

2025 TAHPERD Summer Conference Program Descriptions

All programs will be held at the Waco Convention Center unless otherwise specified.
All program sessions are worth 1 hour of (CPE) Continuing Professional Education unless specified.

Updated descriptions may appear in the Summer Conference Program.

Sunday – June 29, 2025

12:00 p.m. – 6:00 p.m. Registration Desk Open – Upper Level Foyer

2:00 p.m. – 5:00 p.m.

Pre-Conference Workshop – Sponsored by 9 Square in the Air (3 hours of CPE) – \$20.00

McLennan Hall 207

Presentation: It's Game Time with 9 SQUARE in the AIR! – *Liz Belzer and Tiffanie Morrow*

Description: This workshop is tailor-made specifically for physical education and adaptive physical education (APE) instructors. Are you looking to bring fresh, exciting activities into your program? If so, join us for an interactive workshop where you'll learn how to play **9 Square in the Air** and explore several fun variations! During this session, we'll play games like **Beat the Count**, **Flush**, and **Three in Three Out**, and show you how to modify the game to meet the needs of students with different abilities. We'll focus on **Adaptive Learners**, offering strategies to adjust **9 Square in the Air** for students with low motor abilities, sensory concerns, and physical disabilities. You'll walk away with practical ideas on how physical educators and Adaptive PE instructors can create inclusive environments that allow every student to participate fully in physical activities. You'll also get a chance to explore our **new Activity Pack**, designed to take your 9 Square in the Air game to the next level! The pack includes vibrant, high-quality accessories that will help you create engaging and educational activities that go beyond the traditional game. **Bonus:** Teachers who participate in the full 3-hour session will be entered into a drawing to win our **4 Square in the Air** game, valued at \$300! Bring your passion for P.E. and discover new ways to make your program more inclusive and fun for all learners!

Pre-Conference Workshop – Sponsored by GOPHER Sport/SPARK (3 hours of CPE) – \$20.00

McLennan Hall 208

Presentation: Balls and Strikes: Activities for Skill-Building Game Play – *Courtney Sjoerdsma*

Description: Step up to the plate and get ready to explore innovative ways to enhance skills in all types of striking and game play activities for physical education! This dynamic session will provide educators with engaging activities and strategies that develop students' hand-eye coordination, and movement skills through a variety of hands-on activities and small-sided games designed to maximize participation and skill development. We will also highlight creative modifications to traditional games, making them more accessible for diverse skill levels and class sizes to ensure all students can develop proficiency while having fun. Whether you're looking to enhance your current units or add fresh ideas to your curriculum, this session will provide valuable insights and practical takeaways to energize your PE program. So, grab a bat and let's hit it out of the park with engaging, skill-building game play!

Monday – June 30, 2025

7:00 a.m. – 4:30 p.m. Registration Desk Open – Upper Level Foyer

7:00 a.m. – 8:00 a.m. Breakfast Break for All Attendees – Chisholm Hall

7:00 a.m. – 8:00 a.m.

Recreation Division

Leisure Activities & Sports Section

Meet in TAHPERD Registration Area

Presentation: It's Game Time for the Morning Walk – *Geoben Johnson, Chad Sanford, and William Loeffler*

Description: Get up and get the blood flowing! Come enjoy a walk with your TAHPERD friends through Waco.

Activity: Audience Participation

8:00 a.m. – 9:00 a.m.

Chisholm Hall

Presentation: Opening General Session – Conference Kick-Off – Brand Yourself Like a Champion – *Pasha Cook* – *Keynote Speaker*

Description: Pasha Cook equips individuals with the tools and insights needed to excel in their new paths by identifying their strengths, leveraging transferable skills, and embracing their authenticity. Pasha's approach to career transition combines her expertise in sports, personal branding, and leadership development, offering a seamless and empowering process for those making significant life changes. Her programs provide not only practical tools but also the inspiration needed to succeed. You will not want to miss this energetic, fun experience. Pasha will wake you up and get you ready for the day!

Activity: Audience Participation/Lecture

9:00 a.m. – 4:30 p.m. Exhibit Hall Open – Chisholm Hall

9:15 a.m. – 10:15 a.m.

Exhibitor Showcase

School Health Corporation/Palos Sports

McLennan Hall 207

Presentation: ELF: Elevating Early Learning through Fitness and Fun – *Rebecca Williams*

Description: The FAB 5 Early Learner Fitness (ELF) Program® is a physical education curriculum designed for PK-5 students blending motor skill development with essential academic early learning concepts. It integrates literacy, math, and health education into physical activity, aligned with the TEKS standards, to nurture the early learner's body and mind.

