARY  
PHYSICAL EDUCATION

#### **Fitness for Fun (Part 1)**

##### *Ballroom C*

These games and activities will get the kids moving, while having fun. The games are low cost and don't require a lot of set-up.

*Speaker: Michelle Johnson, University Preparatory School/SUHSD*



**1:00-2:00 pm**SECONDARY and ELEMENTARY  
PHYSICAL EDUCATION**Increasing Student Learning with Growth Mindset in Physical Education – Year 3**  
*Room 204*

How would it benefit your students if they took ownership of their learning with a growth mindset? This session will give you the tools you need to create an environment of learning, growth, and motivation for yourself and your students. You'll want to join us to learn about the three-year initiative we developed and implemented with students.

*Speaker: Stephanie Molina, Chowchilla Elementary School District*

**1:00-2:00 pm**ADAPTED PHYSICAL EDUCATION and  
ELEMENTARY PHYSICAL EDUCATION**Ideas and Uses for Tomorrow from United Arab Emirates**  
*Room 208*

Take ideas you can use tomorrow from this group of international attendees. See visual supports in action, as well as the use of adapted equipment. In addition, see how Sharjah City for Humanitarian Services provides APE services, programs and curricula. There will be two presentations within this session highlighting adapted physical education in the United Arab Emirates and a glimpse at how Sharjah City for Humanitarian Services provides APE services, programs and curricula. Presentation 1-Teaching Swimming to Students with ASD Using Evidence-Based Practice. Presentation 2-Innovative methods for adapted physical education.

*Speakers: Hicham Koutami, Moustafa Al Ibrahim, Al Dhawainy and Hazeem Ahmed, Sharjah City for Humanitarian Services, U.A.E.*

**1:00-2:00 pm**

DANCE

**Get Your Daily Dose of Dance**  
*Ballroom A*

Get ready to let loose and move to the music! This high-energy session is all about embracing the joy of dance with simple, feel-good routines that anyone can jump into – no

experience required. Dive into an hour packed with popular social dances set to songs that will light up the room and connect with your students instantly. Brace yourself for a session that's fast, fun, and fiercely engaging, leaving you energized and inspired to bring the vibe back to your classroom. Let's turn up the music and make it unforgettable!

*Speaker: Scott Williams, Omnikin*

**1:00-2:00 pm**

CAHPERD

**Board of Directors Meeting**  
*Room 103*

CAHPERD leaders meet to discuss and make decisions on association policies, finances and other business important to the success of the organization.

*Facilitator: James Clemmer, President*

**2:15-3:15 pm**ADAPTED PHYSICAL EDUCATION and  
SECONDARY PHYSICAL EDUCATION**SpEd for Golf**  
*Ballroom G*

Building golf units in SpEd, elementary, middle school, high school, and adult transition education. Lessons can also apply to the general education population. Accommodations and modifications for all golfers. How to begin a golf unit in elementary school and expand it through high school and adult education in the community and with Special Olympics.

*Speaker: Ashley Pinion, Central USD*

**2:15-3:15 pm**ELEMENTARY PHYSICAL EDUCATION and  
ADAPTED PHYSICAL EDUCATION**Meaningful Movement for the Littles**  
*Room 106*

Teaching the Littles can be challenging and often feels like "Herding Kittens." This presentation is packed with tried and true strategies to engage students with fun and meaningful movement activities to help develop gross motor skills. The focus will be on music selection and how to create playlists that also serve as lesson plans. In addition, an abundance of resources will be shared with the participants.

