

37th National Adapted Physical Education Conference
“Abilities – Disabilities – Possibilities”
The Westin Gaslamp Quarter, San Diego
November 20-22, 2008

Thursday, November 20, 2008

8:00am-10:00am; Santa Fe Room

CAHPERD Administrative Committee

9:00am-4:00pm; Coronado Room

California Standards IA

9:00am-4:00pm; Harbor Room

California Standards 2A

11:00am-6:00pm; Upstairs Foyer

Conference Registration

1:00pm-1:50pm; Ballroom A (Activity)

Copycat- I Can Do That!

The presenters will provide a variety of easy to make equipment used over the years. We are well known in Texas for our wonderful equipment that we can make for pennies. The presenters will provide you with step-by-step directions on how to make equipment and give the participants an opportunity to see the equipment in a video presentation. We will show participants equipment made from PVC, panty hose and a fabulous switch activated activity board, portable sensory room, and much more. Come join the fun and be amazed at what you can make.

Cindy Slagle, Teresa Sullivan, Leigh Ann Timber, Kristen Cottrell

1:00pm-2:50pm; Balboa Room (Lecture)

Moving to the Next Level: Swimming Instruction for Persons with Disabilities

Do you teach swimmers with disabilities? Are you interested in learning effective methods of teaching or refining stroke technique for swimmers who already are comfortable in the water and have ability to swim a length of the pool? If yes, this presentation is designed for you. Content will focus on adapting stroke techniques to swimmers' capabilities, teaching water entry/diving skills, using training equipment as teaching aids, and ensuring swimmer safety. The presenters have taught and coached swimming to persons with a wide

variety of cognitive, sensory and physical disabilities, of all ages, from beginners to Paralympic world record holders.

Gail Dummer, Donald Watkins

1:00pm-2:50pm; Ballroom C (Activity)

Equitable Conditions Within PE for ALL Children Using Adventure Based Learning

This practitioner-based presentation will provide physical education teachers with multiple ways to implement and modify Adventure Based Learning (ABL) for ALL children at the secondary level. This session will provide teachers with (a) the theory of ABL; (b) several ABL activities that promote community building, cooperation, problem solving, and trust, and (c) useful modifications that are specifically designed to help students with cognitive and physical disabilities experience equitable physical education.

Paul Stuhr, Esther Ortiz-Castillo

2:00pm-2:50pm; Ballroom A (Activity)

Shake, Rattle and Roll Activities for Sensory Integration

This presentation allows educators to come and learn about sensory integration as well as participate in fun sensory activities. Sensory integration activities are a new and exciting way to help develop the sensory systems of students with mild to severe disabilities. These activities are designed to stimulate the senses through active movement games as well as through passive relaxation activities using a sensory room. This session will have your senses spinning and will provide numerous ideas for sensory integration activities.

Kelli Kruis, Beverley Vigil

3:00pm-3:50pm; Ballroom A (Activity)

If You Can Say It You Can Play

The Orff Schulwerk approach to music education can have a profound impact in conjunction with adapted physical education. It includes a variety of media, including body percussion, speech, movement, drama, folk

dance, and of course...play. The purpose of this session is to discover how easily speech patterns, physical movement, and music fit together. We will discover how simple it can be to create rhythmic games and activities for children.

Brad Friley

3:00pm-4:50pm; Balboa Room (Lecture)

Brain Gym- Tools to Enhance Whole Brain Learning in an APE Setting

Session will provide an introduction to Brain Gym with a basic understanding of philosophy and an experiential presentation of basic Brain Gym exercises that can be immediately incorporated to enhance an APE program.

Madeline Falcone, Teena Woeber

3:00pm-4:50pm; Ballroom C (Activity)

Native American Games

The purpose of this presentation is to look into a window and view the Native American culture by exploring their games. There were no toy stores, so children and adults played with objects provided by nature. Some games called for serious preparation of the mind, body and spirit; others were simply played to pass time and entertain. These games will delight your students while they learn.

