

**Sunday – June 29, 2025– McLennan Hall 208  
2:00 – 5:00 p.m. – 3 CPE Hours**

**Pre-Conference Workshop – GOPHER Sport/SPARK  
Presented by Courtney Sjoerdsma**

**Session Title:** Balls and Strikes: Activities for Skill-Building Game Play

**Session 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!

Courtney Sjoerdsma has a B.S. in Physical Education, with an emphasis in Dance. She is currently a certified SPARK Elite Trainer. Over the past 17+ years with SPARK, Courtney presents SPARK in-service and staff development workshops for school districts, after school organizations, and many other professional organizations across the county. Courtney is also a Physical Education Specialist and received the Kent Award for bringing an outstanding physical education program (SPARK) to Sandpiper School in the Belmont-Redwood Shores School District.

