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PRESENTATION TOPICS AND ABSTRACTS FOR PE CENTRAL

EFFECTIVE INSTRUCTION IN K-12 PHYSICAL EDUCATION

Have you ever seen a poor task presentation? Have you observed or been involved in a lesson where the teacher is speaking, but the students are not listening, or do not seem to grasp the concepts? This session will identify and describe several key components or best practices for effective teaching in physical education. Each participant will leave the session with concepts that can immediately improve the clarity in their task presentation, the feedback provided to students, and the potential for student learning in physical education.

SKILL DEVELOPMENT AND FITNESS ACTIVITIES FOR TEAM SPORTS

Are you looking for ways to increase the skills and techniques of your students and student athletes? Are you concerned about their level of physical fitness? Do you teach for skills and fitness? Do you want to keep the motivation level high at the same time? This session will provide opportunities to learn and practice several skill building activities to use with your classes and teams, while also focusing on the fitness development of your students. Content will include basketball, football, volleyball, soccer, and more.

TEACHING THROWING AND CATCHING IN K-12 PHYSICAL EDUCATION

This activity-based session focuses on effective teaching in physical education, clearly identifying how to effectively progress through the content of the physical education lesson to promote student learning. No matter what content the teacher is developing, the method described and practiced in this session is appropriate. Students have the opportunity to learn the skills, practice the skills, receive feedback on their skills, and apply the skills in a game-like setting. To further illustrate effective teaching, this lesson will use the common tasks of throwing and catching, two skills used in multiple physical education activities. Progression to softball and baseball fundamentals will be included.

TEACHING SOCCER IN PHYSICAL EDUCATION

This activity-based session focuses on effective soccer instruction in physical education for K-12 students, clearly identifying how to progress through the content in soccer to promote student learning. Participants will review the basic skills, practice the skills, receive feedback on their skills, and apply the skills in a game-like setting. Advanced levels of skill and/or fitness are not required!

## TEACHING VOLLEYBALL SKILLS: A FOCUS ON PASSING

This activity-based session revisits the basic skills of the forearm pass and the overhead pass for effective use in game-like situations. Four easy-to-learn skill cues will be used in the session, while all participants have the opportunities to practice the skills in self-, partner-, and small group activities. Specific learning activities will be demonstrated for immediate use in a physical education program. Participants at all levels of volleyball are encouraged to attend.

## INCLUDING SKILL DEVELOPMENT WITH FITNESS ACTIVITIES IN K-12 PHYSICAL EDUCATION

There is a need to incorporate knowledge of fitness concepts and opportunities for fitness development in physical education and athletic programs. In addition, including skills and student learning experiences in our programs is important. This enjoyable activity-based session provides participants with several skill and fitness activities that focus on maximal practice time, keep students engaged in moderate-to-vigorous physical activity, and develop skills and fitness in game-like situations.

## TEACHING STATIONS IN PHYSICAL EDUCATION

Many physical education teachers use stations for teaching concepts and activities, or for reviewing skills. This activity-based session will demonstrate six different activities with psychomotor, cognitive, and affective objectives in mind. In addition, participants will have the opportunity to practice and develop new skills. Self-, partner-, and small-group competition will be included.

## TEACHING RACKET SPORTS IN PHYSICAL EDUCATION

This activity-based session focuses on developing skills and strategies in pickle ball, badminton, and tennis. Basic skill progressions will be demonstrated and practiced. Participants will have the opportunity to develop skills, review strategies, and participate in game play in all three content areas. The session will include basic forehand and backhand strokes, continuous rallies, fitness and skill development drills, cooperative game play, and competitive activities. Come ready to participate in a fun, music-enhanced, racket sport session.

## TEACHING PICKLE BALL IN PHYSICAL EDUCATION

This activity-based session focuses on effective teaching in physical education, clearly identifying how to progress through the content to promote student learning. No matter what content the teacher is developing, the method described and practiced in this session is appropriate for all grade levels. To further illustrate effective teaching, this lesson will use the sport of pickle ball. All participants will have the opportunity to practice new skills, review strategies, and participate in game play. The session will include the following: a) an introduction to the rules and strategies of pickle ball; b) lead-up tasks providing skill practice opportunities; and c) a progression into modified game play using the extension, refinement, and application tasks model (Rink, 2014).

## WALKING THROUGH THE CURRICULUM IN K-12 PHYSICAL EDUCATION

This brief discussion and physical activity session will overview the curriculum process in physical education. After highlighting specific curricular topics, all participants will be able to describe their efforts in planning, teaching, assessing, and reflecting from their physical education lessons and units. Technology-enhanced physical activity opportunities will motivate participants for movement (i.e., walking), while engaging in professional learning opportunities.

