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PE Central Workshop Presenter
Workshop Topics

These are some of the workshops that I enjoy doing for school districts. I can also put together ones based on the needs of the school district.

Modified Rhythm and Dance Activities

The purpose of this session is to present rhythmic and dance activities for individuals with moderate to severe physical and or mental disabilities in Elementary through High School. These activities are primarily used for individuals who have poor motor skills or use wheelchairs. A variety of modified dances and rhythmic activities will be demonstrated. The use of props; batons, streamers, rhythm sticks, pantyhose, maracas, bandanas, etc., will be demonstrated and discussed. The CD's used in the session and others which can be used will be discussed and listed in the syllabus.

All students, no matter the severity of their disability, enjoy music and dance activities. Here is your chance to try modified dances and see props which will motivate your students. You need not be a "DANCER", these activities are simple and fun. Adding dance and rhythm activities to your curriculum is easy, cheap, and truly fun...come give it a try.

"50 Ways to Use Your Noodle"

Loads of Land Games with Foam Noodle Toys

50 Ways to Use Your Noodle is a book by Chris Cavert and Sam Sikes. It is filled with land (or room) activities, using foam noodle toys, for all ages that can enhance the gaming potential of teachers, activity directors, experiential facilitators, parents and gatherings of all sorts. The two sections of the book include, **Games** and **Problem-Solving Activities**.

The **Games** section contains activities for **2 to 30+** players. These activities include running, jumping, dodging, chasing, tagging, ducking, swinging, and diving movements. All necessary for happy healthy bodies. Some of the games are variations of traditional favorites. Adding the noodles spices them up a bit and adds a panorama of color.

The **Games** are intended to promote cooperative fun and fierce-less competition (the sort of competition where all players are having fun and not being beaten-up by negative put-downs). Make sure your group is physically ready by starting with low level movement games, followed by some stretching, and then progress into some higher level movement games. End the games when the players are still having fun. When you do this, groups are more likely to want to play them again in the future.

The **Problem-Solving Activities** section is designed within the spirit of Experiential Education – defined by the Association of Experiential Education as, "... a process through which a learner

constructs knowledge, skill, and value from direct experience.” The activities will encourage players to work together to solve a given problem, often engaging them in areas of pro-social development like teamwork, communication, conflict resolution, leadership, trust, and camaraderie.

Problem-Solving Activities like the ones in the book have a variety of purposes. Like games, problem-solving activities can be fun and energizing; however fun is not necessarily a key part of the solution process. After completing a tough problem, the feeling may be more like satisfaction, confidence, and self-esteem rather than fun. Problem-solving in a “no one is the expert” setting can teach us about who we are and how we handle ourselves around others.

Social Dance for regular and adapted PE students

This will be an activity session to teach adapted and regular physical education teachers current social dances. Individuals with disabilities want to participate in school dances, Special Olympics dances, weddings, anniversary and birthday parties where there will be dancing. So, who is going to teach them how to dance? Of course¼ who else¼ their P. E. teacher!

Do you know the latest Latin Club dances (Salsa and Merengue), the Cha Cha Slide, the Macarena, the Train, the swing/hustle, the waltz, the Cupid Shuffle, Nae Nae, Wobble, Electric Slide, YMCA, or the chicken dance? If not, here is your chance to learn these dances and more. Modifications and teaching techniques will be discussed. Bring your dancing shoes and get ready to BOOGIE!!!

"Simple Fun Motor Activities to Introduce Nutrition Concepts"

I will present beginning nutrition concepts for students with moderate to severe intellectual disabilities. The activities presented will be to introduce different foods and food groups to students with moderate intellectual disabilities in elementary school Adapted Physical Education and or students in middle or high school who have more severe intellectual disabilities.

We will be working on improving basic locomotor skills and throwing skills to identify different foods, food groups, and making good nutritional choices. Students will match plastic toy food to corresponding color food group buckets in a throwing activity. We will play a bean bag toss game using a large food chart. We will do locomotor relays to match plastic toy food to corresponding color food group buckets. We will also do a locomotor activity where students are given ½ of a food card and asked to find it’s match by performing a locomotor skill to get to the other ½ of the food cards.

These activities can be modified to the ability level of any class. Learning about different foods, how they appear in raw and cooked or processed forms can assist students to understand what they are eating, where it comes from, and which foods are important for a balanced diet.

