

*Maine Association for Health, Physical
Education, Recreation, and Dance
81st Annual Conference*



Engage • Educate • Inspire

Active Learning for Healthy Living

November 1-3, 2026

To register for conference, reserve a room at the Samoset, and to view the conference schedule please visit the Maine AHPERD website:

www.maineahperd.org

Cash, checks, and credit cards are accepted. Purchase orders are not accepted.

Conference registration fees should be received by Maine AHPERD prior to the conference or paid when you check in at conference.

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 Confident Me!

 My Hair My CROWN

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Focus
Positive Body Confidence



Target
ALL Students 11-17

Cost
NO Cost Curriculum

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DSEP Lessons promoting positive self-esteem.

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**Direct potential exhibitors and sponsors
to the Maine AHPERD web page**

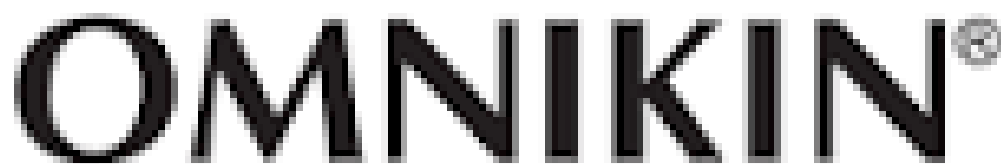
www.maineahperd.org

If you have a suggestion for a non-profit or profit company who would benefit from being in front of approximately 400 of Maine's health and physical education teachers please connect them with one of these board members:

Becki Dodge - becki.dodge46@gmail.com

Check out the Maine AHPERD website as more sponsors & exhibitors register to join us!

Dove Self-Esteem Project
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OPEN US Games
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Maine Family Planning
The Sports Museum
GOPHER Sport
OUT Maine
Special Olympics Maine
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Minding our Mind



Conference & Samoset Fees

Registration Fees

Early bird registration - **\$235**

August 12 - October 1, 2026

(includes \$75 membership)

Registration - **\$265**

October 2 - November 3, 2026

(includes \$75 membership)

Student/retiree early bird registration **\$55**

August 12 - October 1, 2026

(includes \$15 membership)

Student/retiree registration - **\$85** October 2

- November 3, 2026 (includes \$15

membership)

Samoset Lodging

Single/double rooms - \$154 plus taxes per night

Suites - \$339 plus taxes per night

**Go to the [Maine AHPERD website](#) for the
[link to reserve a room at the Samoset.](#)**

If you are rooming with another person(s), please give the name(s) when you register. Be sure to specify that you are with the Maine AHPERD conference to receive the special rate.

Tax Exemption Requirements

To avoid being charged tax on your room, you must pay with a school credit card or school check and you must present your school's tax-exempt form when you check in!

BOWLING SOCIAL

Strike Up Some Fun!



MONDAY, NOVEMBER 2



**OAKLAND PARK
BOWLING LANES**

732 Commercial St.
Rockport, ME 04856

Bring a Can,
**MAKE A
DIFFERENCE!**

Please bring one
canned food item
to support our
local food pantry.



Join us for



BOWLING



BEERS
at the Bar



TRIVIA



GREAT
Company!

★ **EVERYONE IS WELCOME!** ★

Come roll a few strikes, enjoy some laughs,
and help **support our community!**

2026/2027 Maine AHPERD Board Members

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If you are interested in being a member of the Maine AHPERD board or would like to learn more, please email Jamie Dillon (jamie.dillon@spsdme.org) or Becki Dodge (becki.dodge46@gmail.com) or talk with any current or past board members.

Conference App

Maine AHPERD does not print conference programs.

Download the GLIDE APP on your phone or other device.

Directions will be made available prior to conference.

Conference Meals & Pricing

We are pleased to offer the following four meals at conference. The meal prices include gratuity and tax and are subsidized by Maine AHPERD for our members.

Indicate which meals you are purchasing when you register for conference.

DIETARY NEEDS? Please note on your conference registration form to help us meet your needs.

Sunday Awards Dinner Banquet - \$45

Entree Choices: Chicken Marsala, Baked Stuffed Haddock, Vegan Mushroom & Pea Risotto
Garden salad, seasonal vegetables, brown wild rice, whole wheat rolls and butter, coffee, decaf coffee, tea, milk, NY style cheesecake with strawberry coulis

Monday Breakfast - \$24

Sliced fruit, fresh fruit juices, scrambled eggs, bacon, home fries, blueberry muffins, coffee and tea

12:15 - 12:45 pm Monday Taco Lunch - Included in Registration

12:45 - 1:00 pm - (lunch continues) Welcome, announcements, introduction of 2026 Teachers of the Year and Outstanding Future Professionals who we recognized at the Sunday night banquet

1:00 - 1:15 pm - Raffle give-a-ways with exhibitors (must be present to win)

Tuesday Breakfast - \$24

Sliced fruit, fresh fruit juices, scrambled eggs with cheddar cheese, sausage links, home fries, bagel station, coffee and tea

Conference Special Events

Sunday, November 1st - Maine AHPERD social from 5:30 - 6:20 pm in the Schooner Room - stop by for a beverage, appetizers, and to meet our 2026 award winners.

Other university socials will be announced prior to the conference.

Sunday, November 1st - Awards Dinner Banquet from 6:30 - 7:30 pm
Award Presentations from 7:30 - 8:30 pm

Monday, November 2nd - Exhibit Hall open from 8:00 am - 3:00 pm

Monday, November 2nd - Candlepin Bowling 7:00 - 9:00 pm. After a day of attending sessions join us, kick back, and have some fun socializing, playing candlepin. Cash bar, prizes, and tons of fun!

