



**Election Day Physical Education & Health Education  
 Professional Development  
 November 8, 2022  
 Hamden High School  
 2040 Dixwell Avenue, Hamden, CT 06514**



<b>7:45-8:30 AM SIGN-IN / REGISTRATION Lobby</b>		
<b>8:30 – 10:30 AM MORNING SESSIONS</b>		
<b>Teaching SEL Skills for Conflict Resolution in Elementary PE</b>  Gym	We will be examining the specific SEL skills involved in resolving conflicts and exploring ways to develop those skills. We will then weave these skills together into a framework to utilize when conflicts occur.	<b>Amanda Amtmanis</b> - PE Cadre Member & Elementary PE Teacher in Middletown
<b>Ballroom Dance 101</b>  Gym	This interactive workshop will provide a fun and exciting framework for the addition of ballroom dance unit to your high school curriculum. We will explore the many physical, social and cognitive benefits that ballroom dance offers and discuss how you might be able to make ballroom dance work in your school.	<b>Ryan Swift</b> - High School PE Teacher in Redding
<b>Are You a PhysEd Game Changer?</b>  Gym	Join us as we explore how to incorporate mental performance coaching into your physical education program. This mindset approach is designed to help both students, athletes, teachers, and coaches across the entire K-12 spectrum tackle the mental side of "the game". This will be an active participation and discussion session so be ready to move and learn! As you know, when the bum is numb the brain is the same!	<b>Krystina Bertolone</b> (Performance Coach/ Former PE Teacher) & <b>Alex Camire</b> (PE Cadre Member)
<b>TRX 101</b>  Weight/ Fitness Room	Whether you want to lose body fat, increase endurance or build overall strength, TRX suspension straps can help you to achieve any fitness goal. TRX suspension straps provide a full body fitness experience. This equipment can be used at home, in schools or at the gym, and can even aid in rehabilitating an injury. By simply using your bodyweight and a chosen level of resistance, YOU have the power to make your workout as challenging as you want.	<b>Nora Crann</b> - High School PE Teacher in Woodbridge
<b>Activities I Learned From Twitter!</b>  C107	Let's have some fun learning creative activities all found on Twitter! This active session will leave you wanting more, and will inspire you to search for additional activities through this easy to use resource. Come with a smile and be prepared to move!	<b>Tony Loomis</b> - PE Cadre Member & Wellness Coordinator in Wallingford

<p><b>Building a Scope and Sequence For Your Health Curriculum</b></p> <p>Health Classroom</p>	<p>A scope and sequence is the structural foundation for your curriculum. You will plan out an effective curriculum map to implement into your program. We will use the latest curriculum standards and framework to plan a health program that will fit with your individual school's schedule. Bring a laptop. For all Grade levels.</p>	<p><b>Joe Velardi and the CT Health Cadre</b></p>
<p><b>CPR &amp; AED Training</b></p> <p>Health Classroom</p>	<p>Sign up to earn your Heartsaver CPR AED certification from the American Heart Association! Instruction will also address epipens, narcan and stop the bleed. ***This session requires an additional cost. Participants that want to walk away with a certificate will need to be prepared to pay \$30 on Election Day directly to the AHA through cash or check***</p>	<p><b>American Heart Association Trainers</b></p>
<p><b>Student Centered Health Activities</b></p> <p>Health Classroom</p>	<p>Let's explore the many ways our students can take ownership of their health curriculum. Starting at the classroom door we will practice strategies and lead activities that create a positive and safe learning environment, promote student discourse, and provide student autonomy in skill practice and assessment.</p>	<p><b>Mike Craig</b> -Health &amp; PE Teacher in East Hartford</p>
<p><b>Archery At The Elementary Level?! Seriously?! Seriously.</b></p> <p>Cafe</p>	<p>This workshop will provide participants with hands-on experience using newly designed Archery equipment from the Marky Sparky team. Participants will gain the knowledge to safely and successfully implement archery into their elementary PE curriculum. This workshop will provide professionals with the lesson ideas &amp; activities, performance cues, and the confidence to introduce this lifetime activity to all learners.</p>	<p><b>Jay Cebula</b> (PE Cadre Member) &amp; <b>Ethan Rappaport</b> (Equipment Rep. for Marky Sparky)</p>
<p><b>10:30-12:00 LUNCH ON YOUR OWN-BRING YOUR OWN LUNCH</b></p>		