Activity: Audience Participation

Recreation & Physical Education Divisions

Adventure Education, Outdoor Education, and Middle & High Physical Education Sections

McLennan Hall 208

Presentation: Mountain Biking for Beginners – Part 1 – *Bob Sanderson, Pete Silvius, and Jason Sellers*

Description: Come learn the ABCs of mountain biking. A basic introduction for teaching students a lifelong activity. Bring your own bike or limited bikes will be available for participants. This session is a recommended prerequisite to participate in Mountain Biking Part 2.

Activity: Audience Participation

College Division

Student Section

McLennan Hall 209

Presentation: A Guide for Beginning Professionals in the Field, Student Oriented – *Rosa "Andie" Vasquez*

Description: CALLING ALL STUDENT MEMBERS!! Join fellow peers in this educational session geared toward students unsure of what route to take after obtaining a degree. Come and get the opportunity to speak to other professionals in the field!

Activity: Audience Participation/Lecture

Exhibitor Showcase

TAGG TIME

Brazos Ballroom North

Presentation: TAGG ACADEMY – Introducing Math and Literacy into Physical Education – *Tim Taggart and Paul Curbow*

Description: Discover how to integrate Math & Literacy into PE with TAGG-ED balls, featuring letters, numbers, and symbols. This session will change how you view PE, enhancing "Whole Child Education" through active play with TAGG-ED Balls, Bowling Mats, and more, fostering engagement, learning, and social-emotional learning (SEL).

Activity: Audience Participation

Physical Education Division

Elementary and Middle & High School Physical Education Sections

Brazos Ballroom South

Presentation: Make Big Hits with Your Striking Unit – *Amber Sladeczek, 2024 TAHPERD Elementary Physical Education Teacher of the Year, Megan Stevenson, and Stefania Phipps*

Description: It's Game Time in our Striking Unit! Join us for some fun, skill building activities that are sure to engage all ages! Be sure to join us for some pickleball, hockey, floorball, and more!

Activity: Audience Participation

Exhibitor Showcase

Whirlix

Texas Room North 113

Presentation: Design Fitness-Focused Playgrounds: A Stealth Health Community Solution – *Greg Hawkins*

Description: Attendees will be introduced to physiological research revealing important data on fitness benefits people gain while using play events. Benefits include cardiovascular, muscle strength and endurance, balance and coordination, and mental agility. Identifying these play and fitness events and how to strategically design them into a compelling, functional play space.

Activity: Lecture

Dance & Physical Education Divisions

Dance Cultural, Social & Wellness Forms, Elementary Physical Education, and Early Childhood Education Sections

Texas Room North 114

Presentation: Saving Dance through PE – *Rachel Hodge*

Description: Come learn how to advocate for your dance program by incorporating it into your PE program. Exposing students to dance at a young age is important and this session will help you create meaningful lessons with TEKS and the National Dance Standards.

Activity: Lecture

Physical Education & General Divisions

Elementary, Middle & High School Physical Education and K-12 Administrators Sections

Texas Room North 115

Presentation: Empowering Excellence: Building a Culture of Growth and Accountability – *Raul Salazar and Karina Salinas*

Description: Participants will explore essential strategies to support coordinators, directors, and other leaders in expanding and strengthening their programs. Attendees will gain a clear understanding of the importance of implementing a centralized curriculum and learn effective approaches for cultivating a growth mindset and establishing clear accountability structures that drive continuous improvement.

Activity: Lecture

10:30 a.m. – 11:30 a.m.

Exhibitor Showcase

The Rope Warrior

McLennan Hall 207

Presentation: HOBBY HORSING USA – Locomotor Movements/Dance/Aerobics – *David Fisher and Ken Frawley*

Description: HOBBY HORSING USA with Guinness World Record Rope Jumper, David Fisher, THE ROPE WARRIOR. HOLD YOUR HORSES and join us! Original/music/ videos/dances/games. It's a DEEP dive into locomotor

movements and aerobic dance lessons. Come learn new jump rope tricks, new Hobby Horse games/activities, circle/line dances including, "THE HOBBY HORSE SLIDE!"

Activity: Audience Participation/Performance

Recreation Division

Outdoor Education Section

McLennan Hall 208

Presentation: Teaching Outdoor Education in Schools – *Letty Gonzales, Felecia Ceaser-White, Nora Ryan, Lisa Schneider, Cara Grossman, Myeshia Mitchell, and Paula Ceaser*

Description: This presentation supports how scholars learn to participate in outdoor activities using teamwork and collaboration skills such as setting up camp. Partnering with community organizations such as Texas Parks and Wildlife and NASP assists in bringing programs to our local schools to implement effective standard-based programs in outdoor education.