*Speaker: Carrie Flint, Musical PE Plus*

**2:15-3:15 pm****SECONDARY PHYSICAL EDUCATION  
Here's What Happened . . . High School  
Physical Education Summit (Part 2)  
Room 105**

At the High School Physical Education Summit, high school physical education teachers spent time together talking, thinking, and sharing. They considered the big ideas and the little things that are essential for our programs to provide each of our students with effective, meaningful, and personal learning experiences. Join us to learn more about what happened, share conversations with others, and capture some BIG ideas to take with you.  
*Speaker: Dianne Wilson-Graham California Physical Education-Health Project*

**2:15-3:15 pm****ELEMENTARY PHYSICAL EDUCATION and  
HIGHER EDUCATION  
Making Connections between Literacy,  
Math, and Motor Skills: Building the Blocks  
for Lifelong Learners and Movers  
Ballroom F**

It's a no brainer! We know the brain and body work hand-in-hand. But, did you know certain specific motor movements enhance learning Math and Literacy Skills? How does doing toe touches help me read? How does "Pretzel Arms" calm me and help me focus? Integrated into these fun, purposeful activities designed to teach fitness and nutrition concepts are skills used to challenge the brain-body connection to build & improve essential academic skills. Connections are made between classroom and HPE teachers and between the mind and body!  
*Speaker: Lori Dunn, Seattle Public Schools*

**2:15-3:15 pm****FUTURE PROFESSIONALS and RETIRED  
MEMBERS  
Everything I Didn't Learn in School About  
Teaching: Tips and Tricks from Retirees  
Room 204**

Future Professionals and new teachers come chat with retired members on the tips and tricks of teaching which you didn't learn in school. This session will be an open panel discussion. Come bring your questions.  
*Speakers: Margaret Weimer and representatives of the Retired Members Council*

**2:15-3:15 pm****SECONDARY and ELEMENTARY PHYSICAL  
EDUCATION  
Fitness for Fun (Part 2)  
Ballroom C**

These games and activities will get the kids moving, while having fun. The games are low cost and don't require a lot of set-up.  
*Speaker: Michelle Johnson, University Preparatory School/SUHSD*

**2:15-3:15 pm****SECONDARY and ELEMENTARY PHYSICAL  
EDUCATION  
Passport to Learning: Enhancing Cultural  
Awareness, Empathy, And Respect  
Room 101-102**

Stamp your ticket and enjoy meaningful learning experiences from around the world. Make plans for exploration, challenge and self expression. Experience the world through the lens of new SHAPE standards 3 and 4 while participating in a variety of multicultural activities taught using the Sport Ed model. Participants will gain the skills and abilities to utilize the sport education model to teach and experience multicultural games and keep score of what matters most...what's personally relevant!  
*Speakers: Kate Cox, Portola Valley School District, Will Potter, Serendipity School and Jennifer Mettler*

**2:15-3:15 pm****INTERSCHOLASTIC ATHLETICS and  
DIVERSITY & SOCIAL JUSTICE  
Experience SURGE – Strength, Unity,  
Resilience, Growth, Equity  
Ballroom A**

By playing and participating in sports, girls develop a stronger physical and mental resilience for life. This new free program from BSN SPORTS equips coaches and athletes with the tools, support and resources needed to Power Girls Forward and fortify them through life's current and future adversities and challenges – whether they're competing on the field, in the classroom, at work or with themselves.  
*Speaker: Ashley Sharp, Palmdale School District*

**2:15-3:15 pm**

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

**Give One Get One – Jam Session****Ballroom H**

Do you have a burning question on how to accomplish something in your class? Do you want to share the successes you had this year? Do you want to spend time talking with colleagues about day to day issues in your class, or maybe something you learned here at the conference? We will start the session quickly with some icebreakers to begin facilitate discussions, then I will step back and let the room take the wheel.

*Speaker: Betsy Erickson Washington USD*

**2:15-3:15 pm**

ELEMENTARY PHYSICAL EDUCATION and HEALTH EDUCATION

**Flourish: A Compassionate Curriculum for Elementary Physical Education****Room 212-214**

Join us for an experiential session exploring the K-5 Flourish Curriculum. This comprehensive program integrates core SEL competencies including self-awareness and relationship skills; mindful movement exercises and games; and mindful awareness practices such as breathing exercises and guided relaxation, all in support of supporting the learners' life-long health. Whether you choose to implement the full curriculum, introduce specific units, or incorporate elements into warmup and cooldown routines, you'll leave the session with practical skills and free resources to enhance student wellbeing. Experience firsthand how this compassionate curriculum can support the well-being goals of your elementary physical education program.

