

PE Central Presenter
Workshop Topics and Descriptions
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TPSR (Teaching Personal & Responsible Responsibility) Elementary Style

Attendees will learn how to help their students take responsibility for their actions by using the modified elementary version of Dr. Don Helison's TPSR levels. The author of the book "Teaching Children Responsible Behavior a Complete Toolkit" will show participants how to incorporate Level 1 Respect, Level 2 Challenge, and Level 3 Teamwork into their teaching. Learn how to reinforce the levels through games, dance, and social stories. Attendees will understand the importance of using common language and constant, consistent reinforcement of the elementary TPSR levels. TPSR is more than classroom management, it teaches students the what, why, and how of choosing positive behaviors!

Apps In Motion

Think outside the box when choosing apps to engage students. Discover how nutrition and educational apps like Smash Your Food, AlphaBaby, and Muscle Scan Mike can teach nutrition, classroom, and fitness concepts while kids get moving at the same time. Explore both traditional and non-traditional apps for physical education that include fitness and video analysis apps.

Nutrition FUNdamentals

Teaching nutrition concepts in Physical Education is important when addressing the fitness component of body composition. This presentation will touch upon the nutrition concepts of eating a healthy diet with the MyPlate food groups, Energy In = Energy Out and the Go, Slow, Whoa concept of food choices. Technology, skill development, and fitness concepts are woven through the lessons.

Aerobooks

This session will show how to integrate literature and maintain the integrity of Physical Education. Teach fitness concepts, skills, games and dance through literature-based lessons. The Mitten, Where The Wild Things Are, The Grouchy Ladybug and Jump Frog Jump are just a few of the titles to be presented.

Create A Dance

Students use higher-level thinking skills and teamwork when creating dances. See how easy it is for students to create a dance using the "Snowball" method. A variety of dances and lead up activities will be presented preparing students for the Create A Dance project.