Activity: Audience Participation/Lecture

Physical Education Division

Elementary, Middle & High School Physical Education, and Sports Sections

McLennan Hall 209

Presentation: Plyo Progressions and Playometrics – *Wayne Skelton and Amanda Kennington*

Description: Engage students 2nd-6th grade develop a solid foundation for a lifetime of physical activity, improving their performance in sports, daily activities, and overall well-being. Assess progress in aspects such as strength, power, coordination, balance, agility, and overall fitness.

Activity: Audience Participation/Lecture

Exhibitor Showcase

GOPHER Sport

Brazos Ballroom North

Presentation: ACTION! Team Games to Boost Engagement – *Doug Satre*

Description: Join us for an action-packed workshop featuring team games that are class oriented and teacher friendly. These high-energy games are sure to get students moving while also keeping them engaged. You'll also learn classroom management and skill development strategies! Get ready to sweat, learn and have fun!

Activity: Audience Participation

Physical Education & Dance Divisions

Elementary Physical Education and Dance Pedagogy Sections

Brazos Ballroom South

Presentation: If You Can Move, You Can Dance! – *Janice Longino*

Description: Come join us for a fun time to move to music. Anyone can dance and you will learn an easy way to teach your students to create their own dances with ease and comfort.

Activity: Audience Participation

Exhibitor Showcase

Everlast Climbing

Texas Room North 113

Presentation: Traverse Climbing Wall Activities & Tips – *Mike Smith*

Description: Looking for ideas and activities for a traverse climbing wall? Attendees will discover a variety of dynamic climbing wall activities that develop physical, social-emotional and cognitive skills at beginner, intermediate and advanced climbing levels. This comprehensive presentation also reviews best practices and safety/risk management protocols and provides valuable teaching tips.

Activity: Lecture

Health, Physical Education & General Divisions

Health Instructional Program, Middle & High School Physical Education, and Instructional Technology Sections Texas Room North 114

Presentation: Do You Have Good Energy? – *Dr. Sharon Rice and Victoria Wagner-Greene*

Description: This presentation empowers P.E. and Health educators to explore the vital role of diet, exercise, and mental health in shaping overall wellness. Attendees will gain practical strategies to integrate these interconnected factors into their curriculum, fostering healthier, more energized students.

Activity: Lecture

College, General, Physical Education & Recreation Divisions

Professional Preparation Section

Texas Room North 115

Presentation: Career Choices and Opportunities: What's Your Superpower? – *Margaret Powell, Dr. Paul Fikes, and Raul Salazar*

Description: Do you want to explore other job and career possibilities that are associated with your area of interest? Let us expand your horizons and help you fulfill your aspirations. We will explore three pathways; teaching, sport management and medical careers, and will discuss salary ranges and requirements.

Activity: Lecture/Panel Discussion

Recreation Division

Water Sports Section

Hilton Hotel Outdoor Pool

Presentation: Snorkeling 101 – *Geoben Johnson and Patty Donaldson*

Description: If you love water but have not learned to snorkel, this is the activity for you? Learn to breath underwater, dive to depth, and clear on the surface.

Activity: Audience Participation

11:30 a.m. – 1:00 p.m. Lunch on Your Own

1:00 p.m. – 3:15 p.m. (2 hours of CPE)

Recreation & Physical Education Divisions

Leisure Activities & Sports and Outdoor Education Sections

Meet in TAHPERD Registration Area

Presentation: TRoFE is Turning 29! Amazing Race Meets Scavenger Hunt. Come for the Fun and the Prizes! – *Michael Hertlein, Erik Woods, and Tony Tran*

Description: This amazing race/scavenger hunt gives participants a fun way to explore the surrounding area of the conference. We will have prizes for 1st and 2nd place as well as a few alternate prize handouts. Bring a friend and bring your phone, a writing utensil, and a can do attitude!

Activity: Audience Participation

1:00 p.m. – 2:00 p.m.

Exhibitor Showcase

Archery Tag

McLennan Hall 207

Presentation: Archery for All – Utilizing the Innovative Designs of Global Archery's S.A.F.E. Archery Collection – *H.C. Grimet, Pete Silvius, Nora Ryan, and Lisa Schneider*

Description: TAHPERD members will lead participants through an archery lesson using the unique equipment offered through Global Archery's S.A.F.E. Archery (Student's and Families Experiencing Archery) line of equipment.

Activity: Audience Participation/Lecture

Physical Education Division

Elementary, Middle & High School Physical Education, and Sports Sections

McLennan Hall 208

Presentation: Project-Based Learning in PE Class? Bring it on! – *Kenneth Hernandez*

Description: Project-based learning (PBL) enables your students to take ownership by problem-solving and working together as a team. Experience activities that you can take back to your gym to engage students while impressing your Administration, especially during your next walkthrough.

