

Day One

Keynote • 8:30 - 9:05 am

“What YOU DO Makes a Difference!” – Debbie Lindgren

In this opening keynote, National Board Certified Physical Education, nominee for National Physical Education Teacher of the Year, and SHAPE America Subject Matter Expert, Debbie Lindgren will share intriguing national statistics, success stories, and passionate insights that will support, empower and inspire you and strengthen your physical education program. You are guaranteed to be encouraged as this motivational speaker and two-time breast cancer survivor uses humor and positive leadership skills to help you see that what you do matters every day in the lives and futures of your students.

MORNING SESSIONS • 9:15 - 11:50 am

Choose **TWO** 70-Minute Sessions • One mid-morning break

70-Minute Session
9:15 – 10:25 am

CHOOSE ONE: A-1, A-2 or A-3

A-1: Timesaving Tips: Make the Most of Every Minute in Your PE Classes

– Ann Thompson-Hague

Learn proven, time-tested ways to keep your routines and procedures organized that allow you to make the most of every minute in your PE classes.

A-2: Budget-Friendly Ideas to Enhance Your PE Program

– Carrie Flint

In this session you'll learn innovative ways to stretch your budget with free resources, homemade equipment alternatives and tips on grant writing.

A-3: Awesome Instant Activities and Quick Hitters – Debbie Lindgren

Get your students excited, motivated, and moving with these instant activities designed to have all students engaged, successful, and having fun. Strategies will be provided for modifying and adapting activities to meet the individual learning needs of your students.

70-Minute Sessions
10:40 – 11:50 am

CHOOSE ONE: A-4, A-5 or A-6

A-4: Engaging Ideas to Increase PE Vocabulary Literacy and Participation

– Ann Thompson-Hague

Ann will share specific PE vocabulary activities that will support greater student comprehension in PE including key terms in fitness, motor skills and sport-related games.

A-5: Innovative Ways to Match Music to Your PE Activities – Carrie Flint

This outstanding session focuses on creative approaches for matching music to your PE activities in ways that will enhance your lessons, provide multi-sensory learning opportunities and serve as an excellent time management tool. You'll learn how to create playlists that will actually serve as lesson plans.

A-6: Incorporate Spectacular Spikeball into Your PE Game Repertoire – Debbie Lindgren

Spikeball is a fun, fast-paced, and engaging combination of foursquare and volleyball that can easily be adapted for all grade levels. Come participate, join the fun, and see for yourself why Spikeball is such a hit with students and PE educators.

Lunch break on your own • 11:50 am – 1:05 pm

(A great time to network with colleagues!)



“Great ideas to maximize participation. I learned a lot of new ideas to practice drills!”

– Renee Birozes, PE Teacher



“I learned a lot of new things and I look forward to using them in my gym.”

– Rebecca Simpkins, PE Teacher



Team Discount

ONE DAY

One Person: \$289

BOTH DAYS

One person: \$479

Team of 3+: \$459 per person
when registering at the same time



Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at www.ber.org/online



Who is BER?

The Bureau of Education & Research is North America's leading presenter of training for professional educators. Our goal is to provide high-quality PD programs, based on sound research, with an emphasis on practical strategies and techniques that can be immediately implemented.

Day One

AFTERNOON SESSIONS • 1:05 - 3:35 pm

Choose **TWO** 70-Minute Sessions • *One mid-afternoon break*

First 70-Minute Afternoon Sessions 1:05 – 2:15 pm

CHOOSE ONE: B-1, B-2 or B-3

B-1: Double Dutch Made Fun and Easy

– *Ann Thompson-Hague*

Join Ann as she shares motivating Double Dutch turning variations as well as innovative, fun routines. Discover how your students will have fun working together and develop positive communication and cooperation skills. (**Note: It is not necessary for teachers to be proficient themselves to assist their students with this activity.**)

B-2: Make Best Use of Cutting-Edge Technology to Enhance Your PE Instruction and Save You Time

– *Carrie Flint*

This session focuses on a wealth of the best technology tools and resources to enhance PE instruction and save you time. Explore the top PE apps, the latest new products websites, YouTube videos, and more.

