

"Character and Confidence"

Golden Apple Award Winner for Teaching Excellence
Keynote Speaker: John U. Bacon, Best-Selling Author and 2009 University of Michigan

Division of Kinesiology
Department of Physical Education
University of Michigan
401 Washnaw Avenue
Ann Arbor, MI 48109-2214

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University of Michigan

16th Annual Physical Education Workshop

Friday, December 4th 2009



**Physical
Education**

**UNIVERSITY OF MICHIGAN SCHOOL OF KINESIOLOGY
2009 PHYSICAL EDUCATION WORKSHOP**

REGISTRATION

Please fill out the form below. Indicate which sessions you want to attend at the bottom of the sheet. Please make sure that you completely fill out the top and bottom sections of this page.

NAME _____

SCHOOL _____

ADDRESS _____

CITY _____

STATE _____

E-MAIL _____

PHONE _____

FAX _____

ZIP/POSTAL CODE _____

CHOOSE YOUR ACTIVITIES

*Please number the activities for each session in order of preference.
If you do not pick a class for each session you are NOT guaranteed a spot for any session.*

Session 1 8:10 – 9:10 am

- Adult CPR/AED _____
- Crossfit _____
- Understanding the GLCE's... _____
- Teaching Water Safety Without a Pool _____

Session 2 9:15 – 10:15 am

- Child CPR/AED _____
- Simple Golf for the PE Teacher _____
- Classroom Management _____
- Teaching Volleyball w/a Tactical... _____

**Keynote 10:25 – 10:55 am
John U. Bacon – Character and Confidence**

Session 3 11:05 am – 12:05 pm

- Instant Activities _____
- Pilates _____
- Autism: One Family's Journey _____
- Teaching Strategies for an Urban... _____

Session 4 12:10 – 1:10 pm

- Flexibility for Sport and Fitness _____
- The Obesity Dilemma _____
- Find Yourself and Your Environmental... _____
- Middle School Basketball _____

Evaluations 1:15 – 1:30 pm



*Must provide proof of status as a full-time student to register under the full-time student price.
Please make checks payable to *UM Kinesiology*

Cost:
\$75 before December 4th
\$85 at the door
\$20 full-time students*

If you have any questions, please call or e-mail:
(734) 764-1342
peworkshop@umich.edu

Please mail your payment and completed form to:
PE Workshop Registration
University of Michigan
401 Washtenaw Avenue
3064 CCRB
Ann Arbor, MI 48109

2019 PE WORKSHOP COURSE DESCRIPTIONS & SCHEDULE

SESSION ONE 8:10 – 9:10 AM

ADULT CPR/AED
 This course is for participants who are confident in their skills and therefore require little to no review led by an instructor. Participants in this course must pass a written test and a skills test. This course covers recognizing and caring for breathing, cardiac emergencies in adults and use of an Automated External Defibrillator (AED). Participants will earn Adult CPR/AED certification (valid for 1 year).
Kerry Winkleseth, Instructor, Physical Education, University of Michigan School of Kinesiology

CROSSFIT
 Crossfit is a core strength and conditioning program designed to elicit as broad an adaptational response as possible. Crossfit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains – Endurance (cardiovascular and respiratory), Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance and Accuracy.
Patricia Korican, Certified Personal Trainer and Crossfit Level I & II Certified

UNDERSTANDING THE GLCE'S & HOW TO USE THEM
 The new Michigan GLCE's will help you provide developmentally appropriate content for your K-8 physical education programs. By the end of the session you will know how to utilize this valuable resource for class content and assessment opportunities. High school graduation requirements and teacher endorsements to teach high school health and physical education will be described.
Pat VanValkenburg, Academic Program Coordinator and Clinical Associate Professor, Physical Education and Sport Management, University of Michigan
Roberta "Bert" Faust, PhD, Associate Professor, Eastern Michigan University School of Health Promotion and Human Performance

TEACHING WATER SAFETY WITHOUT A POOL
 This session will give elementary teachers practical lessons and logistics to instruct students in safety in, on and around water. Teachers will become leaders in the American Red Cross WHALE Tales curriculum.
Sherril Olson-Roberts, Director, Health and Safety Services, American Red Cross Washenaw County Chapter
Julie Sigd, Associate Director, Health and Safety Services, American Red Cross Washenaw County Chapter

SESSION TWO 9:15 – 10:15 AM

CHILD CPR/AED
 This course is for participants who are confident in their skills and therefore require little to no review led by an instructor. Participants in this course must pass a written test and a skills test. This course covers recognizing and caring for breathing, cardiac emergencies in children and use of an Automated External Defibrillator (AED). Participants will earn Child CPR/AED certification (valid for 1 year).
Kerry Winkleseth, Instructor, Physical Education, University of Michigan School of Kinesiology

SIMPLE GOLF FOR THE PE TEACHER
 This session will include concepts PE teachers can use for golf and many other activities.
Steve Rodriguez, Physical Education Department Chair and Girls' Head Golf Coach, Ann Arbor Pioneer High School

CLASSROOM MANAGEMENT
 Topics covered will include classroom philosophy and protocol, activities and succeeding with difficult students.
Paul Test, Physical Education Teacher, Thurston Elementary School, Ann Arbor, MI

KEYNOTE 10:25 – 10:55 AM

CHARACTER AND CONFIDENCE (3275 CCRB)
 John U. Bacon will be addressing lessons learned from his books, including character, leadership and overcoming setbacks (Bo's Lasting Lessons), overcoming our fears (Cirque du Soleil), and turning the ship around (from his experiences coaching the Ann Arbor Huron hockey team) in a lively and entertaining fashion. Bacon teaches at the University of Michigan, where the students named him the Golden Apple Award winner in 2009 for outstanding teaching, the first adjunct professor so honored.