<p><b>12:00 – 2:00 PM AFTERNOON SESSIONS</b></p>		
<p><b>Competitive Spectrum Approach: Teach to all skill levels in a physical education class</b></p> <p>Gym</p>	<p>Join us and explore class activities where students are able to select their own level of difficulty so that all skill levels and competition interests can participate with equal success. Teachers will learn how student-led skills checklists, student created activities, and autonomy within stations can be utilized to allow for individual differentiation in a variety of PE units.</p>	<p><b>Mike Craig</b> -PE &amp; Health Teacher in East Hartford</p>
<p><b>Movement- Based Health</b></p> <p>Gym</p>	<p>By utilizing movement-based activities, students can be engaged in skill-based health topics without compromising movement. Come join the fun as we merge elementary health and physical education together.</p>	<p><b>Casey Aiezza</b> (PE Cadre Member) &amp; <b>Jack Hudak</b> (Elementary PE Teacher in New Fairfield)</p>


<p><b>BRAINball</b></p> <p>Gym</p>	<p>This workshop will focus on K-12 activities designed to keep students engaged and active with as little standing around as possible. The workshop will also include activities that incorporate Math &amp; Literacy games through Brainball and other activities. This is a hands on session with many activities that you will be able to take back and implement with your students the next day.</p>	<p><b>Tim Taggart</b> - Palos Sports Tim is a National and State Champion in Jr. Hockey and has received a Citation award from WHPE for his contributions to their organization while he lived in Wisconsin. Tim's personal beliefs in Physical Education is that no student should be left out and our lessons/activities should be designed to keep students active and learning through active play.</p>
<p><b>Incorporating Technology Into Your Fitness Units</b></p> <p>Weight/ Fitness Room</p>	<p>Beef up your fitness unit by adding some accessible technology! Plagnets, Heart Tech Plus (HTP) heart rate monitors and the PLT4M system will be highlighted. These technologies help motivate students and bring learning to a deeper level.</p>	<p><b>Chris Mekelburg</b> (PE Specialist Nassau County, NY) &amp; <b>Vinny Muli</b> (MS PE Teacher in Wallingford)</p>
<p><b>Adapted PE: Autism 101</b></p> <p>C107</p>	<p>Join us for an interactive discussion about working with students on the autism spectrum. We will share ideas and provide resources/tips for success.</p>	<p><b>Matt Martin</b> - Adapted PE Professor CCSU</p>
<p><b>High School Physical Education Curriculum For Healthy and Active Lives</b></p> <p>Health Classroom</p>	<p>Physical Education should be taught as a lifetime endeavor. Participants will work to modernize their high school physical education curriculum so that students will be prepared to live healthy and active lives. <b>Bring a laptop.</b></p>	<p><b>Joe Velardi</b> CAS-CIAC, CT Coordinator for Health and Physical Education; CTAHPERD Elementary PE TOY &amp; Athletic Director of the Year &amp; <b>Danielle McCauley</b> (HS PE Teacher in Southbury)</p>
<p><b>Your Health Scope &amp; Sequence is Done... Now What?!</b></p> <p>Health Classroom</p>	<p>Work with the new CT Health Cadre on the next step in the process. After your scope and sequence is complete, begin writing your units following a skills-based health model.</p>	<p><b>Joe Gorman</b> - Health &amp; PE Coordinator in Waterbury</p>
<p><b>LGBTQ+ ... What you need to know!</b></p> <p>Classroom</p>	<p>Come join in on a presentation related to all things LGBTQIA! Definitions, terminology, Pronouns, teaching strategies, how to handle parent conversations and the law are some of the topics that we will cover.</p>	<p><b>Amanda Forcucci</b> - Health &amp; PE Curriculum Coordinator, Chair of BOE LGBTQIA+ Taskforce in Hamden</p>
<p><b>Re-Envisioning Archery At the Secondary Level</b></p> <p>Cafe</p>	<p>This workshop will provide participants with hands-on experience using newly designed Archery equipment from the Marky Sparky team. Participants will gain the knowledge to safely and successfully implement archery into their secondary PE curriculum. This workshop will provide professionals with the lesson ideas &amp; activities, performance cues, and the confidence to introduce this lifetime activity to all learners.</p>	<p><b>Jay Cebula</b> (PE Cadre Member) &amp; <b>Ethan Rappaport</b> (Equipment Rep. for Marky Sparky)</p>

Hamden High School, 2040 Dixwell Avenue, Hamden, CT 06514

PLEASE PRINT CLEARLY OR TYPE - - - - - ALL INFORMATION MUST BE COMPLETE **Pre-Registration**

**Deadline – Postmarked by November 1, 2022**

Name	
Phone (in case of cancellation)	E-Mail
Complete School Mailing Address including Zip	
Name of School & District	