Denise Schiavone

4:00pm-6:00pm; Santa Fe Room

APE Administrators' Reception

6:00pm-9:00pm; Garden Pavilion

Opening General Session & Conference Social:

Keynote Speaker: *Nick Cook*

"The Secret of Honeybee Soccer"

Friday, November 21, 2008

7:00am-7:50am; Ballroom B (Activity)

Yoga for Conference Participants

8:00am-6:00pm; Upstairs Foyer

Conference Registration

8:00am-5:00pm; Ballroom A

Exhibits Open

Visit and Interact with our many supportive exhibitors.

8:00am-11:00am; Santa Fe Room

California Standards 1B

8:00am-8:50am; Harbor Room (Lecture)

Adaptive Recreation

This session will provide an action packed experience showcasing adapted sports such as water skiing, snow-skiing, sailing, hand-cycling, kayaking, and many more. Adults and children with disabilities will be present to explain how and why they participate in adapted sports. A video presentation will demonstrate the excitement and a hands-on demonstration of the equipment used will hopefully spark enthusiasm to spread the word to students in Adapted Physical Education, and beyond!

Mary Norman, Tom Pierce

8:00am-8:50am; Balboa Room (Lecture)

Understanding Autism

This session will provide an in-depth discussion on the complexities of autism.

Nick Cook

8:00am-8:50am; Ballroom B (Activity)

NESID-APE, I Can Do That

The presenters will provide an action packed presentation of activities they have taught over the years. It will include some basic routines and a variety of methods used to get all students moving. We will teach the participants routines using lummi sticks, therapy balls, parachute, maracas and much more. All of these activities can be used for pre-K and primary levels. We will also demonstrate an easy method to get your secondary students moving for any activity and keep them accountable. All students can be successful in physical education...we will provide you with new ideas to make it a meaningful experience for all children. Get ready to move it with great music!

Cindy Slagel, Leigh Ann Timber, Kristen Cottrell, Teresa Sullivan

8:00am-9:50am; Ballroom C (Activity)

Traditional Elementary Games Made Inclusive

This session will show teachers how to turn traditional, inactive and exclusive elementary games into inclusive, fun and dynamic activities. Participants will learn how to dissect a game and modify its components as well as engage in modified activities. A sample of games to be explored: Dodgeball, Capture the Flag, Steal the

Bacon, Kickball, Tag, baseball, and basketball. Participants will leave with the knowledge to change their PE program into a more inclusive environment for ALL!

*Cami Anderson, Heidi Erickson,
Gina McKellar, Lindsay Steiger*

8:00am-11:00am; Coronado Room

(Lecture)

APEAS II Training

This 3-hour workshop will give participants a hands-on experience with administering, scoring and e-recording performances on the Elementary and Secondary Levels of APEAS II- The Adapted Physical Education Assessment Scales (revised). Participants will have the unique experience of learning to administer this new test under the tutelage of the creators of the instrument. In small groups, each participant will execute the tasks and score their colleagues. They will enter their scores on laptop computers (provided by LAUSD) already loaded with the APEAS II software. Various features of the test and software will be discussed such as the Performance Profile, and reporting forms for ages 4.5 to 17 years.

*Janet seaman, Cyndi Martinich,
Diane Larrabee*

9:00am-9:50am; Harbor Room (Lecture)

Giving Pupils a Voice: The Perspectives of Children with Special Needs in Physical Education

Perspectives of students with Special Educational Needs are fundamental in assessing the successes of inclusion in PE. Obtaining these perspectives requires adaptation of research methodologies to suit the child participants. The study aimed to develop suitable methods for obtaining the perspectives of students with special needs attending both mainstream and special schools.