Activity: Audience Participation

Health Division

Health Instructional Program and Health Professional Education Sections

McLennan Hall 209

Presentation: Building a Culture of Health through Engagement – *Kathleen Steinhoff*

Description: Developing a classroom atmosphere where students can engage in conversation comes from deeper than just “talking.” Teachers participating in this presentation will participate in different engagement strategies and demonstrate a philosophical chairs topic.

Activity: Audience Participation/Lecture

Exhibitor Showcase

GOPHER Sport/SPARK

Brazos Ballroom North

Presentation: SPARK Your Students’ Activity Levels through Disguised Fitness Activities! – *Erin Anderson and Doug Satre*

Description: Don’t miss this active and fun-filled session! Do you need more activities and strategies to keep your students moving? Do you want your students leaving your P.E. class sweating and not even realizing how much they were moving? Leave with several K-12 activities and strategies to ensure high MVPA.

Activity: Audience Participation

Physical Education Division

Elementary Physical Education and Early Childhood Education Sections

Brazos Ballroom South

Presentation: “Ready Set Go! Games & Essential Skills for Every PE Teacher to Know!” – *Kristi Baker, Tiffany Wengert, and Brookelynn Haak*

Description: Join us for tons of fun! Numerous activities and games that you and your students can't live without! Ball Games! Favorite Games! Tag Games! Group Games!

Activity: Audience Participation

Exhibitor Showcase

G-W Publisher

Texas Room North 113

Presentation: Engage, Energize, Excel: Activities to Achieve TEK Standards – *Bill Bode*

Description: This session will provide a comprehensive guide to design an effective PE curriculum. It covers key aspects such as setting clear student goals based on the TEKS, implementing engaging activities, assessing student progress through diverse methods, creating lesson plans, and evaluating teaching performance through student feedback and self-reflection.

Activity: Lecture

All Divisions

All Attendees

Texas Room North 114

Presentation: TAHPERD Exemplary School Program REVAMPED – Your Voice Matters – *Cara Grossman, Dr. Sharon Rice, and Tammy Gilstrap*

Description: Please join us as we unveil the Board approved revamped TAHPERD Exemplary School Criteria, talk through timelines and processes, and ask for your feedback all along the way.

Activity: Audience Participation/Lecture

General Division

Diversity Section

Texas Room North 115

Presentation: Leadership in TAHPERD: How to Become More Involved in TAHPERD! – *Barbara Polansky*

Description: Get more involved in TAHPERD? Want to become an officer and/or a committee member? FIND OUT HOW!

Activity: Lecture

2:30 p.m. – 4:30 p.m.

Afternoon Break for All Attendees – Chisholm Hall

2:15 p.m. – 3:15 p.m.

Recreation & Physical Education Divisions

Outdoor Education, Leisure Activities & Sports, Elementary, and Middle & High School Physical Education Sections

McLennan Hall 207

Presentation: Campfire Games: Fun for the Great Outdoors – *Cara Grossman, Felecia Ceaser-White, Lisa Schneider, Nora Ryan, Myeshia Mitchell, Letty Gonzales, and Paul Ceaser*

Description: Campfire and campsite games bring fun and excitement to the great outdoors, offering a variety of activities for entertainment. This session will include friendly competitions, relay races, a twist on board games, and line dancing to create lasting memories and strengthen bonds among campers.

Activity: Audience Participation

Dance, Physical Education, Health, Recreation & General Divisions

Dance Pedagogy, Health Instructional Program, Elementary, and Middle & High School Physical Education Sections

McLennan Hall 208

Presentation: Dance For All – *Adia Richardson, Juliana Williams, and Carisa Armstrong*

Description: The Dance for All session equips non-dance teachers with practical tools to integrate movement into their classrooms. Participants will explore engaging dance activities that align with PE and academic TEKS, enhance learning, and promote student engagement. Through hands-on practice and lesson planning, educators will confidently create active, inclusive learning environments.

Activity: Audience Participation

Exhibitor Showcase

Marathon Kids

McLennan Hall 209

Presentation: Real Impact, Real Results: Lessons from Marathon Kids Coaches – *Nicole McCasland*

Description: Discover how Marathon Kids' FREE program empowers educators to transform school communities through goal-setting, movement, and data. Hear from teachers sharing success stories and practical tips to boost student confidence, build healthy habits, and foster community. Leave inspired with actionable ideas to create a lasting impact.

Activity: Audience Participation/Lecture

Exhibitor Showcase

OPEN/US Games/BSN Sports

Brazos Ballroom North

Presentation: Down, Set, OPEN! Flag Football for All! – *Auburn Cain*

Description: This activity session is crafted for physical education teachers seeking to invigorate their classes with innovative flag football activities from OPEN's curriculum. In this dynamic session, you'll explore creative activities and participate in hands-on demonstrations that transform PE lessons into engaging action-packed experiences for all students!

