

**Share The Wealth Physical Education Conference
Jekyll Island, GA ~ January 22-24, 2009**

Presentation Proposal

Presentation Title: Using Music to Motivate and Manage Your Elementary Physical Education Class

Type of Presentation: Lecture and Participation

Space Needs: Open area to lead activities during presentation

Will you use music: Yes

Equipment You will need us to provide:

Audience Addressed: Elementary Physical Education Specialist

Length of Presentation: 25 minutes

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Abstract

This presentation will focus on the use of music in elementary physical education. Strategies presented will focus on the use of music to motivate students to participate in physical activity, drawing from two of the basic urges of children: to move and rhythmic expression. Strategies will focus on using music to make activity and exercise, fun and enjoyable for students during physical education class. Tactics on the use of music as a classroom management tool will be discussed and demonstrated during participation portion of the presentation.

Developing Assessment Tools and Grading Plans in Elementary Physical Education

Assessing and assigning grades at the elementary level can be challenging. There are many obstacles that keep elementary physical education teachers from conducting assessments and developing valid grading plans. A few include the amount of time to conduct the lesson, the amount of students, and the amount of contact hours per week. Using authentic assessment is one way that teachers can hurdle these obstacles. Through the use of checklists, teacher observations with anecdotal notes, and self-assessments, teachers can become effective assessors. During this presentation, assessment and grading guidelines will be discussed then participants will be guided through the process of constructing assessment tools that can be used during their classes. Participants will walk away with samples of instruments that they have constructed specifically for their situation. In addition, a grading plan will be developed using the instruments that were constructed earlier in the session.

Presenter Proposal Form

Title: "Skillastics™ - Fitness Fun for Everyone"

Session Description: Designed specifically for children who would normally not want to be active, Skillastics™ is a series of standards-based fitness games that allow 1 to 100 children of varying ages and fitness levels participate and enjoy being active at one time! Don't miss the opportunity to learn why Skillastics™ is one of the most popular fitness activities in Schools across the country. All participants have an opportunity to win a Skillastics™ game valued at \$190!!!

Presenter:

Objective of Program:

Participants will learn about Skillastics™, the series of standards-based fitness games that allow 1 to 100 children of varying ages and fitness levels to participate and enjoy being active at one time. Participants will also learn how Skillastics™ can fit into an existing physical education or after-school curriculum, and what the benefits are to students. These benefits include understanding body movement and its underlying principals by the use of basketball, soccer and fitness skills in a way that is non-competitive, differentiates according to abilities and is consistent with the NASPE National Physical Education Standards and appropriate practices.

Content to be Presented:

- Guide instructors in understanding how to create student awareness of the underlying principals of movement, so that they will be able to successfully take part in many different sport activities and transfer the knowledge and skills, rather than having to relearn them each time
- Introduce performance cues and activities which help the instructor understand the mechanical principals involved in the various basic movement patterns. By understanding these performance cues and activities, an instructor can recognize beginner, intermediate and advanced levels of skill, which will make it easier for individualized instruction (psychomotor domain)
- Help instructors guide students in understanding the mechanical principals involved in movement activities, so that they will be better able to improve their own skill level or help their peers improve theirs (cognitive domain)
- Help instructors guide students in understanding the concepts of sportsmanship and working together as a team to achieve one collective goal (affective domain)
- Help instructors develop a new-found feeling of confidence in realizing how important their job is in making movement activities fun for a generation that desperately needs it
- Help instructors understand and confidently teach Skillastics™ as a cross-curricular (literacy, math and life science) activity

Methods of Presenting Content:

Participants will have the opportunity to "learn by doing". This session allows everyone the chance to engage in each of the movement skills and activities discussed. The participants will engage in movement fundamental skills and activities specifically in basic calisthenics and fitness. Non-fitness experts welcome.

Presenters Credentials:

Thornton Willingham is a retired Elementary Physical Education specialist with 25 years experience, as well as an ACE certified Personal Trainer. Her passion is helping children get fit and learn more about how their bodies work.

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**Use of African Games and Dances in Teaching
Physical Fitness and Mathematics**

Seidu Sofu¹, Shewanee Howard¹ and Michael J. Nabie²

¹Southeast Missouri State University

²University of Education, Winneba, Ghana

Participants will learn how to use selected African games and dances in teaching physical fitness and mathematics. These hands-on activities are intended for use by PreK-12 regular physical education, adapted physical education, and classroom teachers.

