

# SWVA VAHPERD Workshop

## EMORY & HENRY COLLEGE



Friday September 20, 2019

8:00 – 9:00 a.m. Check-in/Registration

9:00 – 9:30 a.m. Welcome, Introductions, and Announcements

9:40 – 10:30 a.m. Concurrent Sessions

- **Katie Marshall: Fitness with no equipment!** This session leads teachers through a variety of fitness activities they can do with minimal to no equipment. Activities can be performed by students outside of class to stay active every day.
- **Andrea Samsky: More Health in PE.** Sometimes it can be hard to find time cover required health topics in PE. This session will provide you with numerous games and activities that seamlessly incorporate health into PE lessons.
- **Brian McPherson: Assessment Activities for Large Groups.** Need ways to assess large groups and keep all students engaged? Look no further, this session provides multiple ideas on assessing motor skills and health content, all while keeping students active and engaged.

10:40 - 11:30 a.m. Concurrent Sessions

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- **Mark Arrington and Amy Wheeler: Health is WELLth- Data Makes Cents.** Do you want your students to take their fitness and wellness data to another level? Students go on a webquest to explore what “adulting” is like by using data from their health logs to fitness tracking devices, and earn virtual money. They rent an apartment, pay utilities, buy a car, plan a trip, etc., with the money they have earned. This gives students an introduction into personal finance.

11:30 - 12:30 p.m. Lunch

12:40 - 1:30 p.m. Concurrent Sessions

- **Maria McKeown: Sensory Integration: How Physical Educators can be Agents for Change for Unfit Youth.** Students are coming into elementary school more unfit and uncoordinated than ever. This session will present unique ways to integrate sensory motor activities that help address undeveloped motor skills. Learn how some unique tweaks from Occupational Therapy and a blend of physical education can ensure success for your youngest students!
- **Andrea Samsky: Funtastic PE and Health Activities.** Get ready to play! Have striking fun with Thunder Noodle. Make disc golf easy to set up and play with Disc Golf Challenge. Learn how to make a Zinger Noodle Tag stick and add some new tag games to your health lessons! See how gamification can be easily used in Ninjago Chinese Jump Rope Challenge! These activities promote cooperative learning, critical thinking, and having fun!!!
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1:40 - 2:30 p.m.

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2:40 - 3:00 p.m.

Closing Remarks and Equipment Give Aways

\*\*\*Please note sessions may slightly change as we near the workshop date