“How to Modify any Sport or Activity for Individuals with Severe/Profound Disabilities”

The concepts of the Special Olympics “Motor Activities Training Program” (MATP) can be used to modify any sport, game or recreational activity for individuals with the most severe disability. Through the use of modified equipment, flexible game rules, and hand over hand assistance all individuals can participate in sports skills practice, games and recreational activities. Modified equipment could be the use of a toy basketball goal, a large very bouncy rubber ball for dribbling, or a small soft toy basketball for passing. Flexible rules could be that the assistants must keep in contact with the wheelchair, must dribble after taking 4 steps, and must pass at least once before shooting into a low toy goal. Hand over hand assistance for a game could consist of assistants pushing the wheelchair of a severely disabled participant holding their hand to help dribble the ball, shooting for them, or helping them push the ball into a small low toy goal. This game concept creates a fun environment for the participants and the assistants; everyone participates and everyone has fun!

In this activity session we will participate in a variety of sports, games and recreational activities which are common to Kindergarten through high school Adapted Physical Education curriculum's. A variety of modified equipment will be used and “How to Make” or where to find equipment instructions will be in the syllabus. We will create game rules and play a game to see how well the MATP program works.

The P. E. Low-Budget Bag of Tricks

The purpose of this session is to provide regular and adapted physical education teachers with new creative ideas for activities and equipment, which they may already have or which is inexpensive to purchase or make. In this session we will provide hands on experience with all types of balls, golf tubes, panty hose, bowling equipment, jump ropes, towels, etc. These activities are for individuals with moderate and severe/profound disabilities. The participants will leave the session with at least eight new activity and equipment ideas for their "Bag of Tricks".

This session is designed to encourage teachers to become more creative with equipment that they already have and to “think outside of the box”. We all work with limited funds for our equipment needs. We will show the participants that many pieces of equipment that they have in their storerooms can be utilized for more than one purpose. Also, making equipment from panty hose, boxes, etc. are a few examples of using inexpensive materials for creative fun activities.

We have found that it is difficult for inexperienced regular physical education teachers to provide appropriate activities for students with moderate and severe/profound disabilities. Adapted physical education teachers are always looking for equipment and activity ideas for their students. So, we want to present appropriate, fun, and creative activities and equipment ideas for these students, that every teacher can add to their program. These activities and

equipment ideas will benefit students in the inclusion setting and in the adapted physical education setting.

These activities can be used in the daily physical education programs and for special events. We have used these activities at our Cobb County Adapted physical education Field Days, Special Olympics events, and Top Soccer events.

“Let’s Go Green...Equipment that teachers can Recycle, Reuse, and Revive!”

“Let’s Go Green...Equipment ideas that teachers can Recycle, Reuse, and Revive!”

We want to have the participants see ideas, use the equipment, and make some equipment to take with them. We are going to use everyday items which are recycled by local companies or just thrown away.

Plastic bottles, cups, and bags can be made into bowling pins, maracas, or balls. Aluminum cans can be made into maracas. Institutional food size cans like the ones used in the cafeteria, can become targets for those balls made of newspaper or paper bags. Cardboard boxes can become bowling or bocce ramps. Newspaper can be stuffed into plastic bags, shoe boxes or milk containers to make balls, or kicking equipment. Tomato bags can become nets for hanging balls, and irregular pantyhose can become items such as ropes, koosh balls, mini balls, geo-balls, and dance props. Let's Recycle, Reuse, and Revive those items and increase your equipment supplies with little or no cost, just a little elbow grease.

Exercise Balls- Cardio and Strength Exercises

This session will teach exercise ball cardiovascular workout, strength exercises, and balance exercises. We will review safety guidelines, warm ups, stretches, the basic bounce and names for all the arm movements. Most of the cardiovascular workout is done sitting on the ball. I will lead the participants in a short cardio workout to music. Then we will try some strength and balance exercises. I will discuss references such as "Kids on the Ball" by Spalding, Kelly, Santopietro and Posner-Mater and "Strength Ball Training" by Lorne Goldenberg and Peter Twist. I will discuss my 2-week Unit plan. I will have handouts for all participants.

Inclusion ideas and helpful information for regular PE teachers

I will discuss activity modifications and teaching strategies for including a variety of students with disabilities. Some of the disabilities discussed will be; cerebral palsy, visual disabilities, behavior disorders, autism, learning disabilities, attention deficit/hyperactivity disorder, intellectual disability, and students who use wheelchairs or walkers.

Then I will lead the participants in some games and activities which include students with a variety of disabilities. We will also try some modified fitness activities and games. Equipment ideas will also be presented and used in the activities and games.

Fun Fitness Games and Activities

All regular and Adapted PE teachers work on fitness with their students. But can they make it fun while the students are preparing for their fitness testing? Well, I can teach them some fun but useful games and activities to use with elementary up to High school students.

Using bean bags for bean bag grab for upper body strength, dice dash, four corner game and cleaning house for cardiovascular endurance, and fitness monopoly for all areas of fitness. These games and more will be demonstrated and the teachers will have a chance to participate.

Modifications for students with a variety of disabilities will be discussed and demonstrated. Teachers can use equipment that they already have and I will show them other equipment they might want to purchase.