Janine Coates

9:00am-9:50am; Balboa Room (Lecture)

Why Don't They Understand Me? Using Pictures, Icons, and Other Visual Supports in Physical Education

This session will address practical applications of the visual supports concepts presented by keynote speaker, Dr. Nick Cook. Using visual supports and strategies when teaching and communicating with students with autism or other developmental disabilities is best

practice. Examples of these types of strategies are readily available for classroom settings, but relatively few are available for physical education settings. Selecting and organizing objects and pictures used for supporting communication and teaching motor skills can be a challenge for the physical education teacher. This session will discuss and demonstrate practical ways to identify, and make and use visual supports in physical education.

Kimble Morton, Kathy Omoto

9:00am-9:50am; Ballroom B (Activity)

Joy Fitstix: Fitness Fun for Everyone!

How invention of the JoyFitstix™ was birthed out of Karen using her son's flute while choreographing class moves! The JoyFitstix™ are used in virtually any existing workout, such as aerobic dance, kickboxing, step, ball, and during an abdominal workout. People of all ages and physical fitness backgrounds can use them, including special populations such as seniors and students in Adapted PE. You simply hold one stick in each hand and shake the specially designed granules inside each stick. The granules in each JoyFitstix™ weigh just under a pound, so you can shake them at varying tempos, keeping rhythm with the musical beat while toning and sculpting your upper body muscles.

Karen Allen

10:00am-10:50am; Harbor Room

(Lecture)

Launching the SoloQuad Conversion Project

The purpose of Cal Poly's SoloQuad Conversion project was to outfit a kayak to facilitate safe, independent control by someone with high-level quadriplegia. Teaming up with faculty and students from the College of Engineering at Cal Poly we secured a grant from the Christopher & Dana Reeve Foundation and started building.

*Kevin Taylor, Jim Widman, Brian Self,
Lynne Slivovsky*

10:00am-10:50am; Balboa Room

(Lecture)

How to Create an Adapted Fitness Program for Students with Physical Disabilities

The purpose of this presentation is to introduce how to design and implement adapted

fitness programs for students with physical disabilities. The presentation will discuss basic components of adapted fitness, including flexibility, strength, cardiovascular endurance, balance and functional motor skills. The lecture will provide general guidelines for exercise recommendations, precautions and contraindications when teaching students with common physical disabilities. The presentation will also involve specific activities practicing modified skills for each component of adapted fitness. Overall, this presentation is designed to discuss how to create and modify exercise for adapted fitness to accommodate various needs from students with physical disabilities.

Taeyou Jung, Paul Godina, Meera Motta, Yoshi Ozaki, Donal McGraw

10:00am-10:50am; Ballroom B

(Activity)

Adapted Choreography to Groovin Tunes

The purpose of this presentation is to teach teachers a variety of dances that are specifically choreographed for students with disabilities. This is an activity session that will focus on simple and original dance choreography. Song selection, choreography tips, and modifications will be discussed. Teachers will learn dances and teaching tips to take back to their classrooms.

Dawn Gustafson

11:00am-12:00pm; Ballroom A

Exclusive Exhibit Viewing Time.

Conference attendees are encouraged to visit the exhibitor displays and to support their efforts. Exhibits will remain open for visitation throughout the conference schedule.

12:00noon-2:00pm; Garden Pavilion

General Session and Luncheon Speaker

Lunch ticket required.

Keynote Address: *John Lytle*

“Therapeutic Humor –dizABLED – The Rise of Hardcore Sitting”

2:10pm-3:00pm; Harbor Room (Lecture)

Positive Ways to Accommodate Students

Who Are Specifically Hard of Hearing

Less than 1% of individuals with hearing loss use sign language and people who are hard of hearing are often grouped together with Deaf people and referred to as “deaf” or “hearing

impaired.” This can be confusing for teachers. The speakers will assist educators in recognizing and addressing the needs of individuals who are specifically hard of hearing in physical education. Fun activities will be provided that simulate the experience of being hard of hearing and a brainstorming session will follow. Participants will leave with a variety of specific strategies to accommodate the unique needs of students who are hard of hearing in physical education.