*Speaker: Erin Cooney, Pure Edge, Inc.*

**2:15-3:15 pm**

HEALTH EDUCATION and ELEMENTARY PHYSICAL EDUCATION

**What Can WE Do in Support of Youth Mental Health****Room 211**

You'll want to join us to learn how to identify, understand, and respond to signs of mental health and substance use challenges among children and youth. Build the skills and confidence you need to reach out and provide initial support to young people who are struggling and help connect them to appropriate support. Learn about the Mental Health First Aid Action Plan and how to use it to help your students who may be experiencing mental health challenges. And . . . look at the importance of self-care and gather some strategies to care for yourself too!

*Speakers: Michelle Presley, Los Angeles USD and Kim Steffen, Hayward USD*

**2:15-3:15 pm**

SECONDARY and ELEMENTARY PHYSICAL EDUCATION

**Adventure-Based Learning from The Lens of Mattering (Part 2)****Room 107**

Perceived mattering is an individual's subjective sense of importance or significance in the eyes of others or within a particular setting. It's about the degree to which an individual feels valued, respected, or acknowledged in their interactions or environment. In this second session of a two-part series, practitioners will learn about the concept of perceived mattering, why it is essential in cultivating a classroom community, and participate in selected adventure-based learning activities (ABL) to cultivate this phenomenon for students. Session participants will be able to take back with them ABL activities to start to foster perceived mattering for their students.

*Speakers: Paul Stuhr, Denis Schulz and Esther Ortiz-Stuhr, CSU San Marcos*

**2:15-3:15 pm**

SECONDARY PHYSICAL EDUCATION  
and INTERSCHOLASTIC ATHLETICS  
**Start A Lifting Program at Your School!**

**Room 207**

Want to teach your Middle and High P.E. students a valuable, lifelong skill? Start a lifting program at your school! In the past, the weight room was reserved for school athletes, but now it's time to create access for all students on campus! Learn how to start a program from nothing, different ways to get equipment with a limited budget, the benefits of lifting for teens, how to get admin/parent support, how to set up lifting teams, programming, and more! Let's make weight training an integral part of P.E. programs so students feel confident going to the gym and training on their own as young adults and beyond.

*Speaker: Tiffany Ragozzino, Girls Academic Leadership Academy*

**2:15-3:15 pm**

HEALTH EDUCATION  
**10 Ways to Measure Skills through Summative Performance Tasks**

**Room 104**

Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, as she shares skills-based summative assessments. Participants will leave with 10 new skills-based summative performance tasks for their teacher toolbox as well as complimentary access to our updated skills-based middle and high school health program.

*Speaker: Mary McCarley*

**4-10 PLAYERS**    **NO OUT OF BOUNDS**    **11 POINTS TO WIN**    **360 GAMEPLAY**    **OFFENSE & DEFENSE**

3-minute setup and cleanup

**Disc It**

Play Outdoors    Play Indoors    No Stakes Required

**FIRST DYNAMIC TEAM DISC GAME TO COMBINE FAST-PACED ACTION WITH STRATEGIC GAMEPLAY**

THE ULTIMATE TEAM GAME FOR COMPETITIVE AND CASUAL SETTINGS    **DISCITGAME.COM**    TO PLACE ORDERS, PLEASE CONTACT [INFO@DISCITGAME.COM](mailto:INFO@DISCITGAME.COM)

# Special Thanks to Our Sponsors!

CAHPERD wishes to express sincere appreciation to the following agencies for their generous contributions as conference sponsors. Their donations helped to bring acclaimed presenters from across the country, decadent food & beverage offerings, and superior AV equipment!! We are extremely grateful for these partnerships, and we encourage all conference participants to visit with these vendors in the exhibit hall.

