Emogene Nelson
Physical Education Workshop
April 24th, 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
Meet our Guest Presenters

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

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

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!

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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!
Social at Junior’s Bar & Restaurant
Thursday, April 23rd from 4pm - 6pm
Thank you NASCO for sponsoring appetizers for this event!
Come to town early and connect with speakers, current professionals and future professionals!

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 Litt
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

Guest Presenters (continued)

Nate Folan

Nate Folan is a facilitator, trainer, consultant, and author passionate for playful experiences and the boundless potential they offer. He believes play and authentic relationships significantly enhance our existence. For nearly 20 years, Nate has enthusiastically delivered powerfully relevant experiences for youth and adults in a variety of settings. The past 7 years have resulted in more than 650 days of training, consulting, and conferences with physical educators and other diverse groups of professionals throughout the country. Nate co-authored Project Adventure’s newest activity book, The Hundredth Monkey – Activities that Inspire Playful Learning, leads a variety of Project Adventure workshops, and contributes to a new premium online activity resource called playmeo.com. He engages groups with authenticity, playfulness, and compassion. We are excited to welcome Nate back again to UW – River Falls!

Tim Taggert

Tim has been working in the Physical Education industry for the past 17 years. During that time he coached and became a National presenter of Physical Education and Health related games and activities.

Tim is a Lifetime Member of WHPE and a member of Shape America. He has a passion for sports and teaches values that he learned through all levels of team sports.

Tim believes that by working with Physical Education and Health teachers that he is contributing to our nation’s fight against childhood obesity and putting our children on the path to a successful and healthy life.

Eric Stern

Eric Stern is the Administrator for Physical, Health and Driver Education in the Department of Curriculum for the School District of Palm Beach County that has an enrollment of approximately 175,000 students. Eric has received numerous awards that include; the Action For Healthy Kids National Healthy Heroes Award in Chicago, as he was recognized as a pioneer/leader for making a difference with children throughout Florida.

The Centers for Disease Control (CDC) established the first-ever National Urban Physical Education Leadership Coalition and selected Eric Stern, K-12 Curriculum Administrator for the School District of Palm Beach county, as one of the twelve leading experts from across the United States. The purpose of the coalition is to develop national research, professional development, and a best practice agenda for urban physical education. Eric is back again at UW - River Falls by popular demand!
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.

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.

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.

Lodging Information

**The Best Western 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.

2015 UWRF Emogene Nelson Workshop Registration Mailer

**Early Registration Due by April 1st, 2015**

Name: __________________________________________
Address: _______________________________________
City/State/Zip: __________________________________
Phone: _________________________________________
Email: _________________________________________

**Make checks payable to the UWRF HPE Club**

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