<b>7:45-8:30 AM</b>	<b>Sign-in &amp; walk-in registration</b>																								
<p><b>8:30-10:30 AM workshop choice</b></p> <p>Note: AM AND PM sessions are 2 hours</p> <p>Available spots will be on a first come basis.</p> <p>Write a <b>1</b> next to your first morning choice a <b>2</b> next to your second choice and a <b>3</b> next to your third choice.</p> <p>Repeat for afternoon time slot</p> <p>Once workshops are filled, attendees will be assigned to alternate workshops</p>	<table border="1"> <tr><td></td><td>Teaching SEL Skills for Conflict Resolution in Elementary PE</td></tr> <tr><td></td><td>Ballroom Dance 101</td></tr> <tr><td></td><td>Are You a PhysEd Game Changer?</td></tr> <tr><td></td><td>TRX 101</td></tr> <tr><td></td><td>Activities I Learned From Twitter!</td></tr> <tr><td></td><td>Building a Scope and Sequence For Your Health Curriculum</td></tr> <tr><td></td><td>CPR &amp; AED Training</td></tr> <tr><td></td><td>Student Centered Health Activities</td></tr> <tr><td></td><td>Archery At The Elementary Level?! Seriously?! Seriously.</td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>		Teaching SEL Skills for Conflict Resolution in Elementary PE		Ballroom Dance 101		Are You a PhysEd Game Changer?		TRX 101		Activities I Learned From Twitter!		Building a Scope and Sequence For Your Health Curriculum		CPR & AED Training		Student Centered Health Activities		Archery At The Elementary Level?! Seriously?! Seriously.						
		Teaching SEL Skills for Conflict Resolution in Elementary PE																							
		Ballroom Dance 101																							
		Are You a PhysEd Game Changer?																							
		TRX 101																							
		Activities I Learned From Twitter!																							
		Building a Scope and Sequence For Your Health Curriculum																							
		CPR & AED Training																							
		Student Centered Health Activities																							
		Archery At The Elementary Level?! Seriously?! Seriously.																							
<p><b>12:00-2:00 pm</b></p> <p>**We do our best to give everyone their first choice, but some sessions are in high demand. High interest topics are often offered for several years to ensure everyone has an opportunity to attend. **</p> <p>Payment instructions next page</p> 	<table border="1"> <tr><td></td><td>Competitive Spectrum Approach: Teach to all skill levels in a physical education class</td></tr> <tr><td></td><td>Movement- Based Health</td></tr> <tr><td></td><td>BRAINball</td></tr> <tr><td></td><td>Incorporating Technology Into Your Fitness Units</td></tr> <tr><td></td><td>Adapted PE: Autism 101</td></tr> <tr><td></td><td>High School Physical Education Curriculum For Healthy and Active Lives</td></tr> <tr><td></td><td>Your Health Scope &amp; Sequence is Done... Now What?!</td></tr> <tr><td></td><td>LGBTQ+ ... What you need to know!</td></tr> <tr><td></td><td>Re-Envisioning Archery At the Secondary Level</td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </table>		Competitive Spectrum Approach: Teach to all skill levels in a physical education class		Movement- Based Health		BRAINball		Incorporating Technology Into Your Fitness Units		Adapted PE: Autism 101		High School Physical Education Curriculum For Healthy and Active Lives		Your Health Scope & Sequence is Done... Now What?!		LGBTQ+ ... What you need to know!		Re-Envisioning Archery At the Secondary Level						
		Competitive Spectrum Approach: Teach to all skill levels in a physical education class																							
		Movement- Based Health																							
		BRAINball																							
		Incorporating Technology Into Your Fitness Units																							
		Adapted PE: Autism 101																							
		High School Physical Education Curriculum For Healthy and Active Lives																							
		Your Health Scope & Sequence is Done... Now What?!																							
		LGBTQ+ ... What you need to know!																							
		Re-Envisioning Archery At the Secondary Level																							

## **PAYMENT INSTRUCTIONS**

Make check in amount of **\$75.00 per person**, payable to ***Hamden Public Schools***

Mail check or Purchase Order attached to registration form

by **November 1, 2022** to:

Health & Physical Education Director  
Amanda Forcucci  
Hamden Public Schools  
60 Putnam Avenue, Hamden, CT 06517

Walk-Ins and Mail-Ins postmarked after November 1: Registration cost - \$85.00

Workshop selections for walk-ins will be assigned based on available space

**LUNCH IS NOT PROVIDED**

Registration questions? Contact Amanda Forcucci at [amandaforcucci@gmail.com](mailto:amandaforcucci@gmail.com) or 203-407-2209