Join Us for the Maine AHPERD
Teacher of the Year and Honor Awards Banquet
Sunday, November 1, 2026
Dinner at 6:30 pm
Award presentations at 7:30 pm

The Teacher of the Year Awards are sponsored by:



Monday Exhibit Hall Activities

Businesses and non-profits who join the exhibit hall on Monday, November 3rd are very important to the success of our conference. Attendees are encouraged to spend time visiting with the exhibitors and gathering resources. Please note the schedule and plan accordingly.

10:30 - 11:10 am - Dedicated time for attendees to visit with the exhibitors - enjoy a cup of coffee or cold beverage, cookies, and fruit. Everyone who participates in this exclusive time with the exhibitors will be given 5 raffle tickets. Leave a ticket with exhibitors who you visit and be entered into the lunch-time give-a-way drawings. (Must be present to win.)

12:15 - 1:15 pm - Lunch in the exhibit hall

1:00 - 1:15 pm - Exhibitors Raffle Give-a-ways (Must be present to win.)



The SHAPE America National Convention & Expo is the only event of its kind! Choose from over 400 sessions featuring world-renowned speakers, honorees, athletes, and researchers. Visit the trade show highlighting over 200 products and service providers. Unite with friends and colleagues, and forge new relationships with professionals from across the country.

2026 Maine AHPERD Annual Conference Schedule

(The schedule is subject to change)

HE - Health Educators, **PE** - Physical Educators, **REC** - Recreation Professionals

APE - Adapted Physical Education, **DANCE** - Dance Professionals,

ALL - Information is pertinent to all attendees **COACHES** - Coaches

Sunday, November 1, 2026

PRE-CONFERENCE

Building (or Refining) Your Skills-Based Health Education Curriculum

1:00 pm - 4:30 pm

HE Join us for a pre-conference workshop that will be a mix of instruction, collaboration and time to work on your skills-based health education curriculum. We will discuss key elements of a skills-based approach and then provide time for you to work on your own curricular materials - with some collaborative brainstorming & feedback too!

Presenter: Dr. Sarah Benes, Associate Professor, Southern CT State University

Room: Schooner

PRE-CONFERENCE

CPR and Stop the Bleed

1:00 pm - 5:00 pm

PRE-Registration is required

ALL The regional school nurse liaisons from the Maine DOE will provide Stop the Bleed training and CPR certification (adult, child, infant). The nurse liaisons can accommodate up to 24 participants. There is a charge (\$20) for the CPR certification.

Presenters: Maine DOE Regional School Nurse Liaisons (Nicole Furlong and others)

Room: Spruce Head

SESSION 1: 1:00 pm- 2:00 pm

PE All Things Biking: Discussion about how EEMS uses bikes from ES to MS

Presenters: Matthew Downs, Ellsworth Middle School PE Teacher & Dave Norwood, Ellsworth Elementary School PE Teacher

Room: Owl's Head

PE. REC USTA School Tennis: Bring tennis to your school! The new enhanced USTA Schools Program is free and provides a turn-key solution. No tennis courts are required! This interactive workshop will show you how to transform any school space into a tennis area for K-12 students. You'll experience samples from USTA's School tennis curriculum, which was co-written by SHAPE America and physical educators. The USTA also provides the opportunity for teachers to qualify for free equipment packages.

Presenter: Eric Driscoll, USTA New England - Schools and Tennis in the Parks Manager

Room: Camden

PE OPEN to Connection: Come prepared for an interactive session that builds confidence, strengthens relationships, and fosters a culture of connection. These engaging activities promote communication, teamwork, and personal responsibility while creating meaningful opportunities for students to connect, engage, and inspire one another.

Presenter: Nick Kline, SUNY Cortland; Founder of **Be the Hype**; OPEN National Trainer

Room: Rockland

ELEM PE, MS PE Physed 101: Tips and Tricks for Student Success: Do you need some new ideas? Perhaps a couple of new strategies for success? Well this is the session for you. From strategic seating to instant activities, here are some new ideas for you to try out! Teacher tested and kid approved!

Presenter: Kelly Zerby, Elementary PE Teacher; DeKalb CUSD #428, Illinois; SHAPE America Board of Directors; 2022 SHAPE Midwest Elementary Physical Education Teacher of the Year

Room: Rockport

SESSION 2: 2:15 pm - 3:15 pm

PE, COACHES The Scrimmage of Law & Ethics: A Guide for Physical Education

Teachers and Coaches: In the fast-paced environment of the gym and the field, the line between a "tough play" and a "legal liability" can blur in an instant. The Scrimmage of Law & Ethics is designed to help PE teachers and coaches navigate the complex intersection of student safety, professional responsibility, and moral integrity. This session goes beyond standard drills to examine the critical "Duty of Care," addressing real-world scenarios involving negligence, supervision gaps, and the evolving ethical dilemmas of modern school sports. You will walk away with a clear "game plan" to sidestep legal pitfalls while fostering a culture of integrity, ensuring that your focus remains where it belongs: on the athletes and the game.

Presenter: Dr. Aaron Thompson, New England College, NH

Room: Rockport

HE Ready, Set, Life: Health Education for the real world!: Have you been wanting to include some 'life hack' activities to your secondary health education class? Maybe you've been looking to incorporate alternative 'real world' connections. If so, this is the session for you! We will discuss why financial planning & meal prepping on a budget are essential skills for all students & how you easily add them to your current curriculum! You will leave with 3 activities that can be integrated into Nutrition or Financial Health and Wellness units.