## DIAMOND SPONSOR



## PLATINUM SPONSORS



## GOLD SPONSORS



## SILVER SPONSORS



## BRONZE SPONSORS





## **Adapted Physical Education Teacher of the Year**

Chris Ahrens  
San Diego USD



## **Elementary Physical Education Teacher of the Year**

Ashley Sharp  
Palmdale School District



## **Middle School Physical Education Teacher of the Year**

Tyler Kuehl  
San Dieguito UHSD



## **Dance Teacher of the Year**

Marie Hoffman  
Huntington Beach USD



**Phyllis A. Blatz Exemplary  
Leadership Award**

Cindy Lederer  
Retired  
Heidi Ambrosius  
Moreno Valley USD



**Keith Johannes Honor Award**

Matthew Bassett  
Los Angeles COE



**Verne Landreth Award**

Wendy Jones  
Retired



**Jessica Monlux**

Past Presidents'  
Award of Merit  
Ukiah USD

# Honor Award Recipients

1960	Rosalind Cassidy Anna Espenschade J. B. "Cap" Haralson Lois Messler Francis Todd	1980	Doris C. Meyer Jack W. Rose Sandra J. Trigg	1999	Michael J. Heffernan Antoinette Marich Anne Rosser
1961	C. Carson Conrad Genevie Dexter Patricia Hill June McCann John Nixon	1981	James S. Bosco Robert A. Pestolesi Janet A. Seaman	2000	Patrick Vickroy
1962	Dale Hoskin Mike Mason Ted Hucklebridge	1982	Robert M. Flavin G. Robert Roice	2001	Roy C. Easley Nancy Hennefer Belinda Rector
1963	John M. Cooper Wood Glover William W. Harkness Edward B. Johnson	1983	None	2002	Holly Guntermann Ruth Rich Nancy Sanchez-Spears Michael Smith Christine Summerford
1964	Elmer Johnson Raymond Snyder	1984	Phil Stanley	2003	Allen J. Abraham Mike Mackey Linda Sargent
1965	Arthur Hawkes Darrell J. Smith Pamela Strathairn	1985	None	2004	Rudy Benton Kathleen A. Gallagher Gayle Joslin Debbie Vigil Dianne Wilson-Graham
1966	V. Erle Johnson	1986	Robert L. Campbell John Cates John A. Forthmann, IV Joan Sarlo	2005	C. Andrea Brown Bruce Coulter
1967	Lawrence E. Houston Miriam B. Lidster	1987	Bob Moss	2006	Robin Ballard
1968	John J. Klumb Jerrold R. Russom	1988	Stratton "Pat" Caldwell	2007	Lindy Valdez
1969	C. Gil Bishop Frank B. Jones Franklin A. Lindeburg	1989	Patricia J. Harvey Betty Hennessy	2008	Quentin Christian
1970	E. Ann Stitt Paul Hillar	1990	Tom Edson Karen M. Johnson	2009	Arleen Hammerschmidt
1971	None	1991	Vera M. Johnston Bobbie McTee Masters M. Kathryn Scott	2010	Joe Herzog
1972	Doreen Abbott Burchett Joy G. Cauffman	1992	Al Arps Kathleen Sirovy	2011	Keith Johannes
1973	Evelyn M. Taix	1993	Edward R. Greaves Margaret Leeds V. Gregory Payne	2012	Margaret Razo
1974	M. Jeanne Bartelt	1994	Gail G. Evans Phillip Sienna Carolyn J. Thompson Michael J. Thompson	2013	Kathleen Cordes
1975	Gertrude Blanchard Franklin M. Henry Dennis D. Huajardo	1995	Bonnie S. Mohnsen Robin D. Reese Freddie Elaine Thompson	2014	Paul Rosengard Joanie Verderber
1976	Dorothy Deatherage Shirley Lewis Mary Ann Turner	1996	John A. Payne Gerald B. Wyness	2015	Dwan Bridges Cindy Lederer Patricia Suppé
1977	Robert A. Mott Rick Schlichting Robert D. Turk	1997	Mary Blackman Susanne Chambers- Johnson Don Hudson Lyn B. Kalinowski Beverly J. Stunden	2016	Janys Antonio Wendy Jones Patra Nesseth-Steffes Terry Rizzo Richard Smith
1978	Jack Capon Eugene M. Stemm	1998	Geraldine Hollis William Monti Perky Stromer	2017	Heather Deckard Chad Fenwick Kathleen Tronvig
1979	Al Minturn Fred Bates Phyllis Blatz			2018	Julie Kuehl-Kitchen
				2020	Brent Powell
				2021	ZáNean McClain
				2022	Christopher Gentry Kathryn Russell
				2023	Tim Hamel
				2024	David Daum Marci Pope

