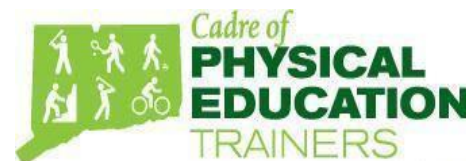




**Election Day Physical Education & Health Education
Professional Development
November 4, 2025**



**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		
Gamify Your Gym Time!	Rallying students to participate in gym time activities can be a challenge. This discussion will explore how leveraging specific game-like elements can build upon your already fun environment, transforming exercise into an engaging challenge. We will create examples and strategies around the CT Physical Fitness Assessment requirements, building a specific system for practicing these requirements in a gamified program.	Mike Doran Owner/Strength Coach Tuff Girl Fitness, Hamden, CT
Child Directed Play as the Ideal Instant Activity	Do you ever feel overwhelmed when choosing an instant activity? Discover “Free Enterprise,” where students dive into child-directed play the moment they enter your gym. Learn how giving children choice fosters engagement while building cognitive, social, emotional, motor, and executive functioning skills. This session shares research-backed benefits and a step-by-step progression for incorporating Free Enterprise into your lesson. Leave inspired, equipped, and ready to transform your opening routines.	Megaera Regan Physical Educator, Retired. SCSU Adjunct Faculty CT Cadre of PE Trainers SHAPE America Eastern District TOY NYSAPERD Joy of Effort Award Adriene Ferretti Kindergarten Teacher, Retired
Strengthening Adapted Physical Education with the New SHAPE America Standards	This workshop will guide educators in aligning Adapted Physical Education (APE) programs with the newly updated SHAPE America National Physical Education Standards. Participants will learn practical strategies for adapting instruction, assessment, and activities to meet the needs of diverse learners. Attention will be given to creating inclusive learning environments and ensuring that students with disabilities are fully supported in achieving physical literacy.	Jeff Craig Physical Education Teacher at Rochambeau Middle School CTAHPERD Adapted PE Advisor
Coffee Talk!	Engage in focused, interactive conversation about your choice of topics of interest and concern to you. Brainstorming, problem-solving and idea-sharing. Opportunity to join several roundtables to share successes and strategies as well as find out how others address common issues and situations. Join conversations in these sample topics and more: best practice in fitness assessment, removing barriers to participation, advocating for your program, utilizing AI as a power for good, new teachers network, skills-based health resources, retirement preparation, creating an inclusive environment, Anxious Generation book club, and more.	Facilitated by Hamden Health & PE Educators
Creating A Welcoming and Safe Environment for Your LGBTQ+ Students	Every student deserves to learn in an environment where they feel seen, valued, and supported. This workshop provides educators and school staff with practical strategies to foster a culture of respect and belonging for the LGBTQ+ students. Through real life stories, best practices, and interactive discussions, participants will gain tools to create classrooms and schools where students can thrive academically, socially, and emotionally. The session emphasizes everyday action language that makes a powerful difference in the lives of LGBTQ youth.	Tony Ferraiolo Life Coach, Motivational Speaker & Trainer, co-founder Jim Collins Foundation, Author of book Series “Artistic Expressions of Transgender Youth”
PickleBall	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