Presenter: Sarah Loranger - Health Science Teacher, Yarmouth High School

Room: Pen Bay

PE. REC USTA School Tennis: (this is a second offering of this session) Bring tennis to your school! The new enhanced USTA Schools Program is free and provides a turn-key solution. No tennis courts are required! This interactive workshop will show you how to transform any school space into a tennis area for K-12 students. You'll experience samples from USTA's School tennis curriculum, which was co-written by SHAPE America and physical educators. The USTA also provides the opportunity for teachers to qualify for free equipment packages.

Presenter: Eric Driscoll, USTA New England - Schools and Tennis in the Parks Manager

Room: Camden

HE Puberty and Sex Ed ~ Not the Only Controversial Topics in Health Education: Geared toward newer Health Educators (veterans welcome to attend) we will discuss how to handle "controversial" topics in Health Education.

Presenter: Karyn Bussell, Health Teacher, Skowhegan Area MS; 2025 MS HE TOY

Room: Monhegan

PE, REC Active Outdoor Navigation: Bringing Orienteering to Your PE Program:

Orienteering is cross-country running but choosing your own route between checkpoints shown on a map. Through orienteering, students develop spatial awareness and reasoning, build agility and fitness through vigorous outdoor exercise on varied terrain, and gain confidence navigating in both familiar and new places. In collaboration with PE teachers, Navigation Games has created an orienteering-based curriculum that can be used anywhere, including indoors in bad weather. In this workshop, you will learn about the sport of orienteering and how to implement our progression of navigation games in your program. You will try some of our introductory activities and come away with everything you need to bring orienteering to your students, including lesson plans and a list of materials. Weather permitting, we will do some activities outside; come dressed for it!

Presenter: Barbara Bryant, President, Navigation Games

Room: Owl's Head

PE Creative Ways To Fund Your PE Program: This interactive session will provide physical educators with practical and innovative strategies for securing funding to enhance their PE programs. Participants will explore grant-writing techniques, corporate sponsorships, community partnerships, fundraising initiatives, donor platforms, and creative budgeting practices that can help acquire equipment, technology, curriculum resources, and special program opportunities. Attendees will leave with actionable tools, funding resources, and real-world examples that can be immediately implemented to support and expand quality physical education programs regardless of school size or budget constraints.

Presenter: Jerry Honeycutt, South Carolina State PE Teacher Of the Year 2025, 2019, 2016, 2012)

Room: Rockland

SESSION 3: 3:30 pm - 4:30 pm

PE Quick Instant Activities: This session will provide physical educators with a collection of high-energy, low-preparation “instant activities” designed to maximize active participation from the first minute of class. Participants will explore adaptable games, warm-ups, and transition activities that require minimal equipment and space while maintaining high levels of student engagement and movement. Emphasis will be placed on management strategies, quick setup routines, differentiation for varying skill levels, and alignment to physical education standards. Attendees will leave with a practical toolkit of immediately usable activities that can be implemented across elementary, middle, and high school settings to increase activity time, improve classroom flow, and enhance student motivation.

Presenter: Jerry Honeycutt, South Carolina State PE Teacher Of the Year 2025, 2019, 2016, 2012)

Room: Rockland

ALL Ideas in the Wild: Student Outdoor Product Pitches & Peer Feedback: What happens when the next generation of outdoor innovators takes the stage? In this dynamic session, students pitch original outdoor product ideas, from concept to brand strategy, while seeking real-time feedback from the audience. Participants are encouraged to engage, challenge assumptions, and offer insights that can help shape these emerging ventures. This session blends creativity, entrepreneurship, and collaboration, offering a front-row seat to the future of outdoor recreation.

Presenters: Dr. Aimee Vlachos, Director of Outdoor Business & Innovation, UNE

Room: Rockport

HE Using Sports To Prevent Bullying: Boston vs. Bullies is an evidence-based program that uses the power of sports to help kids stop bullying. The program, based on the latest research on bullying prevention, uses videos and materials featuring current professional Boston athletes.

- Veronica Burton (WNBA)
- Garrett Chochet (Boston Red Sox)
- Christian Gonzalez (New England Patriots)
- Kaipono Kayoshi (Free Jacks)
- Megan Keller (Boston Fleet, USA Olympic Women’s Hockey Team)
- Hampus Lindholm (Boston Bruins)
- Kate Mitchell (New Balance)
- Will Sands (New England Revolution)
- Derrick White (Boston Celtics)

Boston vs. Bullies uses the influence of Boston's professional sports teams and athletes to educate youth and prevent bullying. Its primary objectives are to increase knowledge of bullying, teach practical bystander intervention strategies, and reduce overall bullying behavior in schools and communities.

Program evaluation showed that Boston vs. Bullies is engaging, easy to use, and helps kids stand strong against bullying. Available free of charge, the program is geared toward students in grades 4-6 but can be adapted for older and younger kids. To date, over 325,000 students have participated in Boston vs. Bullies.

Presenter: Michelle Gormley, Director of Education, The Sports Museum, Boston, MA

Room: Owl's Head

Monday, November 2nd, 2026

Join 2019 Maine AHPERD High School Physical Education Teacher of the Year and Current Executive Director Rick Kramer, Monday, November 2nd @ 6 am in the Lobby to head out for a beautiful morning run/walk around the Samoset. Rick began his walking in earnest in spring of 2020 and he enjoys what walking does for mental wellness and he wants to inspire others to improve their physical and mental health.

