



**Election Day Physical Education & Health Education
Professional Development
November 7, 2023**



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

7:45-8:30 AM SIGN-IN / REGISTRATION Lobby		
8:30 – 10:30 AM MORNING SESSIONS		
Movement Based Health in Elementary PE Gym	Are you expected to incorporate health into your elementary PE classes? Come join this active workshop to learn and collaborate about ways to incorporate Skills-Based Health Education in your PE classes without taking away movement.	Casey Aiezza (PE Cadre Member) & Jack Hudak (Elementary PE Teacher in New Fairfield)
Introducing Disc Golf To You And Your Students For a Lifetime Of Fun! - Secondary PE Gym	Empower yourself and your students to continue the journey of a lifetime filled with activity by playing Disc Golf! This sport is exploding in popularity and is estimated to be played in over 70 countries with over 4,000,000 players! Join us as we go over the basic skills for success and how to work it into your PE program!	Jay Cebula Physical Educator, Hamden Public Schools; Ironman Triathlete; CT Cadre of PE Trainers Alex Camire Physical Educator, Hamden Public Schools; CT Cadre of PE Trainers
OPENPhysEd.org -- FREE Lessons and Resources Gym	This session puts the focus on using OPEN's free standards-based curriculum resources – giving physical educators creative ways to engage students and teach with rigor in any instructional environment. Every OPEN module includes engaging activities, academic language, tiered question sets, universal design strategies, and social/emotional learning Morning integrations. This session is designed for Grades K--12. This is an activity-based session — come prepared and ready to move!	Aaron Hart <i>Vice President</i> Curriculum & Program Engagement, VARSITY // BRANDS Executive Director, OPEN
Strength Train With Purpose Weight/ Fitness Room	Join this active session to learn how to teach strength training to your secondary students. A mix of both teacher directed and student centered strategies will ensure that it is meaningful for each student.	Tony Loomis - PE Cadre Member & Southington HS Health & PE Department Leader
Exploring the Framework of Meaningful PE C107	Do you want to gain a deeper understanding of Meaningful PE? In this session, we will be delving into this framework and then applying our knowledge through hands-on activity.	Amanda Amtmanis - PE Cadre Member & Elementary PE Teacher in Middletown Megaera Regan - PE Cadre Member & 2020 SHAPE America Eastern District Elementary PE Teacher of the Year
Activities to Activate Student Learning C109	How do we support student learning in a meaningful way when we have “99 Problems”? (limited time, sessions per week, student absences, need to move). Learn to get creative with assessments and activities to deepen student learning and get kids moving!	Alex Swift PE/Health Teacher, Pomperaug High School, HS TOY 2023 & Danielle McCauley PE/Health Teacher, Department ITL, Pomperaug High School

CPR & AED Training Health Classroom	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 <u>be prepared to pay \$50 on Election Day directly to the AHA through cash, check or Venmo**</u>	American Heart Association Trainers
District Wide PE Events: Plan and Execute Health Classroom	Learn how Hamden Games has grown into a big district wide event including all 6 th graders at Hamden High School. We will go over how to plan an event of this size, how to get elementary and high school staff to pull together and watch it all unfold as high school students run the events for the day. Complete student lead day which leaves the 6 th graders wishing they could do it again. This session is open to elementary and secondary teachers.	Megan Spahic - PE Teacher in Hamden
Skills-Based Health Education Activities and Lesson Ideas Health Classroom	The focus of this workshop will be building units in skills-based Health Education following the 5 steps to using the skill development model. Presenters will demonstrate learning activities, classroom strategies, and assessments for the following Health Standards: Accessing Information and Decision Making.	Naaly Sahin , Health Teacher in New Haven Public Schools; Eastern District Leadership Council as Member-at-Large for SHAPE America Gianna Ehrlich High School PE/Health Teacher East Hartford Public Schools Meghan Christopher High School PE/Health teacher East Hartford Public Schools
10:30-12:00 LUNCH ON YOUR OWN-BRING YOUR OWN LUNCH		

12:00 – 2:00 PM AFTERNOON SESSIONS		
Character Building in Elementary PE Gym	This active session will focus on elementary PE games that build character.	Casey Aiezza (PE Cadre Member) & Jack Hudak (Elementary PE Teacher in New Fairfield)
Introducing Disc Golf To You And Your Students For a Lifetime Of Fun! - Elementary PE Gym	Empower yourself and your students to continue the journey of a lifetime filled with activity by playing Disc Golf! This sport is exploding in popularity and is estimated to be played in over 70 countries with over 4,000,000 players! Join us as we go over the basic skills for success and how to work it into your PE program!	Jay Cebula Physical Educator, Hamden Public Schools; Ironman Triathlete; CT Cadre of PE Trainers Alex Camire Physical Educator, Hamden Public Schools; CT Cadre of PE Trainers
PickleBall Gym	Spend the afternoon with Tennis Professional, Chris Raffone exploring this rapidly growing and extremely popular lifetime activity. Participants can expect a hands-on learning experience where they will leave with a better understanding of doubles play, scoring, as well as a strong variety of activities to challenge learners of all abilities.	Chris Raffone University of New Haven Women's Tennis Head Coach Woodbridge Club Tennis Professional