## ENERGIZERS, ICE-BREAKERS, AND WARM-UPS IN PHYSICAL EDUCATION

What are energizers and ice-breakers in physical education? Perhaps one of these scenarios is true about you: 1) You want to get to know your students better at the beginning of the year, semester, or unit; 2) You somehow have extra time at the end of your lesson; 3) You need to develop activities for lots of students on the spur of the moment; 4) You are waiting for students to exit the locker room and would like them active; 5) You need an activity break from classroom learning; 6) You want to develop more teamwork and rapport among students; and many more examples. Participants in this session will learn and play several energizer and ice-breaker games that can be immediately incorporated into any physical education unit.

## WHAT IS A COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM?

Physical education teachers can assist in the planning, delivering, and assessing a comprehensive school physical activity program (CSPAP) in their school. The role of the physical educator is significant for the overall success of the program. This session describes all five components of a CSPAP, includes strategies for successful implementation of one or more components, and identifies meaningful areas to explore for future CSPAP efforts. Participants in this session will be able to recognize specific needs and opportunities to increase physical activity levels among students.

## FUN GAMES FOR PHYSICAL ACTIVITY

We were born to move. As physical educators, we lead physical activity opportunities. This activity-based session will allow participants to explore simple activities that motivate teachers and students for movement and participation. Movement-based learning will include activities from the following areas: football, bowling, soccer, pickle ball, volleyball, and more. Competitive opportunities and cooperative tasks will be provided for lots of fun and creative ways to get your students more physically active.

## FITNESS GAMES IN PHYSICAL EDUCATION

It is important that physical educators strategically plan and teach fitness-based lessons that help students “achieve and maintain a health enhancing level of physical fitness” (NASPE, 2004). This activity-based session will focus on teaching fitness lessons in physical education that emphasize all components of physical fitness, develop skills for a variety of different sports and activities, and provide enjoyable ways for students to be physically active. Participants will be

able to engage in physical fitness and skill-based learning, focus on the cognitive domain while performing fitness activities, and quickly learn new activities for immediate use in their programs. Specific strategies for physical fitness testing will also be included.

### TEACHING FITNESS CONCEPTS THROUGH MOVEMENT

The five health-related fitness components include cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Is it possible to engage students in dynamic, enjoyable activities, without mandating fitness laps, militaristic push-ups and curl-ups, while at the same time increasing their level of physical fitness? What activities can I use to teach the fitness concepts and principles without students running excessive laps or performing basic calisthenics exercises? This activity-based session will incorporate at least one activity for each of the five health-related fitness components.

### FITNESS PRINCIPLES FROM EXERCISE SCIENCE

The development of individual and team physical fitness is a critical component in most sports and physical activities. In addition, many non-competitive but regular “exercisers” are inspired to reach new levels in their own physical fitness. The media is full of “proven” science and celebrity promoted recommendations. However, much of what is promoted is not research-based, does not improve one’s physical fitness, and is in some cases counterproductive. This session focuses on developing physical fitness based on quantitative research in sport and exercise science. Topics discussed will provide sport coaches with relevant information to provide their athletes with the appropriate training methods for continued improvement. Consistently used training methods will be reviewed and participants will learn about why some “traditional training techniques” are not recommended for practices, competitions, and individual workout sessions. The issues in this session will include concepts related to each of the five components of health-related physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition), and “hot topics” in sport and physical activity will be the focal point of the discussion.

### EXERCISE SCIENCE AND EXERCISE PRESCRIPTION FOR ALL INDIVIDUALS

What is the latest information from the field of exercise science? How can I influence my students to live more physically active lives, and is the information I’m telling them accurate? This session will highlight physical activity and the associated diseases from a lack of activity; exercise prescription for aerobic and resistance training; weight management and nutritional guidelines; and principles of flexibility.

## CURRENT ISSUES AND TRENDS IN HEALTH AND PHYSICAL EDUCATION

This discussion-based question and answer session will include hot topics in health and physical education programs from the national, regional, state, and local levels. What are some current issues and what can/should we do as teachers? Examples include: a) Physical education credit awarded for school sports participation; b) Physical education and physical activity; c) Ways to make a difference beyond the gymnasium; d) The rise and fall of physical education programs, including 8 categories of physical educators; e) high school sports vs. club sports; and more...

## PRINCIPLES OF COACHING: DEVELOPING YOUR PHILOSOPHY AND OBJECTIVES

The game is on the line. An athlete makes a critical decision, impacting the entire team. As the head coach, what do I do? This session introduces the concept of developing a coaching philosophy and describes how having a coaching philosophy helps a coach make difficult coaching decisions. Specific scenarios will be presented and discussed, to assist you when interacting with your players, their parents, fellow coaches, and officials. Be ready to discuss hot topics from a variety of sport examples.

## PRINCIPLES OF COACHING: COACHING FOR CHARACTER

Have you watched ESPN lately? Do you see what our student athletes see every day? This session focuses on character education and the duty of coaches to use sport to build character. The difference between character and sportsmanship is addressed, along with coaching strategies that help coaches develop good character in athletes. Also included is a thorough discussion of bullying and hazing as well as coaching strategies that help prevent these undesirable behaviors. Be ready to discuss hot topics from a variety of sport examples.