# Verne Landreth Award Recipients

1951	Winifred Van Hagen John Bovard James Rogers	1971	Jean Hodgkins K. W. "Mike" Mason	1996	None
1952	None	1972	Harold A. Bishop Blanche Drury Eleanor Metheny C. Carson Conrad	1997	Patricia J. Harvey Al Minturn Joan Sarlo
1953	Lucile Grunewald Bud Kearns Cecil Martin Eugene Nixon Eugene Roberts	1973	Charles J. Trowbridge Oliver E. Byrd	1998	Phyllis A. Blatz Karen M. Johnson Margaret Leeds Bobbie McTee Masters
1954	David J. Cox Hazel Gross Violet Marshall Florence Weeks	1974	Jessica Nixon	1999	M. Kathryn Scott
1955	Vinnie Gee Eaton Arthur Schuettner Violet Richardson Ward	1975	Genevieve Dexter Gordon M. Gray Jerrold R. Russom	2000	John Cates
1956	Martin Trieb Josephine Randall	1976	Carl W. Dutcher Dale Hoskin Miriam Lidster Claire Shaw	2001	Dennis Huajardo Bob Moss Eugene Stemm
1957	Harry A. Applequist Bert Swinson	1977	June V. McCann	2002	Greta Weatherill (posthumously)
1958	Louise S. Cobb Elizabeth C. Kelley	1978	None	2003	Betty Hennessy
1959	Marion Avery William G. Lopez	1979	Mary Ann Turner	2004	V. Gregory Payne
1960	Ivan W. Hill	1980	William W. Harkness	2005	Ed Greaves Kathleen Sirovy
1961	J. Holley Ashcraft Lucille Czarnowski Maud L. Knapp Walter L. Scott	1981	None	2006	Perky Vetter
1962	"Chris" Christiansen "Hal" Orion Roy E. Simpson	1982	Asahel E. (Ash) Hayes	2007	Maurice Fitzpatrick Michael Heffernan
1963	Rosalind Cassidy Lloyd E. Webster	1983	John E. Nixon	2008	Mary S. Blackman John A. Payne
1964	Pauline Hodgson	1984	None	2009	Gail G. Evans Robin D. Reese
1965	Carl Young	1985	Patricia J. "Pat" Hill Elmer L. Johnson	2010	Dianne Wilson-Graham
1966	J.B. "Cap" Haralson Carl Nordly Darrell Smith	1986	James S. Bosco Joy Garrison Cauffman	2011	None
1967	J. Raymond Haworth	1987	Raymond A. Snyder	2012	None
1968	Anna S. Espenschade	1988	None	2013	Anne Rosser
1969	None	1989	M. Jeanne Bartelt Fred Bates Robert M. Flavin	2014	Keith Johannes
1970	None	1990	Robert Turk	2015	Kathleen Cordes Joanie Verderber
		1991	Robert A. Pestolesi	2016	Robin Ballard
		1992	Stratton F. Caldwell Paul M. Hillar Jack W. Rose Janet A. Seaman	2017	Dwan Bridges Susanne Chambers- Johnson Bruce Coulter
		1993	Sandra J. Trigg	2018	Chad Fenwick Freddie Thompson-Esters
		1994	None	2022	Julie Kuehl-Kitchen
		1995	V. Erle Johnson	2023	Cindy Lederer
				2024	Terri Drain