Participants will also engage in field-tested activities that seek to enhance the development of perceptual-motor abilities among preschoolers. Teacher educators will also find this session valuable for both undergraduate physical education majors and classroom preservice teachers learning to use multicultural and/or postcolonial pedagogy. Presenters will also discuss with participants research findings on the best instructional strategies for improving the academic achievement of students of African descent (African American and African immigrant students).

What Do You Mean I have to Teach Kindergarten? Primary School Physical Education

Presenters: Kelly Brown and Pam Cureton
Morgan County Primary School – Madison, GA

Physical Education for the youngest of our charges can be fun to teach, but also a challenge. Questions like: *What can they do? What can I do with them? How do I harness that never ending amount of energy?* These are just a few questions that flow through our minds as we look at those expectant faces. Kids in this age range, (5 – 8), present some challenges that may or may not be there for the older set. They have almost NO skills. So, what to do?

Come back to the “Basics” with us. Come back to a time when learning and moving was FUN! Let us show you some simple games and activities that will get your students active and healthy.

In this active participation presentation will focus on activities and games that emphasize several “Essential Questions” including: *How am I moving? Am I moving in control? Where am I in space? How can I move with others? And many others.*

. Children who become proficient movers will be more than ready for more complex skills that will lead to lifelong participation in physical activities.

Games and Activities will include:

Locomotor Stop and Go

What if.../Let's pretend....

Locomotor Highway

Marble Madness

Commit 2B Fit®

Session Description: In this session you will be introduced to Commit 2B Fit®; a successful solution-based program that is reversing the trend of physical inactivity and poor nutrition through its integration in school, home, community. You will learn about the program components and turnkey implementation process. Specifically, information will be provided on a) contents of the Commit 2B Fit® daily planner, b) how students use the planner to set and assess goals in physical activity and nutrition by recording their daily physical activity and intake of fruits and vegetables, c) important incentives: Commit 2B Fit® Charm, d) Commit 2B Fit® after-school and summer camp programs and e) how to start a Commit 2B Fit® Community in your town.

Extended Description/Program Objectives: Commit 2B Fit® The number of overweight youth has more than doubled in the past two decades. Reports from the Centers for Disease Control and Prevention estimate that 15% or 9 million children ages 6-19 years are obese (Ogden, 2002). A number of reports have cited that inadequate physical activity as well as poor food choices have contributed to this problem. COMMIT 2B FIT® is an educational, youth physical activity and nutrition program supported by community partners that aims to increase awareness about the importance of daily physical activity and healthy food choices in elementary school students.

To participate in the program, students are asked to take the Commit 2B Fit® Pledge that commits them to be physically active every day and to make healthy food choices. Taking the pledge also earns them a Commit 2B Fit® necklace and charm that reflects their commitment to the program. Students are challenged to be physically active for 60 minutes a day and to make healthy nutrition choices.

To help them succeed in this program, students use a daily planner to list their ongoing activities

including eating and exercise behaviors. The planner (the same one they use to record their academic assignments) contains information such as the new food guide pyramid and the activity pyramid. As the students take their planner home for the parents to see their academic assignments, the parents also see what physical activity and nutrition choices the students have made. Now the folks at home become involved and Commit 2B Fit® often becomes a family program! A training manual helps students set goals and design an activity plan to meet their individual needs. Students continue to receive incentives as they meet their individual goals. Teachers also receive separate training manuals to help them integrate this information into other lesson plans.

A major grocery chain supports Commit 2B Fit® and displays promotional materials throughout their stores in a tri-county area which the community sees all year long. A radio station airs Commit 2B Fit® messages throughout the day which has made a major impact in the community. The county and city parks have designated specific Commit 2B Fit® activities for the whole family to enjoy and publish these activities in their promotional materials. Cities are giving proclamations declaring that they are a Commit 2B Fit® Community.

The Commit 2B Fit® program is a terrific way to encourage and reinforce healthy behaviors both in school and at home. The interactive nature of the program lends itself to use in the classroom, as well as at home and through community activities. Come to this session and find out how you can create the Commit 2B Fit® model in your schools and community.

Commit 2B Fit® was created based on a number of theoretical models including the: a) Transtheoretical Model of Change, b) Social Cognitive Theory, c) Cognitive Theory, with an Ecological Perspective".

We have additional support materials.