SESSION THREE 11:05 AM – 12:05 PM

INSTANT ACTIVITIES
 Activities you can use as warm-ups, fillers or just as inserts for additional fun and learning. Many require little or no equipment!
*Rick DeKeon, Physical Education Teacher, Northside Elementary School, Ann Arbor, MI ***2009 MAHPERD Elementary PE Teacher of the Year****

PLATES
 Plates is a unique system of stretching and strengthening exercises, which are designed to help tone muscles, improve posture, provide flexibility and train the body and mind to work together toward the goal of overall fitness. This session will primarily be centered around and focuses on the matwork principles of Plates, along with some of the fundamental movements, and how this particular group of exercises can be implemented into the K-12 classroom.
Aime Ledbetter, Certified Pilates Instructor in Matwork (Plates PhysicalMind Institute, NY) and Instructor, UMove Fitness, University of Michigan

AUTISM: ONE FAMILY'S JOURNEY
 This presentation will feature an overview of Autism Spectrum Disorder, a developmental history of one family's son (with autism), an early video tape of their son (created by his older brother) and helpful tips for assisting/teaching children with autism.
Ann Telfer, Community Relations Manager, University Center for the Development of Language and Literacy, University of Michigan and President, Ann Arbor Autism Foundation

TRIAL AND ERROR: TEACHING STRATEGIES FOR AN URBAN SETTING
 This session will offer a discussion relating personal experiences of what it means to be part of an urban setting and how it may impact teaching and learning strategies. Specific methods and best practices will be shared using a "top ten list" coupled with a demonstration on how to place these strategies into action. Finally we will explore how to implement these concepts into your own school environment. All physical educators are welcome to attend this session, as participants should leave with a number of useful physical education teaching strategies which can be utilized in any physical education context.
Leah Ketcheson, Adapted Physical Education Teacher, Detroit Public Schools

SESSION FOUR 12:10 – 1:10 PM

FLEXIBILITY FOR SPORT AND FITNESS
 This session will discuss traditional perspectives and current trends associated with the development of proper flexibility for sport and fitness participation. Participants will learn the theories behind each technique as well as basic applications.
Brian Calka, Assistant Professor of Clinical Practice, Athletic Training and Program Director, Athletic Training Education Program, University of Michigan School of Kinesiology

THE OBESITY DILEMMA: WHAT PE TEACHERS SHOULD KNOW AND DO
 Everybody knows there is an obesity epidemic - look around. Professor Katch will discuss realities of the obesity epidemic and what the PE teacher should know and do to discuss a positive influence in the lives of their students.
Victor Katch, Professor of Movement Science, School of Kinesiology and Professor of Pediatrics, School of Medicine, University of Michigan

FROM HERE TO THERE: "FIND" YOURSELF AND YOUR ENVIRONMENTAL ETHIC
 Orienteering – just a fancy way of saying land navigation – is not as specialized or difficult a skill as it is often made out to be. You too can be a wilderness navigation pro with just a little bit of instruction with map and compass. Join Outdoor Adventures for the "map and compass" clinic to see for yourself! We'll give you transferable skills to incorporate these skills into your curriculum. You'll also learn about Leave No Trace Environmental Ethics. The seven guiding principles will be taught experientially, and you'll come away with new initiatives and ways to educate students on the value of recreating mindfully.
Ian Hughes, Assistant Director, Outdoor Adventures, University of Michigan
Beth Gleason, Climbing Wall Manager, Outdoor Adventures, University of Michigan

EVALUATIONS 1:15 – 1:30 PM

All participants must complete a program evaluation in accordance with the Michigan Department of Education guidelines for programs issuing State Board Continuing Education Units (SB-CEU's).

**DIRECTIONS TO FOREST STRUCTURE/
CENTRAL CAMPUS RECREATION BUILDING (CCRB)**

The address of the Forest Structure is:

**650 South Forest Avenue
Ann Arbor, MI 48104**

Entering this address and your address on Google Maps (or other search engines) or into your GPS will allow you to create a customized map from your home or school right to the parking structure!

From the parking structure, you are a short walk

from the Central Campus Recreation Building.

Walk north on Forest past University Towers.

Continue along Washenaw, crossing at Geddes.

Enter through the Kinesiology Entrance and follow

the signs to the registration area. A light

continental breakfast will be provided.

Don't forget your parking ticket! This must be

validated at the registration table and turned in

as you are leaving to receive your free parking.



WHAT?
University of Michigan
16th Annual Physical Education Workshop

WHEN?

Friday, December 4th, 2009

7:30 am – 1:30 pm

WHERE?

Central Campus Recreation Building (CCRB)

401 Washenaw Avenue

Ann Arbor, MI 48109-2214

HOW MUCH?

\$75 before December 4th (includes parking!)

\$85 at the door

\$20 full-time students

ANYTHING ELSE?

Participants attending all sessions can receive *either* 0.5 Continuing Education Units (CEU's) through the University of Michigan *or* .45 State Board-Continuing Education Units (SB-CEU's) through the Michigan Department of Education.