Activity: Audience Participation

Physical Education Division

Elementary Physical Education Section

Brazos Ballroom South

Presentation: *Invasion Like You Mean It!* – *Timothy Rader, David Vaughn, Chris Peurifoy, and Russell Chavez*

Description: Invasion style games help promote teamwork, cooperation and provide opportunities for all students to participate. We will present new and old activities that are sure to have your students asking for more!

Activity: Audience Participation

General Division

K-12 Administrators Section

Texas Room North 113

Presentation: *K-12 Administrator's Roundtable* – *Amanda Kennington and Rachel Naylor*

Description: The roundtable discussion aims to bring together K-12 administrators to explore and address the latest trends and challenges in physical education, student wellness, and other topics aligned with the goals of TAHPERD. The session will encourage open dialogue, share best practices, and foster collaboration among administrators.

Activity: Audience Participation

Health Division

Health Promotion, Community Health Education, Health Instructional Program, and Health Professional Education Sections

Texas Room North 114

Presentation: *Earth, Wind, Fire and Water: Calm, Cool, Elemental Mindfulness Practices* – *Dr. John Stewart, 2024 TAHPERD College/University Health Teacher of the Year*

Description: This presentation shares grounding (earth), breathing (wind), sun salutation (fire), and water-related mindfulness techniques students and teachers can use to reduce stress and promote mental wellbeing.

Activity: Audience Participation/Lecture

College, Physical Education & Recreation Divisions

Lifetime Wellness, Sports, and Leisure Activities & Sports Sections

Texas Room North 115

Presentation: *The Role of Nutrition in Athletic Performance and Recovery* – *Dr. Ray Galloway and Dr. Chuck Ruot*

Description: This presentation will focus on the role nutrition plays in an athlete's ability to train, compete, recover, and ultimately succeed in their chosen discipline. As physical training improves the athlete's strength, speed, and overall athletic performance, nutrition supports these gains by fueling the body for performance and recovery.

Activity: Lecture

3:30 p.m. – 5:00 p.m. (1.5 hours of CPE)

Recreation & Physical Education Divisions

Adventure Education and Outdoor Education Sections

Meet at Indian Spring Park (On the River Across from Hilton Hotel)

Presentation: *Paddle Sports – for Lesson and for Life* – *Pete Silvius, Dennis Bryan, Travis Roberts, and Trevor Roberts*

Description: This presentation will introduce you to paddle sports as a lifelong recreation activity and as a potential lesson for your classes. We will feature Kayaking and Stand-Up Paddle Boarding in this lesson.

Activity: Audience Participation

3:30 p.m. – 4:30 p.m.

Exhibitor Showcase

U. S. Soccer Foundation

McLennan Hall 207

Presentation: Ignite Your Students' Passion for Soccer with High Activity Skill Progressions – *Nicholas Pointer*

Description: Discover the U.S. Soccer Foundation Soccer for Success School Curriculum, designed for all students! Learn to integrate fun, age-appropriate soccer activities that build teamwork, movement skills, and a lifelong love of physical activity. No soccer experience needed—just bring your passion and help shape the next generation of soccer fans!

Activity: Audience Participation

Dance & Physical Education Divisions

Dance Pedagogy and Middle & High School Physical Education Sections

McLennan Hall 208

Presentation: Know, Grow, Show: Getting to Know You, Teambuilding and Choreography Games – *Claire Augustine Hixson, 2024 TAHPERD K-12 Dance Teacher of the Year*

Description: This session will go through getting to know your games, team building games, and choreography exploratory exercises that all use the body.

Activity: Audience Participation

Physical Education, Health, General, Recreation & Dance Divisions

Middle & High School and Elementary Physical Education, Health Instructional Program, and K-12

Administrators Sections

McLennan Hall 209

Presentation: Coping Skills in Physical Education – A Mindful Approach – *Dr. Crystal Reimer*

Description: Are you or your students stressed? Have you attempted ideas to only learn these are not as effective as you had hoped? This presentation will provide research/evidence-based strategies that have brought desired results in elementary through high school PE settings. Let's explore mindful activities and dancing today!

Activity: Audience Participation/Lecture

Exhibitor Showcase

9 Square in the Air

Brazos Ballroom North

Presentation: 9 SQUARE IN THE AIR – Elevated Fun! – *Liz Belser and Niki Hughes*

Description: Looking for an exciting P.E. game? Try 9 Square in the Air! This mix of foursquare and volleyball boosts hand-eye coordination, teamwork, and good sportsmanship. Our activity pack expands your game options, offering new ways to use the structure. Jump in and have fun with 9 Square in the Air!