Lori Reich, Barry Lavay

2:10pm-3:00pm; Balboa Room (Lecture)

ADHD: Understanding the Core Layers of Motor Characteristics

In an effort to provide physical education programming to individuals with attention deficit hyperactivity disorder (ADHD) practitioners should have an understanding of the complexity of the core layers of motor characteristics.

Individuals with ADHD are associated with multifaceted motor characteristics that may affect their motor performance. The prevalent issues that this session will address regarding individuals with ADHD are twofold: to identify the core layers of motor characteristics and to discuss strategies for curriculum development in physical activity. The three core layers of motor characteristics associated with ADHD are behavior patterns, pharmacological reactions, and neurological motor dysfunctions. The foundation for curriculum development involves strategies and implications for a safe, successful, and satisfying learning environment that allows one to reach their fullest potential. This session will be beneficial for adapted physical education (APE) practitioners, general physical education practitioners, parents, and professionals who oversee the organization and administration of APE. The session participants will be able to engage in active learning modules pertaining to strategies to enhance curriculum development for individuals with ADHD.

Marigrace Cate, Rigoberto Sanchez, Dwan Bridges

2:10pm-3:00pm; Ballroom C (Activity)

Dance and Rhythms that Anyone Can Teach

If you need to have an easy and fun Dance and Rhythm unit and you don't know where to start, this is the session for you. Fun and easy dances that anyone can teach and everyone can do. Line Dances, movement to music activities,

and fun rhythms related activities will be presented. There will be something for everyone. Join us and have a great time.

Stacy Palmer Henderson, Pam Glueck, Cindy Schmidt, Jessica Coronado

2:10pm-3:00pm; Santa Fe Room

(Lecture)

Therapeutic Humor

This will be an opportunity for John Lytle to continue conversations with attendees after his luncheon presentation.

John Lytle

2:10pm-4:00pm; Coronado Room

(Lecture)

Golf Instruction for Individuals with Disabilities: From School to the Golf Course

This presentation will cover all the basics of golf for a variety of disabilities. We will discuss club selection, club fitting, special equipment for various disabilities, golf and federal law, accessibility of golf facilities, grip and stance modifications, and how to play the game prior to opening up the session for questions and discussion.

Robert Weber, Bob Burns

2:10pm-4:00pm; Ballroom B (Activity)

More FAVRIT Instant Activities

This Instant Activity program requires NO EQUIPMENT to facilitate. Each activity should take 1 minute or less to explain and is all inclusive. Through this program, students learn that running a lap or perform calisthenics is not the only way to warm up but moving in a variety of ways and having fun trying different activities is a wonderful way to start their physical education experience. This program will help create a varied physical education teaching experience because each class you teach can begin with a totally different activity. This helps with the spontaneity of your lesson and monotony can not set in. Each instant activity has an objective that you can debrief with your students to help work toward those content standards. Activities focus on social and knowledge concepts as well as anaerobic and aerobic physical activities. This program is intended for all grade levels and all abilities.

Darren Avrit

3:10pm-4:00pm; Ballroom C (Activity)

Body Hooping for Fun and Fitness

Hooping is great as a physical exercise but also wonderful for developing coordination, large motor muscle control, and as a form of “brain gym” as it stimulates the right and left hemispheres. A short session of hooping heightens awareness of self and others, and generally leaves participants feeling happy, energized and inspired. Students are more receptive to learning after a short session of hooping and it’s a wonderful way to bring any group together. This is not the hula hooping that you knew as a child, it’s taken on more creative aspects that make this activity super fun!

Diana Lopez

3:10pm-5:00pm; Harbor Room (Lecture)

Training and Conditioning for Swimmers with Disabilities

Persons with disabilities are joining school and club swimming teams in increasing numbers. However, textbooks and research literature provide little guidance about training these swimmers. In this session, coaches and teachers will learn to design practices with a focus on training and conditioning. The presenters have taught and coached swimming to persons with a wide variety of cognitive, sensory and physical disabilities, of all ages from beginners to Paralympic world record holders. Swimmers with disabilities from the Peninsula Aquatics Club of San Diego will be present to share their perspectives on training methods, work ethic, and performance goals.