SESSION 4: 8:15 am - 8:45 am

Keynote Address

ALL - Information is pertinent to all attendees



Nick Kline

SUNY Cortland
Founder of **Be the Hype**
OPEN National Trainer

Room: Rockland/Rockport

SESSION 5: 9:00 am - 10:00 am

ELEM PE, MS PE Unlocking GRIT: Minute to Win Boss Level Challenges: This high-energy module turns movement into mission-based learning, helping students build GRIT through Growth Mindset, Resilience, Inspiration, and Tenacity. Designed for flexibility across any setting, these quick challenges can serve as instant activities or as standalone experiences. Participants will leave with ready-to-use strategies to boost engagement and foster a positive student mindset.

Presenter: Nick Kline, SUNY Cortland; Founder of **Be the Hype**; OPEN National Trainer

Room: Rockport

PE, REC, COACHES COACHING IN THE RURAL LANDSCAPE: A long standing issue in rural schools and communities. Having qualified coaches to provide appropriate coaching for schools, rec. dept. and PE programs. Using the "Athletes Bill of Rights" as a baseline for promoting quality access to all kids regardless of zip code. Sharing a workbook "The Common Error" that would provide a quick reference for all sports and activities to allow an inexperienced adult to know what to look for and how to solve for predictable errors that are frequently seen in novice populations. Presentation of other alternative approaches and solutions for Rural Communities facing experienced coaching shortages

Presenter: Todd Papianou, Mountain Valley HS PE, Advisor Outing Club, 2023 ME HS PE TOY

Room: Monhegan

ELEM PE Little Learners On The Move: ABC's & 123s: This interactive Pre-K session focuses on building foundational skills in letters, colors, numbers, animal movements, and patterns through purposeful movement. Children learn best when they are actively engaged, so this session integrates movement-based strategies that support early literacy, math, and cognitive development. Participants will explore hands-on activities that encourage Pre-K & Kindergarteners to move, play, and learn simultaneously while strengthening coordination, memory, and pattern recognition.

Presenter: Marilena Canuto, Berwick Academy PreK-4 PE

Room: Spruce Head

HE Strategies for Accessible Health Education (Supporting Students with Disabilities in HE): In this interactive section, we will focus on supporting students with disabilities in the health classroom. We will explore the emerging concept of accessible health education (AHE) and describe core elements of AHE. We will share key strategies you can use to support students with disabilities in your health education classroom, including some examples and resources. You will leave with some tools for your "AHE toolbox".

Presenter: Dr. Sarah Benes, Associate Professor, Southern CT State University

Room: Schooner

PE, HE, APE **Updates from the Maine DOE:** The Health Education and Physical Education Specialists will share information from the Maine DOE as it relates to Maine DOE initiatives and professional development.

Presenter: Dr. Carolyn Gross, Physical Education Specialist, Maine DOE

Room: Pen Bay

PE, REC **From Requirement to Routine: Using Self-Efficacy to Prepare Students for Post-Secondary Fitness:** "Why do some students thrive in a campus recreation setting while others never step foot in a gym? Drawing from dissertation research on college populations, this session explores the critical role of self-efficacy in fitness adherence.

We will bridge the gap between K-12 Physical Education and lifelong wellness by identifying the specific 'efficacy-boosters' that help students maintain a fitness identity after graduation."

Presenter: Dr. Jennifer McNulty, Senior Lecturer of Health Education and Lifespan, University of Maine

Room: Owl's Head

ELEM PE, MS PE, DANCE **Groove it or Lose It: Keeping PE Classes Moving to the Beat:**

Get ready to move, groove, and bring the beat to your PE classes! This interactive session will introduce physical education teachers to simple, engaging dances and rhythmic activities that can be easily taught to students of all ages. Participants will learn step-by-step routines, explore creative ways to incorporate rhythm into fitness and skill development, and discover inclusive strategies that get every student moving—regardless of dance experience. Leave with ready-to-use choreography, music ideas, and the confidence to make dance and rhythm a fun, energizing part of your PE program.

Presenter: Kelly Zerby, Elementary PE Teacher; DeKalb CUSD #428, Illinois; SHAPE America Board of Directors; 2022 SHAPE Midwest Elementary Physical Education Teacher of the Year

Room: Camden

SESSION 6: 10:15 am - 11:15 am

MS PE, HS PE Improving Motor Skills and Movement Patterns to Improve Performance and Reduce the Risk of Injury: This presentation will include both presentation and kinesthetic learning focusing on improving motor skills and movement patterns to improve performance and reduce the risk of injury. Participation is encouraged.

Presenters: Heath Pierce, Director of Exercise Science, University of New England; Kawika Thompson, Physical Education/Strength & Conditioning Coach Skowhegan Area H.S.; and Dan Gish, Physical Education/Sport Science/Varsity Boys Soccer Coach Lewiston H.S.

Room: Rockport

ELEM PE, MS PE From Students to Teachers: Our Journey through Physical Education: Our session is all about our experiences in our journey to become PE teachers as well as some of our favorite warm up games.

Presenters: Kennen Bean and Isaac Doore, Co-Presidents of UMPI PE Club and Micah Daigle, Ian Walsh, Daniel Wrigley, Andrew Duttweiler, Logan Wallace, Seamus Herlihy, and David Gustin (members of the UMPI PE Club)

Room: Spruce Head

ELEM PE Learning in Motion: Connecting Cross-Curricular Concepts In PE: Physical education is more than movement—it's an opportunity to strengthen learning across multiple subject areas. Join this interactive session to explore innovative, standards-aligned strategies that connect PE with core academic concepts while fostering engagement, critical thinking, and lifelong learning.

