

20th NORTHWEST FLORIDA
PHYSICAL EDUCATION,
HEALTH AND WELLNESS DRIVE-IN CLINIC

8:00 A.M. – 1:30 P.M.
Saturday, February 13, 2010
Heath Leisure and Sports Building
University of West Florida
Pensacola Florida

AGENDA

8:00 – 8:30 **Registration Outside of Recreation Gym**

8:30 – 9:00 **Opening General Session – Recreation Gym**

“Welcome and Introductions”

Roxanne Baker (*Specialist for Physical Education, Health, Wellness, Driver Education and Athletics, School District of Escambia County*)
(President, Florida Alliance of Health, Physical Education, Recreation, Dance and Sport)

Dr. John Todorovich (*Chairperson, Division of Health, Leisure and Exercise Science, University of West Florida*)
(President, Physical Education Association) Florida Alliance of Health Physical Education, Recreation, Dance and Sport.

Daniel Drost (*Chairperson, Elementary Physical Education Council*) Florida Alliance of Health Physical Education, Recreation, Dance and Sport.

Cassandra Waller (*President, Escambia Physical Education Association*)

9:10 - 10:00 **Session 1**

“Modern Activities for Balance & Stability” – Recreation Gym Ct. 3

Presenters: Cristen Miller (West Pensacola Elementary School) & Whitney Voeltz (Scenic Heights Elementary School)

Description: Participants will learn new strategies for teaching balance and stability using new and modern equipment. Skills learned can be implemented into sports and lifelong activities.

“Hula huts in Physical Education” – Recreation Gym Ct. 1

Presenter: Jesse Harms (Scenic Heights Elementary School)

Description: Participants will learn how to construct a hula hut and different activities you can do using the hut.

10:10 – 11:00 Session 2

“Innovative Aerobics” – Blue Studio

Presenter: Karen Crane (Semmes Elementary School)

Description: Participants will experience incorporating different types of equipment into Aerobic Dance. (ex: scarves, tennis balls, noodles, steppers, golf clubs, etc.)

“Get Your Dodgeball Fix Withouts Hits” – Recreation Gym Ct. 1

Presenter: Whitney Voeltz (Scenic Heights Elementary School)

Description: The participants will learn alternative ways to play traditional dodgeball, where no one is out and everyone plays. The focus will be on underhand and overhand throwing.

“Skills, Drill & Thrills” – Recreation Gym Ct. 3

Presenter: Robert Isosaari (*University of West Florida*)

Description: The participants will learn racket skills from beginning to intermediate with everyone moving.

11:10 – 12:00 Session 3

“Everybody Moves in My Gym” – Recreation Gym Ct. 1

Presenter: Casandra Waller (McArther Elementary School)

Description: Participants will experience a combination of activities using plastic bags, soda/water bottles, hula hoops, that get every child active during class. The games presented will improve skill development and cardiovascular endurance while teaching offensive and defensive strategies

“Hula Hoop Fun” – Teaching Gym

Presenter: Diana Olave (Montclair Elementary School)

Description: Participants will learn new fun, creative, and original activities using hula hoops.

“Latin Cardio” – Blue Studio

Presenter: Kym Atwood (University of West Florida)

Description: Participants will learn a combination of Latin dance moves that will enhance your cardio workouts.

12:10 – 1:00

Session 4

“Stationary Rope Jumping” – Recreation Gym Ct. 1

Presenter: Lisa Moss and Nancy Thomas (Ferry Pass Elementary School)

Description: Participants will experience Indoor and outdoor short jump rope challenges.

“Line Dance Mania” – Blue Studio

Presenter: Jesse Harms (Scenic Heights Elementary)

Description: Participants will learn the following fun line dances: Mississippi Cha Cha Slide, Down South Shuffle, Cleveland Shuffle, Chinese Checkers, Boom Boom Pow, Who Let The Dogs Out.

“Rainy Day Activities” – Teaching Gym

Presenter: Tammy Cooper (Cordova Park Elementary School)

Description: Participants will learn a variety of fun action packed activities that utilize small spaces.

1:10 – 1:30

Closing General Session

“Wrap-Up”

Roxanne Baker (*Escambia County*)

“Door Prizes”

Escambia Physical Education Association (EPEA) Leadership Team