Gail Dummer, Donald Watkins

3:10pm-5:00pm; Balboa Room (Lecture)

Adapted Yoga: An Effective Tool for APE Teachers and Their Students

The benefits of Yoga have been documented throughout the past few decades. Yoga focuses on each individual’s strengths, weaknesses and needs. Its purpose is to develop physical, cognitive and emotional skills. The purpose of this presentation is to increase awareness of how Yoga can be used to help children with various disabilities. More specifically, how Yoga has helped children ages 5-12 develop muscular strength, balance, concentration, self-awareness and confidence. Professionals will learn about the following tools to engage children in a fun and non-competitive activity: yoga poses; breathing exercises; sound; games; partner poses;

and establishing a close relationship with the student.

Lucia Cordeiro Drever, Eva Lewis

3:10pm-5:00pm; Santa Fe Room
(Lecture)

Spanish for Physical Educators

Latino students now represent a majority of students attending public schools in California. Many of these students are bilingual, but some do not speak English, and only a small proportion of teachers speak Spanish. These students may miss out on instructional cues and consequently may receive a poorer quality education, as well as feeling excluded. In this session, we will introduce Spanish vocabulary that is relevant for the physical education setting and practice integrating it into sample PE lessons. The session will be led by a bilingual physical educator and facilitated by Adapted Physical Education students from Sonoma State University.

*Rebecca Lytle, Elaine McHugh,
Lissette Gragg*

4:10pm-5:00pm; Coronado Room
(Lecture)

*Learning to Move: Moving to Learn-
Activities to Address Early Learning
Standards in Preschool*

Learning standards and accountability are part of the educational experience at all levels, including preschool. The purpose of this session is to a) examine early learning standards appropriate for 3-5 year olds with developmental delays, b) differentiate between program standards and child outcome standards, and c) provide examples of movement activities used to address physical development as well as learning standards across other domains. Strategies for collaboration with classroom teachers will be discussed in order to emphasize the importance of developmentally appropriate levels of physical activity and movement for young children during indoor and outdoor activity times.

Laurie Zittel

7:00pm-10:00pm; Santa Fe Room
SCAPE Meeting

Saturday, November 22, 2008

7:00am-7:50am; Ballroom B (Activity)
Pilates for conference attendees to start the day off invigorated.
Colleen Naus

7:00am-9:00am; Santa Fe Room
SCAPE Past-Chairs Breakfast by invitation only.

8:00am-12:00noon; Upstairs Foyer
Conference Registration

8:00am-12:00noon; Ballroom A
Exhibits are OPEN for visitation

8:00am-8:50am; Coronado Room
(Lecture)
*The Universal Play Frame- Making Play
More Inclusive*

This session will showcase exciting developments in the ongoing development of the Universal Play Frame (UPF); an assistive device under development at Cal Poly designed to facilitate play opportunities for people with partial quadriplegia. The UPF is the product of collaborations between faculty and students in Kinesiology, Mechanical Engineering and local community based non-profit groups advocating for people with disabilities. The basic UPF frame provides a base to support a variety of attachments designed to facilitate play in a variety of activities. We currently have prototype attachments for T-ball, golf, soccer, disc golf and bowling.

*Kevin Taylor, Jim Widman, Brian self,
Lynne Slivovsky*

8:00am-8:50am; Harbor Room (Lecture)
*Developing Community Partnerships to
Expand your Physical
Education/Health/Nutrition Programs
Through Grant Funding*

This session will provide models for school-community collaborations to better serve students in regular and special education classes. Strategies will be shared to help identify partners for collaboration as well as resources to help research alternative funding, including grant writing. We will provide online tools as well as knowledge of the grant writing process. Previous funded projects include PEP Grant, Adapted

playground equipment, bowling programs, leadership training/teams, and many others.
Carol Brooks, Gina Johnson

8:00am-8:50am: Balboa Room (Lecture)
Measuring Motor Skill Improvement in Children with Autism

The purpose of this session is to report on the efforts of graduate students from the University of Utah and Dr Henderson on assessing motor skills of students at the Carmen Pingree School for Children with Autism.

