

2026 Best Practices in Health and Physical Education Conference

Monday, July 27

9:10 - 9:50 a.m. | Introduction to New State Standards

10 - 10:45 a.m. | Pre-Conference Workshop Options Round 1

Health Track - Skills-Based Health Education 101: A Practical Introduction -
Rebekah Johnson, Yoonsin Oh, and Meghan Dahm

PE Track - Don't Just Move - Make It Matter: Powering PE with Skills-Based Health
- Ann Hockett and Hayden Lor

Health Track - Skills in Action: Making Health Standards Interactive, Engaging, and
Real - Chloe Allen and Carlos Rodriguez

10:45 - 11 a.m. | Break

11 - 11:45 a.m. | Pre-Conference Workshop Options Round 2

Health Track - Skills-Based Health Education Resources from the Wisconsin
Department of Public Instruction - Meg Whaley

Health Track - On, Wisconsin! Modeling Decision Making & Communication in the
Health Classroom - Ian Lacasse

Health Track - Supporting Classroom Teachers with Skills-Based Health
Curriculum Development & Instruction - Ashley Pletzer and Brett Fuller

11:45 a.m. - Noon | Closure/Questions

Noon - 1 p.m. | Lunch

1 - 1:55 p.m. | Breakout Session 1

Health - Agency Required. Using AI Without Losing Your Voice - **Matt Hagedorn**

Elementary PE - We> Me: How to Build a Community through Team Building - **Dustin Ambort and Laura Gunderson**

Secondary PE/Adapted PE - The Secret Recipes of Social Skills in Physical Education - **Courtney Lukasavitz**

2:05 - 3 p.m. | Breakout Session 2

Health - Skill Based Health: What is it? Curriculum Planning - **Sandee Ortiz**

Elementary PE - Connecting Students, Schools and Community Through Movement and Wellness Initiatives - **Chuck Heurkens and Margie Kaphingst**

Secondary PE/Adapted PE -Sepak Takraw- Do you love soccer and volleyball, let's put them together!!- **Justin Dusso**

3:10 - 4:05 p.m. | Breakout Session 3

Health - Health Literacy Activities - **Laura Walan**

Elementary PE - Purposeful Play - **Sadie Stark and Katrina Haynes**

Secondary PE/Adapted PE - Disc Golf For a Lifetime: A Dynamic, Hands On Session Bringing Disc Golf to Your School - **Jay Reading and Des Reading**

End of Day 1

Tuesday, July 28

7 - 7:45 a.m. | Registration and Breakfast

8 - 8:30 a.m. | Keynote

What Kind of Teacher Do You Want to Be? - **Mark House**

8:40 - 9:35 a.m. | Breakout Session 4

Health - THE FUSED Technique: Which Cues are for You, and your Students!? - **Kristen Ford and Julie Knutson**

Elementary PE - All the Way Up: A Vertical Journey Through Meaningful PE - **Jo Bailey, Cindie Cortinas-Vogt, Barb Borden, and Katrina Haynes**

Secondary PE/Adapted PE - More Than Movement Minutes: Designing APE for Real-World Success - **Lynsey Anderson**

9:45 - 10:40 a.m. | Breakout Session 5

Health - Health in Motion - **Caitie McCray**

Elementary PE - Small Cups, Large Cups? Why you need both! - **Mike Chamberlain**

Secondary PE/Adapted PE - Building a Culture of Effort Through Growth-Based Practices & Student Choice - **Alex Grycowski**

10:50 - 11:45 a.m. | Breakout Session 6

Health - Health Class Greatest Hits (and a Few Deep Cuts) - **Andy Milne**

Elementary PE - Hades Gonna Hates - Activities to bring the wonders of Mythology to your classroom- **Valerie Nagy**

Secondary PE/Adapted PE - Active Bodies, Active Minds: Maximizing PE Engagement Through Student Discourse - **Jennifer Smith**

1:45 a.m. - 12:30 p.m. | Lunch and Exhibitor Walkthrough

12:30 - 1:25 p.m. | Breakout Session 7

Health - Walk In Their Shoes - An Immersive Experience to Build Empathy and Action for Trans Youth- **Britany McBride**

Elementary PE - In it to Win It - **Mark Housel**

Secondary PE/Adapted PE - Adapted Sports League - Creating Varsity Athletics for High School Students with Disabilities - **Korey Kleinhans**

1:35 - 2:30 p.m. | Breakout Session 8

Health - Skill-Based Health & AVID Strategies 2.0 - **Haley Rohloff**

Elementary PE - Move More, Learn More: The Power of Active Classrooms - **Kelly Zerby**

Secondary PE/Adapted PE - Meaningful PE: Lessons Learned and Looking Ahead - **Andy Milne**

2:40 - 3:35 p.m. | Breakout Session 9

Health - From Passive Notes to Active Skills: Rethinking Note-Taking in Health Education - **Lindsey Prozanski**

Elementary PE - The Art of Extra: Elevating Student Engagement - **Auburn Cain**

Secondary PE/Adapted PE - What's Working, What's Next: Early Career Perspectives in Physical Education - **Sawyer Koplein, Lauren Kidd, and Lynsey Anderson**

3:45 - 4:40 p.m. | Breakout Session 10

Health - Pause-Check-Protect: Teaching Scams & Sextortion in Health Class - **Allisha Blanchette**

Elementary PE - A Few of Our Favorite #PhysEd Things! - **Ryan Regan and Kelly Zerby**

Secondary PE/Adapted PE - Teaching Cues and Management for Safe Weightlifting - **Ryan McKinney**

5 p.m | Social - School health Picnic

End of Day 2

Wednesday, July 29

7 - 7:45 a.m. | Breakfast and Networking

8 - 8:55 a.m. | Breakout Session 11

Health - THE FUSED Health Education Technique | Looping for Learning
- **Kristen Ford and Julie Knutson**

Elementary PE - Map the Music, Make the Movement - **Kristi Mally**

Secondary PE/Adapted PE - Elevating Team Building in Physical Education -
Brian Kenney and Tim Mueller

9:05 - 10 a.m. | Breakout Session 12

Health - Digital Dilemmas: Teaching Media Literacy and Online Safety through Skills-Based Health Education - **Lindsey Prozanski**

Elementary PE - The Power of PEACE: Teaching Emotions Through Physical Activity - **Kelly Zerby**

Secondary PE/Adapted PE - Elevating Team Building in Physical Education -
Brian Kenney and Tim Mueller

10:10 - 11:05 a.m. | Breakout Session 13

Health - Engagement Strategies to Enhance Skills Based Health Education - **Chloe Allen**

Elementary PE - Pick Up the Pace with Paddle Zlam - **Becky Foellmer and Mark Foellmer**

Secondary PE/Adapted PE - Different Ways from a Different Teacher - **Heather Burd**

11:15 a.m. - 12:10 p.m. | Breakout Session 14

Health - Whole-Child Health in Action: Nutrition, Physical Activity, and Mental Well-Being E-Learning Lessons from Children's Wisconsin - **Clay Anton**

Elementary PE - Sync it Up: How Structures of Play Fit in a Year- **Will Westphal**

Secondary PE/Adapted PE - Creating Excitement in High School PE with Meaningfully Differentiated Experiences - **Lisa Smith**

Thank you!
