UWRF Health and Human Performance Department Presents:
Quality Physical Education: Planning - Teaching – Assessing – Learning – Reflection
Physical Education Workshop

Friday
April 12th, 2013

Schedule

Registration 7:00 am – 8:00 am
Welcome/Introduction 8:00 am – 8:10 am
Keith Bakken – WHPE Executive Director & James Gostomski – UW – River Falls
Session 1 8:10 am – 9:00 am
J.D. Hughes
Stepping Up the Game in Physical Education
Session 2 9:10 am – 10:00 am
Lori Lieurance
Fun Fitness Activities
Session 3 10:10 am – 11:00 am
Eric Stern
Large Group Activities
Session 4 11:10 am – 11:35 am
Eric Stern
Trends and Issues in PE
Session 5 11:35 pm – 12:00 pm
Bridgette DuRose
Balance & Basic Gymnastic Activities
Lunch 12:00pm – 1:00pm
Off Site on Your Own
Session 6 1:00 pm – 1:50 pm
Lori Lieurance
Core Training and Plyometric Activities for the School Setting
Session 7 2:00 pm – 2:50 pm
J.D. Hughes
PE²: Double the Physical + Double the Education = Double the Fun
Wrap-up / Dismiss 2:50 pm – 3:00 pm
Social at Juniors Bar & Grill 3:15 pm

Presenters

J.D. Hughes
Due to popular demand, we are proud to announce that we have brought J.D. Hughes back to the University of Wisconsin – River Falls for this year’s workshop! J.D. has taught elementary physical education since 1995 in Douglas County, GA. He is a National Board Certified Teacher (2001), holds a Master’s and Education Specialist’s degree, and was the 2004-05 Georgia Elementary Physical Education Teacher of the Year. J.D. is also on the advisory board for the Best Practices and the 3-5 Lesson Plans area of P.E. Central. In J.D.’s sessions, you’ll get a look at 21st century physical education, including a view of fun-packed games and activities that J.D. has developed or modified to engage and motivate students. He’ll talk about movement education; lessons that promote communication, cooperation and personal responsibility, and activities that encourage brainstorming and critical thinking. Come prepared to move most importantly have FUN!

Lori Lieurance
Lori is originally from Lancaster, Wisconsin, and a graduate of Winona State University in Minnesota. For the past twelve years she has been teaching middle school Physical Education at Omni Middle School in Boca Raton, Florida, where she is also the department chair. Her program is observed by other middle schools within the 176,000 student school district as a model program for physical education. Lori also mentors other physical education teachers utilizing current best practices.

Lori was Teacher of the Year at her school for two consecutive years and a Palm Beach County finalist. She is currently serving on a Department of Education Physical Education Committee that is developing End of Course Exams for Physical Education, which includes grades K-8 for the state of Florida. Lori is a proponent of fitness and promotes the love of working out and being fit with her students and believes one must lead by example! She is an active member in FAHPERDS and a member of AAHPERD. We are excited to have Lori at UWRF as she present Fun Fitness Activities and Core Training and Plyometric Activities.
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Eric Stern

Mr. 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. One of five recipients for this national award, he was nominated by his peers from around the State of Florida. In December of 2012, Eric was named a USTA School Tennis Volunteer of the Year at the United States Tennis Association-Florida Section having been recognized for championing tennis in his region and providing professional development for Physical Educators. Also in December of 2012, 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. He most recently is the Past President of the Florida Alliance for Health, Physical Education, Recreation, Dance and Sport (FAHPERDS).

Eric has had the opportunity to advocate on Capitol Hill regarding the importance of including Physical and Health Education in the Elementary and Secondary Education Act as a “core” subject. He also has advocated continuing federal funding for the Carol M. White, Physical Education Programs grant (PEP).

Eric originally is from New York and is a certified Spark Middle School trainer and will be presenting an activity session on large group activities and the other session will discuss current trends/issues in Physical Education. We are delighted to have Eric at UWRF!

Bridgette DuRose

Bridgette DuRose is a graduate of UW-River Falls and is a former HHP major of the year. Bridgette is one of the Physical Education teachers at Epiphany Catholic School in Coon Rapids, MN. Bridgette has always had a passion for gymnastics, she competed all through High school at Roseville high School and competed in her first Women's division gymnastics meet this summer. She not only enjoys competing but loves sharing her knowledge with young kids who love the sport as well. For the last seven years Bridgette has had a part in coaching gymnastics with the River Falls Parks and Recreation, River Falls Middle and High School program, and River Falls Gymnastics Club.
The Riverview 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 March 29th) to reserve a room. Inform the hotel that you are with the UWRF PE Workshop to get the special rate. You may reserve a room after March 29th but space is limited and rates may change.

**Event Locations**
1. The Riverview Hotel located on Main St. & 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 Avenue
   River Falls, WI 54022

**Parking Information**
There are spaces available in both the G Lot behind Hawthorne Hall and in the Q Lot, next to North Hall.

Parking passes are available in a limited quantity on a first come first serve basis. Parking passes will be sent upon receiving your registration.

Street parking is also available, specifically on streets north of Cascade St. and North Hall.

**Contact**
Alexis Campbell
Email: alexis.campbell@my.uwrf.edu

David Lostetter – Event Coordinator
Email: david.lostetter@my.uwrf.edu

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**CEU’s**
There will be no CEU’s for this workshop. However, clock-hours will be given upon request.

**Workshop Fee**

<table>
<thead>
<tr>
<th>Professionals</th>
<th>Pre-Registration (by April 1): $89</th>
<th>On-Site: $99</th>
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<tbody>
<tr>
<td>Students</td>
<td>Pre-Registration (by April 1): $15</td>
<td>On-Site: $25</td>
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Please make checks payable to UWRF HHP Club

**Travel Information**
From Interstate 94, take exit 3 heading south on 35. Exit and head right on Main St. Take Main St. 16 blocks to Cascade St. Turn left on Cascade St., Karges Hall will be on your right and the Riverview Hotel will be on your left.

**2013 UWRF Physical Education Workshop Registration Mailer**
Early Registration Due By April 1st, 2011

Name: _____________________________________________
Address: __________________________________________
City/State/Zip: _____________________________________
Phone: _____________________________________________
E-mail: _____________________________________________

Please send payment and registration mailer to:
Attn: Alexis Campbell
Health and Human Performance
Karges Center, Room 110
UW – River Falls
410 S. 3rd Street
River Falls, WI 54022