*Hester Henderson, Maren Jones,
Kathryn Samson, Sarah Smith,
Markell McCubbin*

8:00am-8:50am: Ballroom C (Activity)
Pedal, Look Forward and Smile

This presentation will provide an overview on how "Lose the Training Wheels" bike camps are established, and how they change the lives of children. Get information on how you too can explore the possibilities of a bike camp in your area to change the life of a child.

Susan Reimers, Dawn Leslie Baskin

8:00am-9:50am: Ballroom B (Activity)
Do the Geomotion

Do the GeoMotion workshop is an activity based workshop. A GeoMotion curriculum is presented by physically guiding the participants through the activities on their own mat. The class will cover the basic movements on the GeoMat and progress to age specific workouts/activities such as body awareness, math, gymnastics and hip hop patterns.

Cheri Linden

9:00am-10:50am: Coronado Room (Lecture)

From Inclusion to Transition: A Journey Toward Acceptance

Direct instruction is not the only way to serve students with a disability. Come to the session to learn how to break down the barriers preventing your students from being included in general physical education. You will discover how to support a successful inclusion program. Then take the next step and give your students the tools to transition from school based fitness and recreation to community based programs.

*Steve del Castillo, Scott Kraus,
Peter Tayton, Perky Vetter*

9:00am-9:50am: Harbor Room (Lecture)
The Influence of a Combined Physical and Interactive Technology Fitness Program on Physical Performance Abilities of Youth with Disabilities

Enhanced physical performance characteristics (PPC) among disabled populations are associated with improved motor ability, performance of daily activities, the capacity to conduct manual labor tasks, and overall general quality of life. The purpose of this study is to determine the impact of a combined physical and interactive technology fitness program on PPC among adolescent participants (13-19 years) recruited from a secondary physical education setting. Because the design, implementation, and assessment of physical activity among movement-impaired youth utilizing interactive exercise equipment is sparse and ambiguous, results of this study may provide educators and clinicians direction with regard to developing and enhancing existing methods of fitness programming.

Tony Moreno

9:00am-9:50am: Balboa Room (Lecture)
Writing a PEP grant Proposal for APE and Designing a Successful Program

The purpose of this presentation is to provide information on how our school applied for the Carol M. White PEP Grant and designed it specifically for APE. Discuss what we decided to incorporate into our grant proposal. How we designed and implemented the various programs and the collection of all data. Discussion will also include how we worked on meeting the government requirements for the grant and adapted their requirements to meet the needs of our students. In summary, we highly recommend APE programs apply for this grant or make sure APE activities and needs are incorporated into the districts grant proposal.

Patti Ann Parobek, Anthony Zeniuk

9:00am-10:50am: Ballroom C (Activity)
Adapted/Therapeutic Martial Arts Program

This outstanding session will showcase the talents and successes of students with disabilities as they get involved with Therapeutic Martial Arts.

Anthony Marquez

10:00am-10:50am; Harbor Room

(Lecture)

Ability Awareness Activities

This session will demonstrate how to encourage collaboration between the general physical education teacher and APE specialist to simulate what it is like for a general PE student to be challenged with a disability. The presentation will provide fun and stimulating ways to educate PE teachers and students about different disabilities and eliminate some of the negative stereotypes that exist about people with disabilities on a school-wide platform.

Joel Anderson

10:00am-10:50am; Balboa Room

(Lecture)

Fishing: A Lifetime Activity for Individuals with Disabilities-How To Get Your Students and Schools Involved

This presentation will deal with modification of fishing equipment for various disabilities, how to get individuals in wheelchairs onto pontoon boats, and how to set up a fishing unit for your students ending with a fishing trip or major fishing tournament. In addition, information about Fishing Has No Boundaries, a national organization that promotes fishing for individuals with disabilities will be discussed.