# History of CAHPERD Conferences

<b>Year</b>	<b>Site</b>	<b>President</b>	<b>Year</b>	<b>Site</b>	<b>President</b>
1930	Santa Monica	C. L. Glenn*	1975	Los Angeles	Ash Hayes*
1931	San Jose	C. L. Glenn*	1976	Sacramento	Gwen Waters
1932	Santa Barbara	C. L. Glenn*	1977	Anaheim	James S. Bosco*
1933	Monterey	Charles W. Davis*	1978	San Francisco	Mary Ann Turner*
1934	Santa Barbara	Robert W. Munsey*	1979	San Diego	Lou Mozzini*
1935	San Francisco	Ivan Hill*	1980	Fresno	Greta Weatherill*
1936	Long Beach	Charles H. Hunt*	1981	Los Angeles	Eugene Stemm
1937	Fresno	Dudley S. DeGroot*	1982	Monterey	Sandra Trigg
1938	Pasadena	Cecil F. Martin*	1983	Long Beach	Robert Pestolesi*
1939	San Francisco	Florence Stephenson*	1984	Anaheim	Janet A. Seaman
1940	Long Beach	Grover Gates	1985	Oakland	G. Robert Roice
1941	Fresno	Edwin Trethaway	1986	San Diego	Bobbie Masters*
1942	Sacramento	Louise Cobb*	1987	Monterey	Robert M. Flavin*
1943	Sectional Conf	Walter L. Scott*	1988	Los Angeles	Phyllis A. Blatz*
1944	Sectional Conf	David P. Snyder*	1989	Santa Clara	Phil Stanley
1945	Sectional Conf	Lucille Verhulst*	1990	San Diego	M. Kathryn Scott*
1946	Hollywood	H. A. Applequist*	1991	San Francisco	Edward R. Greaves
1947	Santa Cruz	Anna Espenschade*	1992	Anaheim	Patricia J. Harvey
1948	San Diego	Howard M. Bell*	1993	Monterey	John Payne
1949	San Francisco	David J. Cox*	1994	San Diego	Gail G. Evans
1950	Santa Barbara	Al Arps	1995	Santa Clara	Greg Payne
1951	Stockton	Elizabeth Kelley*	1996	Sacramento	Anne Rosser
1952	Los Angeles	Harold Schoenfeld	1997	Los Angeles	Richard Trimmer
1953	Fresno	Lloyd Webster*	1998	San Diego	Robin Reese
1954	San Jose	Maud Knapp*	1999	Monterey	Don R. Hudson*
1955	Riverside	H. J. McCormick*	2000	Long Beach	Robin GrayBallard
1956	Sacramento	June V. McCann*	2001	Santa Clara	Allen Abraham
1957	Long Beach	Dale Hoskin*	2002	San Diego	Dianne Wilson-Graham
1958	San Mateo	Grace Leavers	2003	Sacramento	Michael J. Heffernan
1959	Los Angeles	Elmer Johnson	2004	Pasadena	Mary Blackman
1960	Bakersfield	John Nixon*	2005	Monterey	Michael Mackey
1961	Berkeley	William W. Harkness*	2006	Garden Grove	Freddie Thompson-Esters
1962	San Diego	John Cooper	2007	Sacramento	Keith Johannes
1963	Long Beach	Raymond Snyder*	2008	Riverside	Susanne Chambers-Johnson
1964	Sacramento	Mike Mason	2009	Santa Clara	Terry Rizzo
1965	Monterey	V. Erle Johnson*	2010	Ontario	Kathleen Cordes
1966	Fresno	Frank Jones	2011	Monterey	Dan Latham
1967	Los Angeles	H. Doreen Abbott	2012	Pasadena	Joanie Verderber
1968	San Jose	Ted Hucklebridge*	2013	Santa Clara	Christopher Busch
1969	Sacramento	Paul M. Hillar*	2014	Garden Grove	Heather Deckard
1970	Los Angeles	Joy Cauffman	2015	Los Angeles	Chad Fenwick
1971	Oakland	Robert D. Turk	2016	Santa Clara	Betty Hennessy
1972	Bakersfield	Richard Perry*	2017	San Diego	Brent Powell
1973	San Diego	Al Minturn*	2018	Oakland	Cindy Lederer
1974	San Jose	Claire Shaw*	2019	Garden Grove	Tim Hamel
			2020	Garden Grove	Seth Martin
			2021	Virtual	Patricia Suppé
			2022	Los Angeles	William Potter
			2023	Santa Clara	Tonya Moore
			2024	Garden Grove	Kathryn Russell