B-3: Let's Go Gaga for Gaga Cone Ball!

– *Debbie Lindgren*

Gaga Cone Ball is a NEW fast-paced, high energy sport that can be adapted for every skill level. Bonus: the game requires minimal equipment and is exciting and engaging for all grade levels. The learning activities and games can easily be modified to help every student be successful.



Second 70-Minute Afternoon Sessions 2:25 – 3:35 pm

CHOOSE ONE: B-4, B-5 or B-6

B-4: Incorporate an Energizing Mini PE Bootcamp into Your PE Program

– *Ann Thompson-Hague*

Join Ann as she shares her 6 Motivating Exercise Routines for K-8 students. These routines incorporate a range of exercises that will motivate your students while incorporating the three key elements of fitness: endurance, flexibility and strength.

B-5: Outstanding Activities to Help Your Students Become Physically Literate

– *Carrie Flint*

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. This session offers practical teaching strategies for full inclusion and adapting activities to meet the needs and skill abilities of all students.

B-6: The Newest Racquet Sport:

Crossminton Craze – *Debbie Lindgren*

Crossminton is a NEW fun racquet sport that can be adapted for all skill levels that combines elements from badminton, squash and tennis. Bonus: the game does not use a net and the racquet size is small enough for all grade levels to participate. The learning activities and games can easily be modified to help every student be successful.



**Can't Attend?
Online Professional
Development Option:**

Related Online Course

A related On Demand Video-Based Online Learning course, *Innovative, New Activities for Strengthening Your Physical Education Program*, for Grades K-8, is available for immediate registration. To enroll, visit www.ber.org/online

Day Two

MORNING SESSIONS • 8:30 – 11:15 am

Choose **TWO** 75-Minute Sessions • One mid-morning break

First 75-Minute Morning Sessions 8:30 – 9:45 am

CHOOSE ONE: C-1, C-2 or C-3

C-1: Incorporate High-Energy, Single-Jump Rope Activities Your Students Will Love – *Ann Thompson-Hague*

Discover engaging jump rope activities that will promote physical fitness and build endurance for a variety of individual and team sports.

(Note: It is not necessary for teachers to be proficient themselves to assist their students with this activity.)

C-2: Proven Strategies for Calming Chaos in the Gym and on the Playground – *Carrie Flint*

Teaching outside or in a gym, often with extra large classes, presents unique and challenging teaching environments. This sessions offers dozens of proven class management strategies for large groups on the playground and in the gym.

C-3: Take Your PE Program to the Next Level: Utilize the National Standards and Grade Level Outcomes – *Debbie Lindgren*

Strengthen your physical education program and take it to the next level by incorporating the SHAPE America National Standards, grade level outcomes, and K-8th grade Scope and Sequence. You will leave knowing how to teach to the standards, understand how to implement grade level outcomes, and incorporate age-appropriate learning activities. Bonus: you will receive your own copy of the standards, grade level outcomes and K-8 Scope and Sequence.

Second 75-Minute Morning Sessions 10:00 – 11:15 am

CHOOSE ONE: C-4, C-5 or C-6

C-4: Proven Strategies to Reduce Challenging Behaviors in Your P.E. Classes – *Ann Thompson-Hague*

Discover innovative, highly effective ways to reduce challenging, disruptive behaviors during PE and help struggling students get individualized assistance to build their skills and confidence.

C-5: Get 'Em Up Moving and Learning – *Carrie Flint*

This presentation is packed with easy brain “energizers” and tips to implement without causing chaos in the classroom and in your PE classes. Learn awesome activities that engage students to move, cross their midlines, get their heart rates up and become more focused to learn.

C-6: Utilize Quality PE Curriculum Planning and Mapping to Help ALL Students Become Physically Literate – *Debbie Lindgren*

Walk away with a yearlong curriculum map that you can easily implement. Learn timesaving strategies for successful curriculum planning that ensures you teach to the national standards and grade level outcomes for each grade level. Discover how horizontal and vertical planning can help you build a quality physical education program that teaches students the motor skills and knowledge needed to become physically literate individuals.