Addressing Erin's Law in the Digital Age	Erin's Law requires CT schools to teach students how to keep themselves safe from sexual abuse, including how to recognize danger and what they should do when they feel unsafe. The urgency and importance of this content has grown with the nearly universal use of smartphones, as groomers and predators have moved online where young people are especially vulnerable. Participants will be introduced to multiple age-appropriate strategies to help students develop awareness and skills.	Lindsay Raymond, M.S. Health & Physical Education Teacher, Middletown High School Yoga Teacher (RYT-500) Curriculum Developer Trauma-Informed Practices
Peer Support and Cooperative Activities: Activities for PK-12 Students in PE/APE	Developing inclusive lesson activities can be a challenge for physical educators. This session explores how to build appropriate accommodations into a variety of secondary activities. Activities center around building capacity of understanding, teamwork challenges and learning to meet peers where they're at (including KYoob). Attendees will receive a hands-on exploration and digital collection of numerous activities that can produce meaningful learning outcomes for students with disabilities and their same- age peers.	Danielle McCauley , Instructional Teacher Leader/Educator - Pomperaug High School Michael Laughlin , Ph.D., CAPE; Assistant Professor - Southern Connecticut State University
Unified Sports / Unified PE	Inclusive Unified Physical Education and CIAC / Special Olympics Unified Sports share the mission of creating meaningful opportunities for students with and without intellectual disabilities to learn, play, and grow together both in and out of the classroom. By fostering athletic excellence, determination, health, and personal achievement, inclusive PE and Unified Sports promote understanding, acceptance, and inclusion through the power of sport and education. This session will focus on strategies to implement Unified PE / Unified Sports into your school based program.	John Niski , Director, CIAC Unified Sports Steve Trifone , Associate Director, CIAC Unified Sports Kathy Davey , Assistant Director, CIAC Unified Sports Troy Sundwall , Staff Liaison Special Olympics Connecticut
Developing Interpersonal Skills in PE - A Focus on Standard 3	As children spend increasingly more time engaging in screen-based activities, they are struggling to develop the skills needed to successfully work together with others. This session will include multiple examples of how to design instruction and develop simple assessments for learning indicators in Standard 3	Amanda Amtmanis Physical Education Teacher, Middletown Public Schools PE Cadre Member, CTAHPERD President
Get Skilled Workshop 1: Skills-Based Health Foundations & Frameworks	This interactive workshop will help you to apply the essential components of a skills-based health education approach. Whether you're converting an existing curriculum or starting fresh, you'll walk through the foundational "must-haves" for a successful shift. We will discuss the principles of skills based health, build a purposeful scope and sequence and choose unit indicators, and apply my assessment formula to align and design assessments that measure skill development, not just content recall After each segment, you'll dive into your own curriculum work with live guidance and feedback. Bring your laptop and your current curriculum; you'll leave with clarity and a head start on your transition to skills-based health.	Meghan Christopher, M.A. Skills Based Health Curriculum Consultant, Adjunct Professor at ECSU, experienced HPE teacher, CTAHPERD Elementary Teacher of the Year 2023, CT Health Cadre member
10:30-12:00 LUNCH ON YOUR OWN-BRING YOUR OWN LUNCH		

12:00 – 2:00 PM AFTERNOON SESSIONS		
TENNIS	Bring tennis to your school! The free USTA Schools program provides a turn-key solution. No tennis courts are required! This interactive workshop will show you how to transform any school space into a tennis area for K-12 students. You'll experience samples from USTA's School tennis curriculum, which was co-written by SHAPE America and physical educators. The USTA also provides the opportunity for teachers to qualify for free equipment packages.	Traci Kissane Recreation Coordinator for Connecticut She/Her U.S. Tennis Association of New England Sharon Murphy Coach, Developer for the USTA

How The New National PE Standards to Power Your Program Into the Future	Significant changes to the National Standards for Physical Education emphasize the pursuit of healthy and active lifestyles for "ALL" students. What does that look like for the kids who aren't athletic? How do kids of all ability levels and interests find their pathway to an active lifestyle? Let's explore curricular and instructional changes that are inclusive, realistic and effective. In this session we'll discuss ways to build your program with the National Standards to benefit your students beyond the P.E. class.	Joseph M. Velardi Assistant Director Connecticut Association of Schools/ Connecticut Interscholastic Athletic Conference
Maximizing Resources to Build & Enhance Your Adapted PE Program	This workshop is designed to help strengthen Adapted Physical Education (APE) programs by making the most of the resources they have. Participants will explore practical strategies for selecting and adapting equipment, collaborating with paraeducators and support staff, utilizing budgets and creatively using available space. Emphasis will be placed on building a sustainable and inclusive program that addresses the diverse needs of K-12 students.	Jeff Craig Physical Education Teacher at Rochambeau Middle School CTAHPERD Adapted PE Advisor
Creating Safe Spaces: Practical Trauma-Informed Approaches in Health Education	Discover how to create safe and supportive learning environments through trauma-informed practices in health education. A trauma-informed approach doesn't require knowing every student's story – it means recognizing that many students have experienced stress, adversity, or trauma, and that these experiences can affect learning, behavior, and relationships. This session offers practical strategies to build connection, resilience, and trust—helping every student thrive while strengthening your confidence and capacity as an educator.	Lindsay Raymond, M.S. Health & Physical Education Teacher, Middletown High School Yoga Teacher (RYT-500) Curriculum Developer Trauma-Informed Practices
Gamify Your Gym Time!	Rallying students to participate in gym time activities can be a challenge. This discussion will explore how leveraging specific game-like elements can build upon your already fun environment, transforming exercise into an engaging challenge. We will create examples and strategies around the CT Physical Fitness Assessment requirements, building a specific system for practicing these requirements in a gamified program.	Mike Doran Owner/Strength Coach Tuff Girl Fitness, Hamden, CT
9 Square In The Air	Are you thinking about purchasing a 9-Square In the Air kit, or if you already have one are you looking for modifications to play? Join us as we revisit one of the most exciting team building activities while sharing some useful modifications for all classes, K-12 that make this activity and equipment useful all year long!	Jay Cebula Physical Educator, Hamden Public Schools; Ironman Triathlete Alex Camire Physical Educator, Hamden Public Schools
Get Skillified Workshop 2: Unit & Lesson Planning In Action	Ready to bring your curriculum to life? This hands-on session focuses on unit and lesson planning within a skills-based health framework. You'll learn how to take the core concepts and health topics you already teach and elevate them with intentional skill development. We'll dive into - Reviewing the principles of skills-based health education, planning units based on chosen indicators, writing a skills-focused lesson, and connecting health content to the skill through engaging activities You'll get time to plan, brainstorm, and build your own units and lessons with feedback and coaching. Come with a laptop and your existing resources to get the most out of this workshop. You do not need to attend Workshop 1 to attend Workshop 2 —but attending both will maximize your transformation.	Meghan Christopher, M.A. Skills Based Health Curriculum Consultant, Adjunct Professor at ECSU, experienced HPE teacher, CTAHPERD Elementary Teacher of the Year 2023, CT Health Cadre member
T.E.A.C.H. QPR Training for Suicide Prevention	From this training, participants will learn about common causes of suicidal behavior, recognize warning signs, and gain skills to seek help for themselves or someone in crisis. Key topics covered include: how to question, persuade and refer someone who may be suicidal, how to get help for yourself or learn more about preventing suicide, the common causes of suicidal behaviors, the warning signs of suicide and how to get help for someone in crisis.	Kathy Oyola-Cartagena, MS, MPH T.E.A.C.H. QPR Program Research Operations and Development Carissa DelGaudio, BS