<p>TRX 2.0 Weight/ Fitness Room</p>	<p>We are back for year two, taking TRX 101 to the next level! You will receive specific classroom lessons, as well as a variety of movements that you can use to incorporate into your own personalized TRX lessons. 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. Be ready to move!</p>	<p>Nora Crann: Health and Physical Education Amity Regional High School</p>
<p>Beyond Managing Behavior C107</p>	<p>Are you tired of behavioral issues in your class? Do you want to spend more time teaching and less time correcting? Is there something better than behavior management systems? In this presentation we will explore how you can help students learn strategies for developing self-management and positive social skills. See how utilizing calm corners, teaching self-regulation skills, exploring conflict resolution strategies, and more will give students the skills they need to thrive</p>	<p>Megaera Regan- PE Cadre Member & 2020 SHAPE America Eastern District Elementary PE Teacher of the Year</p>
<p>Putting Research to Work in Physical Education C109</p>	<p>Join us as we mix up what theory and practice tell us about our work in Physical Education. In this active session participants will bounce back and forth the between what the research has to say and how what we know translates to what we do. Some areas that will be explored together are Biomechanics, Physical Activity Recommendations, and Brain Research. This session will be brought to you by a Southern PETE Faculty Member and the 2022 SHAPE America Elementary PE Teacher of the Year.</p>	<p>Dr. Robert Knipe Southern Connecticut State University Assistant Professor in the Physical Education Teacher Program Becca L-A-K 2022 SHAPE America Elementary PE Teacher of the Year and Southern Connecticut State University Adjunct in the Physical Education Teacher Program</p>
<p>Proactive Mental Health: The Believe In You Empowerment Program Health Classroom</p>	<p>Bring proactive mental health to your school with Believe In You. The BIY Student Empowerment Program is evidence-based and built for flexible implementation. This session is designed to inspire your teachers and prepare them to fully implement BIY activities and resources with students. Participants will get an in-depth understanding of program design and includes – student empowerment journals, building school connection, BIY emotions education, and the Plan, Do, Study, Grow (PDSG) Leadership Cycle. This experience is interactive, fun and is designed for a grade 3–12 audience – health and physical education.</p>	<p>Aaron Hart <i>Vice President</i> Curriculum & Program Engagement, VARSITY // BRANDS Executive Director, OPEN</p>
<p>Best Practices in Skills Based Health: Fair Isn't Always Equal Health Classroom</p>	<p>A Skills Based Health “how to” session on best practices and instructional strategies to promote an inclusive learning environment that incorporates Conscious Discipline to support students. What is Conscious Discipline?! Come find out!</p>	<p>Lindsey Witte Health & PE Southington HS & Tony Loomis - PE Cadre Member & Southington HS Health & PE Department Leader</p>
<p>Vaping: It's not going away. What can we do? Health Classroom</p>	<p>The issue of vaping among our youth continues to haunt our schools and our society. The American Heart Association has resources to help. Join this session to learn about vaping from different perspectives, and walk away with ideas and resources to address this major concern.</p>	<p>American Heart Association Trainers</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 October 31, 2023

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

7:45-8:30 AM	Sign-in & walk-in registration
<p>8:30-10:30 AM workshop choice</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 1 next to your first morning choice a 2 next to your second choice and a 3 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>	Movement Based Health in Elementary PE
	Introducing Disc Golf To You And Your Students For a Lifetime Of Fun! - Secondary PE
	OPENPhysEd.org -- FREE Lessons and Resources
	Strength Train With Purpose
	Exploring the Framework of Meaningful PE
	Activities to Activate Student Learning
	CPR & AED Training
	District Wide PE Events: Plan and Execute
	Skills-Based Health Education Activities and Lesson Ideas
	12:00-2:00 pm
<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>	Character Building in Elementary PE
	Introducing Disc Golf To You And Your Students For a Lifetime Of Fun! - Elementary PE
	PickleBall
	TRX 2.0
	Beyond Managing Behavior
	Putting Research to Work in Physical Education
	Proactive Mental Health: The Believe In You Empowerment Program
Best Practices in Skills Based Health: Fair Isn't Always Equal	
Vaping: It's not going away. What can we do?	
<p>Payment instructions next page</p> 	

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

Mail check or Purchase Order attached to registration form

by October 31, 2023 to:

Health & Physical Education Director

ATTN: Amanda Forcucci

Hamden Public Schools

60 Putnam Avenue, Hamden, CT 06517

Walk-Ins and Mail-Ins postmarked after October 31st: 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 amandafortucucci@gmail.com or 203-407-2209