Presenter: Kelly Zerby, Elementary PE Teacher; DeKalb CUSD #428, Illinois; SHAPE America Board of Directors; 2022 SHAPE Midwest Elementary Physical Education Teacher of the Year

Room: Camden

PE Small Sided Games: This session focuses on the use of small-sided games as an instructional strategy to increase student engagement, skill development, and physical activity levels in physical education settings. Participants will explore how modifying traditional games into smaller, more dynamic formats can maximize participation, increase decision-making opportunities, and improve game understanding across a variety of sports and activity units. The session will include practical examples, progression models, and management strategies to effectively organize space, equipment, and student roles. Attendees will leave with a collection of adaptable small-sided game formats and instructional approaches that can be immediately integrated into elementary, middle, and high school PE curricula.

Presenter: Jerry Honeycutt, South Carolina State PE Teacher Of the Year 2025, 2019, 2016, 2012)

Room: Rockland

ALL Introduction to Artificial Intelligence in Education: In this session we will explore how A.I. has developed over the last year and its effect on the classroom. We will focus on practical educational application focusing on Health and Physical Education and include use cases for educators. Attendees will leave with best practices on how to successfully integrate A.I. into their curriculum.

Presenter: Kern Kelley, Technology Integrator, RSU #19

Room: Monhegan

ELEM PE, ELEM HE Exploring Elementary Skills-Based Health Education: In this interactive session, we will explore activities for elementary health education. We will discuss strategies for stand alone health education as well as ideas for integrating health education into PE. You will leave with ideas you can use!

Presenter: Dr. Sarah Benes, Associate Professor, Southern CT State University

Room: Schooner

HS PE Body & Mind: An alternative PE class: Come to my session to learn about an alternative phys ed course called Body & Mind. From the course description....” the ultimate goal of this course is to help you improve your quality of life through lifelong, health enhancing physical activity, and health choices.” Students learn about the importance of physical activity and how to design their own program after setting goals for themselves. Come learn the why, the what, and the how of Body & Mind.

Presenter: Sarah Duchette, Auburn MS PE Teacher

Room: Pen Bay

PE Trail Guides: Helping Teachers Take Learning Outside: The Trail Guides program is helping Maine educators make outdoor learning a regular part of the school day by bringing support directly to teachers and schools. Trail Guides work alongside educators to co-plan lessons, model outdoor learning strategies, and help transform familiar indoor lessons to meaningful outdoor experiences. In this session we’ll introduce the Trail Guides model and share how this innovative approach is helping teachers feel more comfortable, creative, and confident taking learning beyond the four walls.

Presenter: Sharon Gallant - Trail Guide Coordinator and Mary Bellavance - Trail Guide Director from ME DOE Office of Innovation

Room: Owl’s Head

11:15 am - 11:45 am

VISIT WITH EXHIBITORS

12:00 pm - 1:00 pm

Lunch

**Welcome, Meet the 2026 Teachers of the Year and Outstanding
Future Professionals, Exhibitor Raffles and More!**

SESSION 7: 1:15 pm - 2:15 pm

Maine AHPERD Disc Golf Tourney

Monday, November 2nd at 1:15 p.m. Meet in the Lobby of the Samoset

The annual Maine AHPERD Disc Golf Tourney is back again! No cost. No discs. No problem! A quick tutorial on how to play and throw will be provided to rookies of the sport. Then we will play a 9 hole tourney. Prizes will be awarded! The winner gets a photo taken with the trophy. Come join the fun!

Facilitator/Coach: Adam Boyington

ALL Shape America:.

Presenter: Carly Wright

Room: Rockport

PE, HE The Maine Integrated Youth Health Survey and School Health Profiles Data in Health and PE: I will provide health and physical education teachers with tools and resources to utilize the MIYHS and School Health Profiles in their classrooms, as part of presentations, and to inform professional learning.

Presenter: Dr. Carolyn Gross, Physical Education Specialist, Maine DOE

Room: Pen Bay

PE PE Instructional Models use in Maine: Participants will be able to share suggestions for support, resources, and best practices when using PE Instructional Models such as Sport Ed Model, Tactical Games, etc. Results of the statewide physical education teacher survey which obtained data on PE instructional model use across the state will be discussed.

Presenter: Dr. Tim Losee, Associate Professor, Plymouth State University

Room: Owl's Head

HE Classroom Management in Health Education: Health Education includes many sensitive topics and can sometimes lead to student anxiety. Having high academic and interpersonal expectations, clear classroom norms, and building positive working relationships with your students are all classroom management ideas that will be discussed and shared with new teachers to add to their toolkit.

Presenter: Sarah Rose, Poland Reg. HS Health Education Teacher, 2025 MAHPERD HS HE TOY

Room: Monhegan

PE Building Engagement Through Play: Are you looking for ways to engage students in a meaningful way? Is your school building a culture where staff and students feel safe, included, and empowered but need help to get there? Join Playworks New England and MaineHealth for this fun, hands-on session focused on building valuable skills through PLAY!

Presenter: Dawn Lavalley, Associate Director at Playworks of New England and Sarah Carter, Program Management Specialist at MaineHealth

Room: Camden

PE, REC Leading From Within: Cultivating Compassionate, Accountable Student-Athlete

Leaders: The South Portland High School Leadership Academy is a character-driven program designed to develop student-athlete leaders across grades 9-12. The Leadership Academy brings together athletes from every sport to build authentic relationships, navigate conflict productively, and uplift one another through structured peer support skills they can engage both on and off the field. In this interactive session, we'll share the story behind the program's creation and walk participants through the structures, tools and lessons learned in Year 1.

The developed evidence-informed curriculum and program is replicable and relevant for coaches, teachers, counselors, athletic directors, or community partners. You'll walk away with practical, low-barrier strategies for adapting lessons learned in your own school or organization.