Unified Sports / Unified PE	Inclusive Unified Physical Education and CIAC / Special Olympics Unified Sports share the mission of creating meaningful opportunities for students with and without intellectual disabilities to learn, play, and grow together both in and out of the classroom. By fostering athletic excellence, determination, health, and personal achievement, inclusive PE and Unified Sports promote understanding, acceptance, and inclusion through the power of sport and education. This session will focus on strategies to implement Unified PE / Unified Sports into your school based program.	John Niski , Director, CIAC Unified Sports Steve Trifone , Associate Director, CIAC Unified Sports Kathy Davey , Assistant Director, CIAC Unified Sports Troy Sundwall , Staff Liaison Special Olympics Connecticut
Developing Interpersonal skills in PE - A Focus on Standard 4	If we want our students to become movers for life and take charge of their physical literacy journey after they leave our classes, we must help them develop the internal skills they will need to successfully do that. This session will include multiple examples of how to design instruction and develop simple assessments for learning indicators in Standard 4.	Amanda Amtmanis Physical Education Teacher, Middletown Public Schools PE Cadre Member, CTAHPERD President
Sixth Year 092 Open Forum	This will be an open forum style discussion for teachers who are currently working towards or interested in working towards their sixth year degree to further their education. This networking opportunity will focus on different programs that are available, how to balance the work/school/home life, and the professional benefits of earning a sixth year degree.	Hosted by Chris Trifone Hamden High School PE/Health Teacher 092 Candidate
Creating and Implementing a Wellness & Personal Fitness Course Offering in Your School	Interested in implementing a Personal Health & Wellness class into your course catalog? Join us as we review our Wellness & Personal Fitness curriculum that addresses the physical and health-related needs for students, with an emphasis on the foundation and significance of mindfulness. This session is designed to provide you with the tools and guidance needed to build a holistic health and wellness course based on student needs. Topics include: stress management, nutrition, yoga, mindfulness & meditation, group therapy, relaxation techniques, self-regulation, alternative forms of physical activity, and social wellness. Be prepared to practice mindfulness, participate, move, learn and grow together.	Danielle Gentile-Slowik Health Educator & Health Curriculum Lead, Hamden Public Schools; Jill Feldman M.Ed, Retired Physical Educator

REGISTRATION INSTRUCTIONS

Please complete the registration form using the following link: <https://forms.gle/HhtPwva65ZAfThH26>

Please select both an AM and PM workshop. Once clicking SUBMIT, you will receive a confirmation email that includes your selections. Please save this email for your records. Doing so will expedite the check-in process on Election Day. No changes will be made to your workshop selections once you submit this form.

Workshop sign-ups are on a first come, first serve basis. If you do not see your preferred workshop listed when you click the link to register, it indicates that it is at maximum capacity.

PAYMENT INSTRUCTIONS

Make check in amount of **\$80.00 per person**, payable to **Hamden Public Schools**

Mail check or Purchase Order by **October 24, 2025**, to:

Danielle Gentile-Slowik
30 Maple Ter
Monroe, CT 06468

Walk-Ins and Mail-Is postmarked after October 24th: Registration cost - \$90.00

Registration questions? Contact Danielle Gentile-Slowik at HamdenElectionDayPD@gmail.com