

## West Best Schedule - Ingraham HS Feb 1, 2025

8:00-9:00	Registration/Exhibits			
9:00-9:20	Opening Remarks	=====	=====	=====
	<b>East Gym</b>	<b>West Gym</b>	<b>West Lower Gym area and/or Weightroom</b>	<b>Classroom</b>
9:30-10:20 Session 1	Jo Dixon OPEN National Trainer  Flag Football (3-5 Elementary)	Christy Wilson School Health National Trainer  Every Body Move: Engaging ALL Students in PE (Elementary)	Jessie Purcell SPS Demo PE Teacher  Weightroom Fitness/Conditioning (Secondary)	Josie Haley SPS Physical Education  Communication: students, staff and community and much, much more..... (K-12)
10:30-11:20 Session 2	Jo Dixon OPEN National Trainer  Flag Football (6-8 Middle School)	Christy Wilson School Health National Trainer  Game On: Unleashing Fun Activities with Creative Games and Cool Gear! (K-8)	Toni Bader SPS Adapted Physical Education Teacher Leader  Universal Physical Education (Secondary)	Ken Turner OSPI  Washington state K-12 PE standards review (K-12)
11:30-12:20 Session 3	Brooke Nelson SPS and Teacher Leaders  ALL KIDS BIKE (Prek-2) Let's Go (3-5) Let's Go Further (6-8) Traffic Gardens	Liz Fleck SPS Elem PE Demo Teacher and Peter Marcy SPS PE Specialist  Early Learning Fitness (ELF) (Elementary)	Linse Hill SPS PE Demo Teacher Erin Telford SPS Teacher Leader  POLAR Heart Rate Monitors (Secondary)	Chris Brannon SPS PE Demo Teacher  Brainball – Mini (K-12)
12:30-1:20	LUNCH/Exhibits	LUNCH/Exhibits	LUNCH/Exhibits	LUNCH/Exhibits

<p>1:30-2:20 Session 4</p>	<p>Jo Dixon OPEN National Trainer</p> <p>Fitness Planning (Secondary)</p>	<p>Christy Wilson School Health National Trainer</p> <p>NEW Five for Life Curriculum (K-8)</p>	<p>Vince Tarsi School Health National Trainer</p> <p>POLAR Heart Rate Monitors (Elementary)</p>	<p>Jenni McCloughan Edmonds School District and Mandy Zylstra Tacoma School District</p> <p>District Coordinators and District Teacher Leaders (K-12)</p>
<p>2:20-2:25</p>	<p>APPLE BREAK</p>	<p>APPLE BREAK</p>	<p>APPLE BREAK</p>	<p>APPLE BREAK</p>
<p>2:30-3:20 Session 5</p>	<p>Paul Wright Disc Golfer and Jeff Ogden former NFL player</p> <p>"Disc Golf - Lifelong Sport with Low Barrier of Entry" (Secondary)</p>		<p>Cheryl Parks PE Teacher Leader, Renton School District and Matt Turner PE Teacher</p> <p>"A tribute to the Turners" (Elementary)</p>	<p>Jenni McCloughan Edmonds School District and Erin Telford SPS</p> <p>Table Talks: "Solutions for Problems of Practice and more....." (K-12)</p>
<p>3:30-4:00</p>	<p>Clock Hours</p>	<p>7 Clock Hours Available</p>	<p>=====</p>	<p>=====</p>