Presenters: Sarah Jorgensen, Cumberland County Public Health; SoPo Unite; Lee Anne Dodge, SoPo Unite, Program Director; and Brianne Maloney, South Portland Parks and Recreation Department

Room: Spruce Head

PE Indoor Softball and Kickball: This session presents modified indoor versions of softball and kickball designed to keep students active and engaged regardless of weather or facility limitations. Participants will explore safe, space-efficient adaptations that maintain the core tactical and skill elements of traditional games while maximizing participation and minimizing downtime. Emphasis will be placed on equipment modifications, station setup, rule adjustments, and classroom management strategies to ensure smooth transitions and high levels of student involvement.

Attendees will leave with ready-to-use game structures, progressions, and variations that can be implemented across multiple grade levels in limited indoor spaces.

Presenter: Jerry Honeycutt, South Carolina State PE Teacher Of the Year 2025, 2019, 2016, 2012)

Room: Rockland

ALL Farm to School Is for Everyone: How Health & PE Educators Can Get Involved:

Farm to school is about more than what's served in the cafeteria! Explore how health and physical education professionals can support healthy students and strengthen connections between schools, food, farms, and communities. Learn about farm to school efforts happening across Maine and leave with practical ideas and opportunities to get involved, including the Maine Farm & Sea to School Network and Institute.

Presenters: Alida Peterson, Food Systems Associate Program Manager and Sarah Sims, Food Systems Program Associate from the Maine Farm & Sea to School Network

Room: Schooner

SESSION 8: 2:30 - 3:30 pm

REC, PE Igniting Physical Activity through Inclusive OMNIKIN Sports: This session is all about getting people moving. Using OMNIKIN sports, participants will engage in fast-paced, inclusive activities designed to maximize participation and keep everyone active.

This session brings participants into a dynamic, movement-rich environment where everyone is invited regardless of skill level or experience. Through OMNIKIN sports, we explore simple, adaptable activities that naturally encourage constant motion, cooperation, and engagement.

Participants will experience how inclusive game design can remove barriers to participation and create spaces where movement feels accessible, enjoyable, and sustained. The focus is on getting people moving, keeping them moving, and rediscovering the pleasure of being active together.

Presenter: Paolo Zambito, Kin-Ball of Canada

Room: Camden

HE Follow the Verbs: Turning Standards into Skills-Based Practice Tasks: In skills-based health education, the power of instruction lies not in what students know, but in what they can do. This interactive workshop guides educators in identifying and unpacking the action verbs embedded within the Maine Learning Results to design meaningful, skill-driven practice tasks.

Participants will learn how to isolate and interpret verbs such as analyze, demonstrate, advocate, and evaluate, using them as anchors for lesson design and assessment. Through guided examples across grade spans, attendees will explore how verb-driven planning strengthens alignment, increases student engagement, and supports authentic skill development.

This session is designed as a working workshop. After examining sample tasks from elementary through high school settings, participants will have dedicated time to develop or refine their own practice activities aligned to their grade level and content area. Opportunities for cross-level collaboration will encourage synergistic conversations, helping educators see how skills progress across developmental stages.

Presenters: Cassiopeia Turcotte, Health Teacher-Falmouth High School

Room: Pen Bay

MS PE, HS PE Outdoor Based Education part 2: Last year I did a session on how to start an Outdoor Ed program. This session continues that theme and will help you attack planning and provide resources for teaching and learning.

Presenter: Tim Farrar, Oak Hill HS PE Teacher

Room: Spruce Head

PE The future of Health and PE Teacher Prep Programs: Health and PE teacher prep programs are closing. We will discuss the implications of what Health and PE looks like in a future with less high schoolers going to college in general, and even less going into Health or PE Prep Programs. National PE Teacher Prep Program data was collected and will be reported.

Presenter: Dr. Tim Losee, Associate Professor, Plymouth State University

Room: Owl's Head

ELEM PE, DANCE Early Childhood Body Awareness: This workshop offers movement games and practices to support young students and their providers/educators with body awareness, breath work and movement play! The goal of this workshop is to move together and discover our own embodied practices, while gaining tools to help us support our students in the classroom and beyond! We will share a Somatic warm-up, explore creative movement play, practice breathing exercises that incorporate movement, & enjoy improvisation games. All activities explored will be accessible for Early Childhood educators and the children we work with. Our goal is to help children (and ourselves) joyfully know where our bodies are in space and how to find our center!

Presenter: Shana Bloomstein PTA, LMT, CYI, Artistic Director of Belfast Dance Studio

Room: Rockport

ALL Hawaiian Style PE Bitmoji (90 Day Lesson Plan & Daily/Weekly Fitness Form:

This session explores the integration of digital tools and creative instructional design in physical education through the development of a “Hawaiian Style PE Bitmoji” themed 90-day lesson plan and daily/weekly fitness tracking system. Participants will learn how to design engaging, visually organized PE curriculum materials that incorporate thematic instruction, student motivation strategies, and structured fitness monitoring. The session will demonstrate how Bitmoji classrooms and digital platforms can be used to enhance communication, organization, and student accountability in fitness development. Attendees will leave with practical templates and examples for building long-range lesson plans alongside simple, effective fitness tracking forms that support both skill development and physical activity goals.