Activity: Audience Participation

Exhibitor Showcase

Speed Stacks, Inc.

Brazos Ballroom South

Presentation: Stacking in School? Learn Activities You Can Do with Your Cups with Speed Stacks! – *Matt Burk*

Description: This session will incorporate movement based Sport Stacking activities and games to get your students mentally fit and physically active through fitness based learning. Ranging from individual activities and small/large group cooperation, this session is bound to get you moving! Each attendee receives complimentary Speed Stacks set.

Activity: Audience Participation

Recreation & Physical Education Divisions

Leisure Activities & Sports and Elementary Physical Education Sections

Texas Room North 113

Presentation: GAME TIME! As We PLAY Mexican Train! – *Mary Lou Trinidad and Ytszel Trinidad-Ruiz*

Description: It's GAME TIME with a set or two of dominoes in our classrooms/gym.

Activity: Audience Participation/Lecture

Health & General Divisions

Health Promotion and Health Instructional Program Sections

Texas Room North 115

Presentation: Shape Up, Get S.M.A.R.T. – No Stress – *Janet Scott-Carrier, 2024 TAHPERD K-12 Health Teacher of the Year and Mervin Pellerin*

Description: Equip educators of all levels with tools to design well developed lessons that will allow rigor, interpret and analyze data, and to implement appropriate assessments.

Activity: Lecture

Tuesday – July 1, 2025

7:00 a.m. – 1:00 p.m.

Registration Desk Open – Upper Level Foyer

8:00 a.m. – 12:00 p.m.

Exhibit Hall Open – Chisholm Hall

8:00 a.m. – 10:00 a.m.

Morning Break for All Attendees – Chisholm Hall

8:00 a.m. – 10:00 a.m. (2 hours of CPE)

Recreation & Physical Education Divisions

Adventure Education, Outdoor Education, and Middle & High Physical Education Sections

Meet Outside Lower Level Entrance on Washington Avenue

Presentation: Mountain Biking for Beginners – Part 2 – *Bob Sanderson, Pete Silvius, and Jason Sellers*

Description: Join us as we take to the beautiful Mountain Bike Trails of Cameron Park, utilizing skills taught in Mountain Biking Part 1. We will be applying the principles of the ABC's, ready position, and bike/body separation. Bring water, sunscreen, and your adventurous spirit. Limited bikes will be available for participants.

Activity: Audience Participation

8:00 a.m. – 10:15 a.m. (2 hours of CPE)

College, Physical Education & General Divisions

Sport Management, Sports, and Assessment & Evaluation Sections

Texas Room North 113

Presentation: Concussion Training for UIL – 2-Hour Course – *Dr. Paul Fikes*

Description: Concussion management best practices. Includes information about evaluation, prevention, symptoms, risks, and long-term effects. Complies with 2-year concussion training required by UIL.

Activity: Lecture

8:00 a.m. – 9:00 a.m.

Exhibitor Showcase

American Heart Association

McLennan Hall 208

Presentation: Bring Heart Health to Your School with the Kids Heart Challenge! – *Amy Newman*

Description: Meet your TEKS while teaching heart health—for FREE! The Kids Heart Challenge makes learning fun with Heart Heroes, Hands-Only CPR training, and turn-key resources for students, families, and staff. Let's build a community of lifesavers and create a lasting impact on student wellness. Ready to learn more?

Activity: Audience Participation

Recreation Division

Leisure Activities & Sports Section

McLennan Hall 209

Presentation: It's Game Time (for everyone) ...Creating Environments for Recreation and Play that Include EVERYbody...Lessons from Community Pickleball – *Dr. Sandy Kimbrough, Katelyn Frisbie, and Palmer Campbell*

Description: Dr. K hosts pickleball for her community multiple times per week and has strategized and implemented ways to make people feel included, accepted, and part of the group. Learn how these strategies can be applied to any recreational endeavor!

Activity: Audience Participation/Lecture

Physical Education Division

Sports, Middle & High School, and Elementary Physical Education Sections

Brazos Ballroom North

Presentation: Action Ball: Combining Components of Football, Frisbee, Basketball, and Soccer to Create an Easy-to-Learn Sport for All Ages – *Jordan Szura*

Description: Developed in 2015 by Dr. Chad Nelson at Texas A&M University, Action Ball provides participants with the opportunity to be active, work on fundamental skills, and have fun all while requiring minimal equipment. Come ready to play and learn a new sport!

Activity: Audience Participation

Physical Education Division

Elementary Physical Education Section

Brazos Ballroom South

Presentation: The Goose Games – Part II – *Amanda Kennington, Joel Kunz, Amanda Lucas, Jayme Reiss, and Stormie Sellman*

Description: Large group games that can be pulled out of your PE toolbox at any time to engage all students.

