

Friday, October 11th

Registration opens at 12:00 pm--Johnson Center lobby, UNM

Time	Room	Presenter	Session Title	Session Description
8:00 AM	TBD	Desert Lotus Yoga ABQ	Yoga!	Come join an early-bird, active session with a Yoga Instructor from Desert Lotus Yoga Abq
9:00 AM	154	Pam Powers- Moesser	Dance for Everybody	Learn how to incorporate dance into a quality Physical Education Program
10:00 AM	Main Gym (west)	Adriana Lucero; Christopher Mellor	Inclusive Warm-ups	This session will provide physical educators with warm-ups ideas to help incorporate individuals with disabilities confidently move in their classroom
11:00 AM	Main Gym (west)	Kelly Simonton	Pickleball skills, tactics, and lead up activities: Using a tactical approach	This instructional activity session focuses on the application of the Tactical Games Model as a way to increase student knowledge and engagement in physical education. This session will focus on the lifetime activity of pickleball and introduce basic skills, tactics, and lead up games using the Tactical Games framework. Teachers will be exposed to small sided learning activities as well as using, questioning as teaching, pedagogical skills. Although pickleball is the focus of this presentation, teachers will gain knowledge in Tactical Games Model that can transfer to a variety of other sports and lifetime activities.
12:00 PM	B100	SHAPE NM	LUNCH & MEETINGS	Join us for a working lunch as we enjoy pizza and salad and discuss SHAPE New Mexico business
1:00 PM	150	Pam Powers- Moesser	Dove Self-Esteem	Learn how to teach self-esteem lessons to upper elementary, middle school, and high school students

1:00 PM	Main Gym (west)	Michael Anderson	HIIT Fitness	See and practice fitness in an exciting way; learn how to incorporate fitness into lessons and family fitness nights
2:00 PM	Main Gym (west)	Chris Mellor; Adriana Lucero	Getting away from traditional warm-up sessions: innovative ideas for instant activities	The program objective is to provide the participants with alternative instant activities that focus on a variety of movements and cross-circular subject matters. This is one way to advocate for physical education with classroom teachers. It has been a longstanding viewpoint of mine that if you take an interest in their subject matter, classroom teachers might take more of an interest in ours. At the very least, this might open up the doors for communication between physical educators and classroom teachers. While we might not want to change our lessons/ unit completely to incorporate other subject matters, there is an avenue to incorporate these into meaningful warm-ups that do not take a great deal of time to accomplish. The session will include instant activities that deal with: fitness, nutrition, flexibility, mathematics, literacy/spelling, geography, and team building.
2:00 PM	154	Ann Paulls-Neal	Health Moves Minds	Learn about SHAPE America's new program for teaching students about mental and emotional health. Experience parts of the lessons and have a chance to sign up