Presenter: Jerry Honeycutt, South Carolina State PE Teacher Of the Year 2025, 2019, 2016, 2012)

Room: Rockland

HE What the Feed Is Teaching Them: Teens, Relationships, and Sexual Health: Beyond the formal sex education in schools, today’s adolescents are exposed every day to a wide range of social media content about sex and intimate relationships, which may shape their understanding of social norms. For educators, it is important to understand the kinds of social media content that adolescents commonly encounter, as well as how they perceive sex and intimacy, which can help better deliver effective sex education in schools. This session will present an overview of a recent nationwide study of adolescents ages 16-18 (N = 1142), examining the types of relationship- and sexuality-related content teens encounter on social media and how that exposure connects to their attitudes, beliefs and health literacy. Using a media literacy framework, the session will explore how teens’ online experiences vary based on gender, perceived social norms and the level of formal sex education. Preliminary findings have highlighted meaningful differences in attitudes and behaviors across these groups and raise important questions about the role schools play in shaping students’ preparedness. The session will conclude with key implications and practical strategies for health and wellness educators to help students reflect on their content consumption, enhance media literacy, and cultivate mindful content consumption habits. Finally, there will be time reserved for Q&A, along with additional resources for further reading.

Presenter: Yongyi (Edith) Wang, Clinical Research Assistant at Digital Wellness Lab (Boston Children's Hospital)

Room: Schooner

ALL Branching Out: Learning Beyond Four Walls: This session explores how taking lessons outside can transform teaching and learning by using the outdoor environment as an extension of the classroom. Participants will discover practical strategies for integrating outdoor learning experiences across subject areas while fostering curiosity, engagement, and meaningful connections with the natural world.

Research and classroom experience continue to show that outdoor learning supports students' social-emotional development by creating opportunities for collaboration, problem-solving, self-regulation, resilience, and relationship-building. Time spent learning outdoors can help students feel more connected to their peers, teachers, and school community while reducing stress and supporting emotional wellness for both students and educators.

The session will also examine how outdoor learning can positively impact student behavior, increase attention and motivation, and create more inclusive and responsive learning environments. Participants will explore how regular access to outdoor learning experiences can contribute to improved academic engagement, stronger attendance, and greater overall student success.

Presenter: Miranda Belcher, Elementary Health Teacher, RSU 40

Room: Monhegan

SESSION 9: 3:45 pm - 4:45 pm

PE, APE Bringing inclusion to your classes with Unified PE and sports through Special Olympics Maine: Join Special Olympics Maine to learn more about inclusive practices in PE and health classes. Fitness and Unified PE resources will be shared and shown for educators of all age bands PreK - High School. In this session, you will participate in some of the activities as well as learn the many ways that Special Olympics Maine can support you as educators (with resources and funding), and all learners in your school by taking the Unified approach.
Presenters: Erin Shultz, Director of Unified Champion Schools, Special Olympics of Maine and Geoff Godo, Regional Manager for Special Olympics Maine
Room: Monhegan

PE, REC Design Thinking in PE: Students as Creators of Outdoor Experiences: Session concept: I will teach a simple design thinking framework and provide an opportunity for participants to apply it to PE/outdoor programming
Presenter: Dr. Aimee Vlachos, Director of Outdoor Business & Innovation, UNE
Room: Spruce Head

HS HE Skills-Based Sexual Health: How can sexual health content meaningfully support a skills-based health classroom? Many educators face the challenge of deciding what functional knowledge to include in skills-based units. This interactive workshop invites participants to explore practical strategies for integrating sexual health topics into skills-based instruction. Through collaborative discussion, activity exploration, and peer exchange, attendees will build confidence in applying these approaches.
Facilitators from Maine Family Planning will showcase adaptable activities from their 2026 Best Practices curriculum (for 8th-12th grade students), demonstrating how sexual health topics can serve as an effective context for teaching core health skills across units.
Presenters: Bryanna Butler, Prevention Coordinator, Maine Family Planning and Lynette Johnson, Director of Prevention Programs, Maine Family Planning
Room: Pen Bay

PE The 5 Pillars of Personal and Social Skills: This session will emphasize how the Physical Education class and its activities can be/are, the primary class in school where students learn positive social interactions, to develop their personal character and how to be good citizens that will carry beyond their school community. This session will focus on my developed 5 Pillars of Personal and Social Skills: Be an active participant, accept outcomes, play with integrity, resolve conflict, and engage peers respectfully. It is a unique approach to developing community and character among classmates. Participants will learn how to frame games and activities, using these pillars, for desired outcomes, better class participation and inclusion, better teamwork, and a respectful environment. These skills are emphasized in each class/activity to promote good citizenship and to satisfy 4.1, 4.2, and 4.3 of the Maine Learning Results.
Presenter: Jason Adickes, Wellness Instructor, Lincoln Academy
Room: Rockport

ALL Substance Use Prevention and Intervention; Not Just For Health Classes!: Because 90% of addiction begins before the age of 18, it is critical to educate, intervene and provide treatment resources with students while we have the opportunity. We will share the activities and initiatives used in both middle and high schools in Cumberland County that are evidence based and engaging strategies.
Presenters: Lee Anne Dodge, Program Director SoPo Unite, A Drug Free Community Coalition, and Celena Ranger, Tobacco Treatment Specialist for Cumberland County Public Health
Room: Schooner

DANCE Joyful Movement with Connection and Care!: This workshop offers space to co-create & explore. We begin with a Somatic warm-up, then creative movement play & improvisation games. The heart of the Workshop offers both quiet time to write/draw, and creative space to move & connect with all the other participants. The workshop offers specific movement play and activities, followed by invitations to share and connect the creative pieces. The process unfolds in the sharing, when it [magically] ripples out through simple guided collaborations and unfolds into a fun shared dance. Life is a dance, this workshop shares in that empowering tool. Shana shares this offering with humans 4-80 yrs olds, it is adaptable and open to all. Our intent is cultivating joy and connection to our Whole selves through embodied play and connection.
Presenter: Shana Bloomstein PTA, LMT, CYI, Artistic Director of Belfast Dance Studio
Room: Camden

