Emogene Nelson
Physical Education Workshop
April 24th & 25th, 2015
Developmentally Appropriate Activities & Assessment in PE
Presented by the University of Wisconsin – River Falls
Health and Human Performance Department
Sponsored by

UNIVERSITY OF WISCONSIN–RIVER FALLS

[Image of people in a circle]
Jenn Litt, a Toronto, Canada native and expert in the HPE and dance education sector, will be joining us to share her knowledge and application of TheGROOVE™. This is a simple and innovative approach that promotes physical activity and creative thinking while using positive health messaging to support the body, brain and being.

Jenn is an Ontario certified teacher (OCT) with over 10 years of fitness and elementary teaching experience. She is a teacher facilitator and course administrator at Ontario Educational Leadership Centre, which focuses on the development of student leadership through athletics and the arts.

Since 2010 Jenn has been a part of the GROOVE EDUCATION team leading dance/movement, physical literacy and student leadership workshops in schools and conferences across Canada and in Michigan. She is excited to share her passion for movement and holistic health at UWRF.

Join their GROOVE session where you will engage and inspire your BODY, BRAIN & BEING.

Meet our Guest Presenters

**The GROOVE Master Trainer Team**

**Jenn Litt**

I have been in love with dance, music and movement for over 30 years. From my first GROOVE experience, this love has been taken to the next level! What an amazing sense of freedom and creative self-expression……all I wanted to do was let other people experience this!

I bring GROOVE to various community groups and give them permission to dance their dance. I am a passionate educator who visualized GROOVE as the ideal vessel for kids to experience dance and creativity in a way where they are happy, included and feel 100% successful moving their bodies – isn’t this the way we want our children to feel? I am also committed to making dance education accessible to school teachers to help them “think outside the box” and inspire their students using GROOVE concepts.

As the owner of Fit2Dance, and with an amazing team of GROOVE facilitators, I have developed a program called Groovin’ Kids, and we have already grooved over 500 thousand people of all ages by inspiring them to move their OWN WAY! Let the journey continue……see you on the dance floor!

**Michelle Hillier**

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**Sandy “spin” Slade**

Skillastics® is the brainchild of Sandy “Spin” Slade. For over two decades Sandy was considered to be one of the best basketball handlers in the world, performing for thousands at NBA and College half-times, School Assemblies and special events around the world.

Realizing that being a professional sports entertainer has it’s physical limitations; Sandy started thinking about other issues she was passionate about. One thing that weighted heavily on her mind was the disturbing decline in fitness levels in children (even those active in sports), increased childhood obesity, and the reduction of physical education programs nationwide. She noticed that instructors limited in class time, were constantly looking for ideas and resources to make the most of each and every class. Additionally, many children, accustomed to inactivity lacked motivation and interest in physical fitness all together. With these thoughts as her motivation, she created Skillastics®. Since its introduction in 2003, over 20,000 schools, afterschool programs, camps, and community-based organizations are enjoying Skillastics® and the benefits it provides. Sandy is originally is Wisconsin native from Solon Springs and we are excited to welcome her back to our state!
Conference Schedule

Registration 7:00am – 8:00am
Welcome/Introduction 8:00am – 8:10am
James Gostomski – UW - River Falls

Session 1  8:10am – 9:00am
Nate Folan
A Playful Spin on Spotting

Session 2  9:10am – 10:00am
Sandy “Spin” Slade
Raising Self-Esteem Through Creative Fitness Activities

Session 3  10:10am – 11:00am
Michelle Hillier & Jen Lit
TheGROOVETM: Engaging the 21st Century Learner Using Movement & Music

Session 4  11:10am – 12:00pm
Tim Taggert
“GymStick – One Cool Tool, 150 Exercises”

Lunch  12:00pm – 1:00pm
Off Site on Your Own

UW – River Falls Alumni Lunch
(UWRF alumni only in – Karges Center)

Session 5  1:00pm – 1:50pm
Eric Stern
Fun Fitness Activities

Session 6  2:00pm – 2:50pm
Sandy “Spin” Slade
Raising Self-Esteem & MVPA with Skillastics