Activity: Audience Participation

Exhibitor Showcase

kids teaching kids

Texas Room North 114

Presentation: kids teaching kids, 21-Day Snacking Challenge – *Karen Burnell*

Description: kids teaching kids and TAHPERD have partnered to bring the 21-Day Snacking Challenge to school districts across Texas to promote student overall health and teacher professional development.

Activity: Lecture

Health, General & Physical Education Divisions

Health Instructional Program and K-12 Administrators Sections

Texas Room North 115

Presentation: PEH TEKS 101 – Building a Culture of Health – *Kathleen Steinhoff*

Description: New PE and Health teachers? This PEH TEKS 101 - Building a Culture of Health is a way to engage new teachers in the why behind PE and Health TEKS. Participants will leave with a new onboarding PD!

Activity: Audience Participation/Lecture

9:15 a.m. – 10:15 a.m.

Recreation & Physical Education Divisions

Leisure Activities & Sports, Elementary, and Middle & High School Physical Education Sections

McLennan Hall 207

Presentation: It's GAME TIME at the Archery Range! – *Mary Lou Trinidad and Ytsel Trinidad-Ruiz*

Description: Staying in the GAME as we learn the steps to become a successful archer through archery games to stay in the GAME.

Activity: Audience Participation/Lecture

Exhibitor Showcase

CHulaHoops USA

McLennan Hall 208

Presentation: Share the Joy of Success with CHulaHoops – *Marty Bernard*

Description: If you have never been able to hula hoop before, it was not your fault. It was the fault of the hoop. Discover how ChulaHoops offer to success to everybody, students and teachers. It's not opinion. It's geometry. Every Body Can Do It!

Activity: Audience Participation

Physical Education & Health Divisions

Middle & High School Physical Education Section

McLennan Hall 209

Presentation: The Power of Laughter: Engaging Middle Schoolers in Humor to Boost Mental Well-Being, Reduce Stress, and Create Positive Classroom Connections – *Jose Villasenor*

Description: The Power of Laughter – Discover how laughter enhances teamwork, boosts confidence, and improves engagement in PE. Humor strengthens social connections, reduces stress, and even works core muscles! Backed by research, this session explores laughter's role in holistic wellness and offers strategies to make physical activity more fun and inclusive.

Activity: Audience Participation/Lecture

Exhibitor Showcase

OPEN/US Games/BSN Sports

Brazos Ballroom North

Presentation: PUTT It All Together: Tee Off with OPEN – *Auburn Cain*

Description: Tee Off with OPEN is designed for physical education teachers looking to bring the fun of golf into physical education! In this engaging session, you'll discover how to modify traditional golf activities to suit learners of all ages and skill levels, creating an inclusive environment that builds foundational skills.

Activity: Audience Participation

Physical Education Division

Elementary Physical Education Section

Brazos Ballroom South

Presentation: Christmas in July – *Bruce Fillbrandt and Yasmin Lopez*

Description: Christmas and Hanukkah games for student engagement before the holiday break.

Activity: Audience Participation

Health & Physical Education Divisions

Health Instructional Program Section

Texas Room North 114

Presentation: Planning for Success in an Elective Classroom – *Thomasina Gatson*

Description: The focus of this session will be prioritizing planning to enhance being a highly effective Health and Physical Education teacher; understanding how having the right plan; A, B, and C, is essential to getting the most out of each student; and implementing an effective plan that ensures student growth and development.

Activity: Lecture

Dance & College Divisions

Dance Pedagogy and Professional Preparation Sections

Texas Room North 115

Presentation: Firecracker Communication – *Claire Augustine Hixson, 2024 TAHPERD K-12 Dance Teacher of the Year*

Description: Run a Dynamite Dance Program With a Connected Community. Clear communication should be the foundation of your dance department in order to grow and accomplish goals. Gain more skills to ask for others' help. Grow your communication skills and see your dance vision come to life!

Activity: Lecture

10:30 a.m. – 11:30 a.m.

Recreation & Physical Education Divisions

Leisure Activities & Sports Section

McLennan Hall 207

Presentation: Elevate Your Archery Game: Ready, Aim, Win! – *Lisa Schneider, Felecia Ceaser-White, Cara Grossman, Nora Ryan, Myeshia Mitchell, Letty Gonzales, and Paul Ceaser*

Description: Educators will gain knowledge of archery within a classroom setting. We will present a series of NASP lessons emphasizing safety for all participants. Attendees will learn proper bow usage and range safety protocols. Incorporating archery into the curriculum fosters student focus, discipline, and self-confidence, potentially enhancing academic performance and attendance.