11:15 am – 12:30 pm • Lunch Break (on your own)



On-Site Training

Conferences like this one along with many other topics can be brought to your school or district. Please view all of our On-Site PD options at www.ber.org/onsite or call 877-857-8964 to speak with an On-Site PD Consultants.

Comprehensive PE Instruction Resource Handbook

You will receive an extensive PE instruction resource handbook specifically designed for this conference. Included in the handbook are resource materials for ALL conference sessions, even those you don't attend. These materials include:

- New, innovative games and activities for re-energizing and enhancing your current PE Program
- Budget-friendly ideas to stretch your PE materials budget
- Proven ways to dramatically reduce behavior and participation problems in your PE classes
- Differentiated teaching strategies to better meet diverse skills with your PE classes
- Ways to take your PE program to the next level by incorporating the New National PE Standards and grade levels outcomes



Conference Locations & Hotel Accommodations



SEATTLE offers a great variety of area attractions and sightseeing for visitors, including the Space Needle, Pike Place Market, Pioneer Square Historic District, and T-Mobile Park.

Conference location & overnight accommodations:

Marriott – Bellevue
(425) 214-7600

Mention you are attending this BER conference prior to November 18, 2019 to receive the special rate of \$199 (Single/Double), rates subject to availability.



ANAHEIM offers a diverse array of entertainment and sightseeing opportunities, including Anaheim's GardenWalk, Angel Stadium, and Disneyland Resort.

Conference location & overnight accommodations:

Red Lion Hotel
1-800-733-5466

Mention you are attending this BER conference prior to November 11, 2019 to receive the special rate of \$109 (Single/Double), rates subject to availability. Please reference booking code PEK(1210

Day Two

AFTERNOON SESSIONS • 12:30 - 3:10 pm

Choose **TWO** 75-Minute Afternoon Sessions
One mid-afternoon break

First 75-Minute Afternoon Sessions 12:30 - 1:45 pm

CHOOSE ONE: D-1, D-2 or D-3

D-1: Build Teamwork and Better Develop Sportsmanship Skills

– *Ann Thompson-Hague*

Learn proven cooperative team building activities that strengthen students in cooperation, respect, honesty, teamwork and sportsmanship.

D-2: Understanding IEPs for Special Needs Students in PE – *Carrie Flint*

Deepen your understanding of the IEP process and students with special needs as it applies to physical education. Learn how to be more attentive in an IEP meeting, become more of an advocate for the student, and have a better understanding of the laws and legal responsibilities as a PE teacher.

D-3: Make the Most of Frisbee Fun – *Debbie Lindgren*

Learn Frisbee fundamentals to help your students successfully throw and catch a Frisbee using different techniques and strategies. You will learn cooperative and self-challenging Frisbee lead-up activities, small sided games, and how to differentiate instruction to meet your students' learning needs and skill development.

Second 75-Minute Afternoon Sessions 1:55 – 3:10 pm

CHOOSE ONE: D-4, D-5 or D-6

D-4: Incorporate Personalized, Highly Engaging Warm-up Exercises the First 5-15 Minutes of Your PE Class

– *Ann Thompson-Hague*

Learn new and productive ways to get your class fully engaged with exercises that will motivate every student in a fun, safe and exciting way.

D-5: Fit Body Equals a Fit Mind – *Carrie Flint*

Poor nutrition and lack of physical activity are not only root causes of obesity, they are also factors associated with lower academic achievement. Learn motivating lessons and activities designed to help students understand the value of exercising and making healthy food choices. This session will include outstanding nutrition lessons, exercise logs, fitness lesson plans, and fitness activities to add to your physical education program.

D-6: Fun, Fast, Futuristic: Tchoukball! – *Debbie Lindgren*

Tchoukball is a NEW non-contact sport that requires teamwork and strategy. This fun and fast-paced game is all-inclusive and accommodates all skill levels and athletic abilities. Tchoukball is being played in most parts of the world with much energy, and enthusiasm, varying levels of skill, but above all, with a great deal of enjoyment!