Session 7  3:00pm – 3:50pm
Tim Taggert
Cleaning Out Your Gym Closet

Wrap Up  3:50pm – 4:00pm
Closing Remarks
Raffle Prizes

Before you leave town...
Social at Junior’s Bar & Restaurant
4pm - 6pm
NASCO Providing Appetizers
Future Professionals
Bonus Day – April 25th, 2015 (Students Only)

Conference Schedule

Registration  7:00am – 8:00am

Session 1  8:00am – 9:00am
Nate Folan
Tag: Exhausting Variations, Big Value

Session 2  9:00am – 11:30am
Michelle Hillier & Jen Litt
FUNctional Athletic GROOVE™: Developing Physical Literacy Using Purposeful Movements and Powerful Music

Lunch  11:30am – 12:15pm
Off Site on Your Own

Session 5  12:15pm – 1:00pm
David Lostetter
Brand, Sell, and Advocate for Yourself and Your PE Program + Using FREE Technology Tools

Session 6  1:00pm – 1:50pm
Eric Stern
Fun Fitness Assessments 2

Wrap Up  1:50pm – 2:00pm
Closing Remarks
Raffle Prizes

Free Teaching Resources with Your Registration Fee!
All students who attend the Bonus Day on April 25th, 2015 will receive teaching materials that accompany their learning in Michelle Hillier and Jen Litt’s presentation with their registration fee!

Provided by The World Groove Movement
Event Locations
1. **The Best Western Plus Hotel** is located on the Corner of Main St. and Cascade St. across from Karges Center.
   100 Spring St.
   River Falls, WI 54022
   (715) 425-1045

2. The workshop will be held in Karges Center on the UWRF campus.
   194 East Cascade Ave.
   River Falls, WI 54022

3. The Social/Meet & Greet is at Junior’s Bar & Restaurant. This is located on the 1st floor of the Best Western Hotel mentioned above.

Parking Information
Parking is available both on campus and on the street.
For street parking, please pay careful attention to signs on the side of residential roads as some areas require residential parking permits.
Parking is available in the Q Lot located on the corners of East Cascade Ave and South 2nd St. Please be sure to pay for parking at the kiosk. The machine accepts both card & cash.

Travel Information
1. From Interstate 94, take exit 3 heading south on 35.
2. Take the North Main Street/Highway 65 exit and go right, heading South.
3. Take North Main St. 16 blocks to Cascade Street.
4. Turn left on to Cascade Street, Karges Center will be on your right and the Best Western Hotel will be on your left.
5. Continue to the corner of Cascade St. and South 2nd Street to park at the Q Lot.

Contact Information
Shelby McChesney (UWRF HPE Club Vice President)
Email: shelby.mcchesney@my.uwrf.edu

James Gostomski (UWRF Physical Education Program Director)
Email: james.gostomski@uwrf.edu

CEU’s & Clock Hours
There will be no CEU’s for this workshop. However, verification clock-hours will be given upon request.

Lodging Information
The Best Western Plus Hotel has a block of rooms with 2 double beds reserved at $70 + tax per night. Call them at (715) 425-1045 to make your reservation.
Call ahead of time (by April 10th) to reserve a room. Inform the hotel that you are with the UWRF PE Workshop to get the special rate.

Workshop Fee
Pre-Professional Students
Pre-Registration (April 1st): $35
On-Site: $40
(fee includes admission on both 4/24 & 4/25 + Free Teaching Resources)

Make checks payable to the UWRF HPE Club

2015 UWRF Emogene Nelson Workshop Registration Mailer
Early Registration Due By April 1st, 2015

Name: _____________________________
Address: ____________________________
City/State/Zip: ______________________
Phone: ______________________________
Email: ______________________________

Please check the events you plan to attend (all events are included with registration)

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<tr>
<th>Event</th>
<th>Social on Thurs. - 4/24</th>
<th>Workshop on Fri. - 4/25</th>
<th>Workshop on Sat. – 4/26</th>
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Please send payment and registration mailer to:
Attn: Shelby McChesney
Health and Human Performance
UW – River Falls
410 S. 3rd St.
River Falls, WI 54022