\*Deceased



Connecting Kids  
Through Tennis

**Proud  
Platinum  
Sponsor**

**of 2025 CAHPERD  
& NAPEC  
Conference**



Join us in our mission to help children with autism grow, develop, and benefit from social connections and fitness through affordable tennis programming, uniquely meeting individual needs while filling a national void for this growing and underserved population.

Let's connect to bring the joy of tennis to your school and community!

Scan this QR code or visit us  
at [www.aceingautism.org](http://www.aceingautism.org).

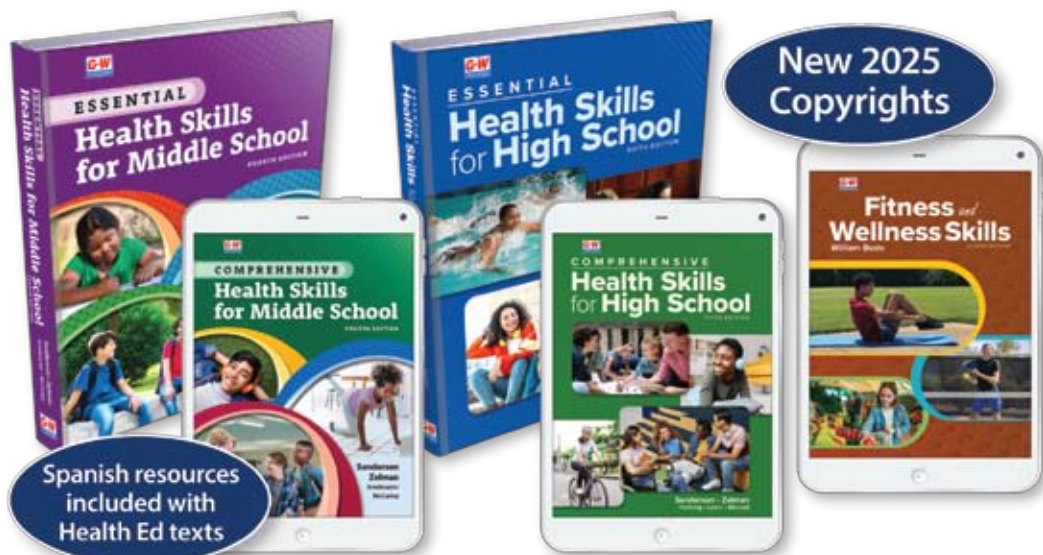




G-W is a  
proud sponsor  
of CAHPERD



## Skills-Based Health Education and Physical Education



## All G-W Programs Available 100% Digitally

**Don't miss these presentations by G-W authors!**

### Thursday

- *Cultivating ResPEct: Strategies for Garnering Recognition and Support in PE* with Bill Bode • 4:00 p.m. • Room 103–104
- *Using Formative Assessments and Self-Assessments to Guide Student Learning* with Diane Farthing • 1:30 p.m. • Room 204

### Friday

- *More Interpersonal Communication: How Do We Help Our Students Talk?* with Diane Farthing • 8:00 a.m. • Room 207

### Saturday

- *Health Education the Student-Centered Way* with Bill Bode and Mary McCarley • 8:00 a.m. • Room 212–214

Request a Free Preview!

[www.g-w.com/health-pe](http://www.g-w.com/health-pe)