Robert Weber

10:00am-10:50am; Ballroom B

(Activity)

Big Fun for Everyone!

This session will demonstrate some fun and active games and activities that will make students enjoy coming to PE

*Cindy Davis, Diane Siegel,
Roger Wakefield*

11:00am-11:50am; Coronado Room

(Lecture)

The Impact of Physical Activity on the Cognitive Domain of Children with Disabilities

Parents as well as teachers are concerned with the cognitive challenges facing children with autism, along with their associated comorbidity. Parents of children with autism who were attending a university-based clinic for adapted physical education (APE) and a community based Japanese support group developed the concept for this session. The

parents were interested in methodology to expand the cognitive functioning of their children with autism through physical activity.

*Alex Cabral, Aldo Jimenez,
Dwan Bridges*

11:00am-11:50am; Harbor Room

(Lecture)

Evidence Based Suggestions for Your Adapted Aquatics & Aquatic Therapy Classes

The purpose of this presentation is to introduce basic principles and scientific evidence of aquatic exercise. Various properties of water and benefits of aquatic exercise will be discussed in the session. The introductory lecture will be followed by more specific research presentations on two recent projects. Both studies have evaluated different aquatic exercise modes using an underwater 3D motion analysis system. One examined how people with stroke walk on an aquatic treadmill compared to conventional pool walking. The other study investigated if the use of cuff weight reduces unwanted flotation of the affected leg in people post-stroke and improves gait symmetry.

*Taeyou Jung, Mai Narasaki,
Bobby Charalambous, DoKyeong Lee,
Maria Chavez*

11:00am-11:50am; Balboa Room

(Lecture)

The Value of Sport Education for Inclusion Based Physical Education

Inclusion in physical education is intended to satisfy the individual needs of all students with and without disabilities in same environment. However, research has identified a number of challenges with effectively including students with disabilities. The purpose of this presentation is to present the Sports Education Model (SEM) as a strategy for overcoming these challenges. The presentation will introduce the SEM, identify six challenges of inclusion, and highlight aspects of the SEM that can help solve these issues. The SEM has the potential to assist in the inclusion process and make physical education a more productive environment for all students.

Jooyeon Jin, Andrew Pitchford

11:00am-11:50am; Ballroom C

(Activity)

Gymstick and Nordic Walking Activities for Life

The aim is to demonstrate and for participants to feel the effect of a Gymstick session on strength, balance and coordination with suggestions for use with special populations, individuals, pairs and groups. Participants will learn about and feel the advantages of Nordic Walking when compared to regular walking to increase heart rate and effort by 20% and the place of Nordic Walking in the school setting. Be ready to work out with the Gymstick and Nordic Walking Poles and feel the effects!

Seonaid Perkin

11:00am-11:50am; Ballroom B

(Activity)

Using Your Noodle and Other Great Ideas

The purpose of this session is to provide specialists activities promoting student movement and success. Many of the activities are based on using pool noodles. Pool noodles are safe and amusing pieces of equipment for the students, not to mention light weight for the specialist and student alike. Using pool noodles allows specialists to teach many content standards in a fun and creative approach for grades K through 12. Participants will also be exposed to a variety of our favorite movement activities including our home made jump rope trainer and sports warm up. Participants will walk away from this activity session with activities that are used by current itinerant specialists that promote student movement and learning.

Christina Owens, Jason Fox

11:00am-11:50am; Santa Fe Room

(Lecture)

Integrating Effective Communication and Behavioral Strategies with Challenging Students (or the Nonverbal Communicator)

The purpose of this session is to assist adapted physical education teachers in discovering the connection between behavior difficulties and communication breakdowns. This will include a discussion of teaching critical language and behavioral skills necessary to improve communication and thus, solve behavior

problems. Participants will better be able to evaluate a variety of situations and identify strategies to improve the successful functioning of challenging students. Specifically, information on strategies to elicit cooperation for enhanced motor performance will be provided.