Activity: Audience Participation

Dance & Physical Education Divisions

Dance Pedagogy and Elementary Physical Education Sections

McLennan Hall 208

Presentation: Dancing Country is Elementary – *Janice Longino*

Description: Come join us for a fun time to learn some Country Western Dancing to include games and activities for line dances and square dance that include single, partner, and group formations.

Activity: Audience Participation

Health Division

Health Professional Education Section

McLennan Hall 209

Presentation: Shifting a Culture: Making Sustainable Change Towards Wellness in School Districts – *Sara Saubert and Uliser Salmeron*

Description: Staff wellness is often overlooked, yet educators drive student success. As Irving ISD's first Well-being & Fitness Coordinators, we're shifting how 4,500 staff engage with health. This session offers real-world strategies to build an inclusive, sustainable wellness culture in schools, empowering educators to lead by example and inspire lasting change.

Activity: Audience Participation/Lecture

Physical Education Division

Elementary, Middle & High School Physical Education, and Sports Sections

Brazos Ballroom North

Presentation: The GIFs that Keep on Giving – *Curtis Tinsley*

Description: Attendees will learn innovative activities that uses minimal equipment, drip feeds the content & fits any size group or budget. They will also gain an understanding on how GIFs can enhance a lesson, increase activity time & provide support to the teacher.

Activity: Audience Participation

Physical Education Division

Elementary and Middle & High School Physical Education Sections

Brazos Ballroom South

Presentation: Invasion Games: Unleashing Intergalactic Strategies – *Dustin Lerma*

Description: This workshop features engaging games for medium to large classes, promoting constant movement and fun. Students develop teamwork, coordination, and strategies while meeting state standards through active

play. Fitness tracking via Heart Tech Plus enhances the experience, blending physical activity with educational excellence in an interactive session.

Activity: Audience Participation

Physical Education Division

Elementary, Middle & High School Physical Education, and Adapted Physical Education Sections

Texas Room North 115

Presentation: Show Me the MONEY! – *Amber Sladeczek, 2024 TAHPERD Elementary Physical Education Teacher of the Year, Kristi Baker, Tiffany Wengert, Amanda Kennington, Bruce Cortez, and Elizabeth Flores, 2024 TAHPERD Middle School Physical Education Teacher of the Year*

Description: Join TAHPERD “YOU” Show me the money crew as we break down how to write a successful grant at the local level.

Activity: Lecture

11:35 a.m. – 11:55 a.m. Door Prize Drawing in Exhibit Hall – Chisholm Hall
(Must be present to win)

12:00 p.m. – 1:00 p.m.

Recreation & Physical Education Divisions

Leisure Activities & Sports, Elementary, and Middle & High School Physical Education Sections

McLennan Hall 207

Presentation: Mindful Movement & SEL in the Classroom (Yoga) – *Lisa Schneider, Felecia Ceaser-White, Cara Grossman, Nora Ryan, Letty Gonzales, Myeshia Mitchell, and Paul Ceaser*

Description: Participants will get moving and explore engaging, creative/mindful movements (yoga), that are inclusive for SEL. Participants will learn strategies for their personal self as well as how to engage students in mindfulness practices. Participants dress for participation!

Activity: Audience Participation

College & Physical Education Divisions

Lifetime Wellness Section

McLennan Hall 208

Presentation: Pickleball and Pedagogy: Building Community through Sport – *Michael Hanick*

Description: Incorporating pickleball into higher education can foster community, promote wellness, and enhance the student experience. This presentation includes on court activities and practical strategies for implementing pickleball on your campus.

Activity: Audience Participation/Lecture

Physical Education Division

Elementary Physical Education Section

Brazos Ballroom North

Presentation: Come Play with CCISD! – *Pam Straker and Susan Rizzo*

Description: Join Clear Creek ISD for TONS of activities that are TONS of FUN! Get your kids up and moving with educational and active tag games that are new and different! (Repeat from December TAHPERD - Saturday Session)

Activity: Audience Participation

Physical Education Division

Elementary Physical Education Section

Brazos Ballroom South

Presentation: No Gym? No Problem! – *Brendan Thompson and Chris Clatt*

Description: No gym? No problem! We will be taking loved and true games that are traditionally played inside but

modify them to be played outside and battle the unpredictability of being outside.

Activity: Audience Participation

Dance, Physical Education, General, College & Recreation Divisions

Dance Pedagogy, Elementary, Middle & High School Physical Education, and Research Sections

Texas Room North 115

Presentation: Why Order Matters: Using the 5E Method to Leverage Best Practice in Dance Teaching – *Janna Robison*

Description: This session provides a glimpse of cutting-edge research that proves the importance of the order we do things in the classroom and how that order can make or break new learning. The 5Es, which are commonly used in Science teaching, intersect perfectly for the dance classroom. Come see for yourself!

Activity: Lecture