Email: commit2bfit@comcast.net
www.icommit2bfit.com

Students at our schools participate in a celebration of Dr. Seuss' s birthday on March 2nd each year. There are special events planned in the classroom and the lunchroom even serves "green eggs and ham" for breakfast, but the most fun takes place in the gym! Physical Education lessons are planned on this special day to reinforce reading with movement fun. Special activities are set up in the gym for many of Dr. Seuss's books, like Hop on Pop, Green Eggs and Ham, Fox in Socks, Cat in the Hat, The 500 Hats of Bartholomew Cubbins, The Foot Book, One Fish, Two Fish, Red Fish, Blue Fish, If I Ran the Circus, The Shape of Me and Other Things, McElligott's Pool, The King's Stilts, and the Lorax. There are many ideas for most books. We try to put a copy of the book with the station so students can read the book also. The students just love all the different activities and the teachers love the curriculum reinforcement.

Make your own matching games with characters from several Dr. Seuss books.
Dr. Seuss websites: www.catinthehat.org Other ideas on: www.atozteacherstuff.com
www.hubbardscupboard.org/dr_seuss_on_the_loose.html

Another school wide activity is for our staff to select a Dr.Seuss book and recreate a page from the book on doors through out the school. One page per door. It's a different book each year. Copyright laws prevent copying the exact images from the book so the teachers get very creative. This year I took pictures of each door and created a book for the students to read at a station.

Ideas were gathered from many sources and other teachers by Amy Rice, arice@floydboe.net, Glenwood Primary School and Penny Pryor, ppryor@floydboe.net, McHenry Primary School. Both are National Board Certified in Early and Middle Childhood Physical Education.

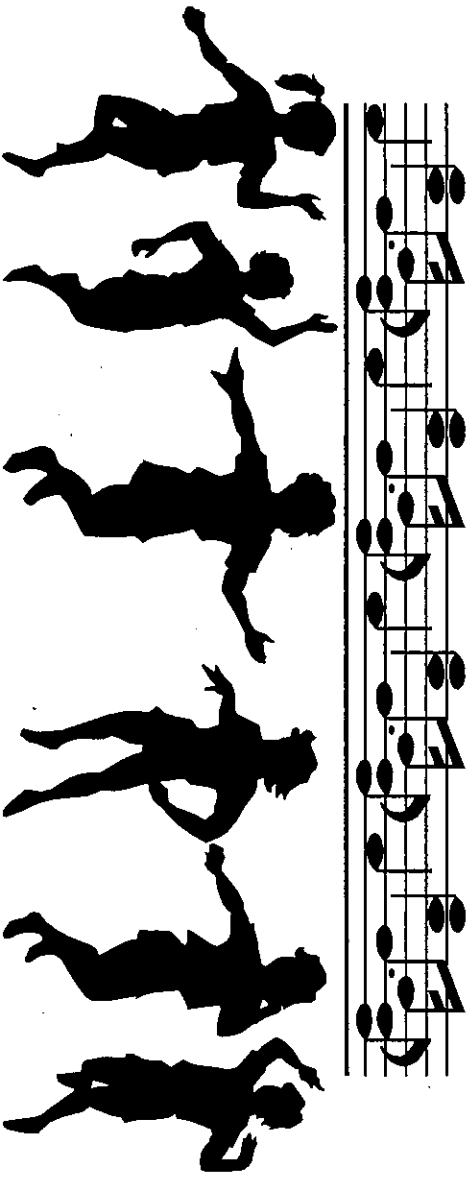
CES Rhythms Team

We're Back! Come watch the CES Rhythms team present 5 new rhythm routines. There will be handouts describing the routines given out. These routines can be copied and used for such events as: PTO performances, Parent's nights, PE demonstrations, local festivals, etc. We even take our group to neighboring schools, nursing homes, malls, etc.

Our school held try-outs and picked a team in mid September. The students have been practicing for 30 minutes, three days a week. They will perform two tinkling with pvc poles, one tinkling with elastic bands, one flag routine, one lummi stick and possible one line dance in their show.

Come watch our show!

Get some great ideas for performances!
Handouts will be available!



FUN OUT OF A SUITCASE FOR 80-100 STUDENTS:

GAMES & RHYTHMS FOR K-5

Geri Grimmert
Laura Vaden
Mark Banasiak
Mark McNiel
Sango Elementary School
3585 Sango Road
Clarksville, Tn. 37043
(931)358-4093 ext. 1139
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Got large classes? Want lots of movement? Got a suitcase to carry equipment? **WE'RE THE SESSION FOR YOU!** Come and enjoy large group activities that will maximize movement while increasing your heart rate and teaching a variety of skills including: tossing, catching, rhythms, dribbling and locomotor movements. Lots of fun and handouts will be provided.