*Susan Steffani, Leesa Huang,
Rebecca Lytle*

12:00noon-2:00pm; Garden Pavilion

General Session/ Luncheon Awards

Lunch Ticket required.

Keynote speaker: *Aaron Fotheringham*
“Hardcore Sitting”

2:10pm-3:00pm; Coronado Room

(Lecture)

Accept no Boundaries

Accept no Boundaries is the philosophy of the adapted Physical Education program that students with special needs participate in at Pittsburg Unified School District. This program won the Exemplary APE Program award from the State Council for Adapted Physical Education. During this lecture Roxanne Patin, APE Specialist for PUSD will explain how the program works and how the students are involved with the program. Roxanne will also explain some ideas on how to get this active program off the ground in other districts by using grant writing, fundraising and solicitation of funds by local and distant companies.

Roxanne Patin

2:10pm-3:00pm; Harbor Room (Lecture)

Hardcore Sitting.

A continuation of discussions by Aaron Fotheringham on Hardcore Sitting. He will share his skills and experience at hardcore sitting.

Aaron Fotheringham

2:10pm-3:00pm; Ballroom C (Activity)

Simple Fun Motor Activities to Introduce Nutritional Concepts

Nutrition concepts for students with moderate to severe intellectual disabilities will be presented. The activities will introduce different foods and food groups to students with disabilities in elementary school, middle school and high school. We will demonstrate how to improve basic locomotor skills and throwing skills to identify different foods, food groups and

making good nutritional choices. These activities can be modified to the ability level of any class.

Cathy Smith, Debbie Hughes

2:10pm-4:00pm; Ballroom B (Activity)

Sport Stacking for Students with Special Needs

This activity based presentation is a hands-on session that promotes eye coordination, finger dexterity, bilateral coordination, focus and concentration. You will learn how to stack and unstack 12 specially designed cups in predetermined patterns and sequences, using both sides of the body and brain. This session will explain the benefits of sport stacking that can be gained by all students.

Harry Smith, Laura deGhetaldi

2:10pm-4:00pm; Balboa Room (Lecture)

Working Collaboratively with Paraeducators: What Works!

This session will provide practical ideas for working collaboratively with paraeducators. Specific challenges and issues related to the use of paraeducators will be discussed as well as what we know from the research about the effectiveness of paraeducators as a method to support students with disabilities. Participants will leave with handouts of practical suggestions to assist with their own teaching environments.

Rebecca Lytle

3:10pm-4:00pm; Coronado Room (Lecture)

Snoezelen: Portable Multisensory Solutions

This session will introduce multi-sensory environments and the history of where it originated from (Holland-Snoezelen). Ideas on portability of these environments, how to Snoezel, and benefits of multi-sensory rooms will be presented. These activities are appropriate for all ages and ability levels. The problem with fixed multi-sensory rooms is space and cost. Portable multi-sensory solutions offer a more affordable way for an itinerant teacher to bring Snoezelen activities to all students.

Joel Anderson

3:10pm-4:00pm; Ballroom C (Activity)

Legacy X Games –Exceptional Athletes Leaving a Legacy of Ability and Success

The program allows students from the mild to severe population as well as with orthopedic impairment to train in a sport, work as a team, represent their school and compete for a trophy. In this session, football, basketball, and track and field will be demonstrated. Everyone will have the opportunity to try the events in each unit. Each unit has levels that are designed for students with severe orthopedic involvement, students requiring assistance from a staff to perform the skill, students in walkers and wheelchairs as well as students that can perform independently. The history, development of the program, the use of assistive technology and visual teaching, certificates, trophies, scoring, school involvement, and positive outcomes will be some of the additional topics covered. Come out and join the fun! There is always something for everybody.

Stacy Palmer Henderson, Pam Glueck, Cindy Schmidt, Jessica Coronado