PE, REC, DANCE Mental Skills Training Using Imagery in Sport and PE (SESSION 1): This is a two-session training. The first session (Monday 3:45-4:45) is an introduction to using imagery in sport and PE. Session two (Tuesday 9:00-10:00) being an introduction to using positive self-talk strategies in sport and PE. In each session there will be an introduction to the mental skill with a discussion around where, what, why and what factors for each skill and how they affect performance. Each session will include an educational and an applied component where you learn to use each skill through a variety of applied strategies.
Presenter: Dr. Fitni Destani, Associate Professor of Exercise Science at Keene State College, NH
Room: Owl's Head

Tuesday, November 3rd, 2026

SESSION 10: 8:00 am - 8:50 am

HE Healthy Relationships: On & Offline: This presentation explores the evolving relationship between young people, artificial intelligence, and digital intimacy. Drawing from current research, classroom observations, and youth-centered discussions, attendees will examine how tweens and teens are using AI companions, chatbots, social media, and other digital tools to navigate relationships, identity, emotional support, and explore sexuality. The session highlights emerging concerns surrounding misinformation, unrealistic relationship expectations, privacy risks, pornography exposure, and the potential impact of AI on social and emotional development.

Presenter: Bryanna Butler, Prevention Coordinator, Maine Family Planning

Room: Schooner

HE, PE You're Not Alone: Building Your Health & PE Survival Toolkit: Whether you're beginning your teaching career or unexpectedly assigned to teach health or physical education, the first few years can feel overwhelming. This interactive session is designed to provide encouragement, practical strategies, and a supportive community for educators navigating the challenges of teaching Health and PE. Participants will leave with a growing network of colleagues, practical classroom ideas they can implement immediately, and a "toolbox" of resources to help them feel more confident, organized, and successful. Most importantly, attendees will discover they are not alone and that MAHPERD is a community invested in their success.

Presenter: Cassiopeia Turcotte, Health Teacher-Falmouth High School

Room: Pen Bay

PE Juggling for Neurocognitive Channelling and Classroom management: I would like to share how I use Juggling to teach students how to learn new physical skills and to prevent any down time during a class or its transitions.

Presenter: Christopher Audet, Belfast Area High School, PE/Outdoor Educator

Room: Rockport

SESSION 11: 9:00 am - 9:50 am

HE Tell the Story, Teach the Skill: Social Stories are visual aids that can use pictures and words to convey complex topics in plain language, so that topics are easier to understand. Social stories can be effective methods to provide guidance and break down a skill into smaller steps. When social stories are tailored to a student's environment and a school's culture, we maximize their efficiency! Learn how to make the most of this strategy with Maine Family Planning's 2025 Community Star, Kate Turpen!

Presenter: Kate Turpen, Youth Self Advocacy Project Director

Room: Schooner

ALL Lead Through Connection: Health-Promoting Relationships for Health, PE, and Youth Well-Being: Young people spend countless hours with the adults who teach, coach, mentor, and support them—but are we intentionally using those relationships as opportunities to promote health and well-being? This interactive session introduces the Health-Promoting Relationships (HPR) Paradigm, an evidence-informed framework developed through collaboration among the Washington/Baltimore HIDTA ADAPT Prevention Program, the Center for Behavioral Health Integration (CBHI), and the Child & Adolescent Health Measurement Initiative (CAHMI).

Participants will explore how trusted adult relationships can serve as powerful health-promotion strategies by strengthening connection, belonging, resilience, and protective beliefs in young people. The session introduces the HPR “way of being” and four intentional strategies: creating positive environments, facilitating authentic connection, using relationship-building micro-skills, and helping youth develop skills that support healthy development.

Through guided reflection, paired practice, and interactive activities, participants will examine how everyday interactions in health, physical education, recreation, coaching, and other youth-serving settings can reinforce protective beliefs such as “I matter,” “I am seen and loved,” and “I can overcome hard things.”

Participants will also explore how to adapt relationship-centered approaches to honor young people's different identities, cultures, abilities, experiences, and needs for connection. The session emphasizes practical strategies that can be incorporated into existing classes, practices, programs, and informal interactions—without requiring another curriculum or adding another program to an already busy schedule.

Attendees will leave with practical relationship-building tools and strategies they can immediately use to strengthen youth connection, belonging, resilience, and well-being. The session demonstrates how health and wellness professionals can truly “Lead the Way” by recognizing that every interaction with a young person can be an opportunity to promote health.

Presenter: Paul McNeil, New England High Intensity Drug Trafficking Area (HIDTA) Prevention Initiative Coordinator

Room: Pen Bay

ELEM PE It's time for PE! Live to move and move to live! : This session will consist of Mrs. Person's typical classroom routine! Come start with an instant activity (or two), enjoy our fitness time, dive into a lesson with embedded SEL themes, ending game(s) and end with a golden sneaker discussion. Each component will have multiple activities, essential questions and I want you to play!!!
Presenter: Samantha Person, Great Falls Elementary Physical Educator, Gorham, ME
Room: Owl's Head

PE, COACHES Dynamic Warmup: Analyzing the efficacy of a Dynamic Warmup and Downstream Effects: Exploring a dynamic warmup. What it involves, the benefits, applications, and downstream effects of a proper dynamic warmup.
Presenters: Lucas Bartlett & Patrick Hapworth, Outreach Athletic Trainers
Room: Rockland

PE Time Outdoors Matters: Supporting Teen Well-Being Through School-Based Outdoor Programs: We will discuss the benefits of bringing students outside during the school day and offer ideas for outdoor activities that can be done on school grounds.
Presenters: Jill McMahon, Outdoor Program Manager and Nate Snow, Executive Director at Teens to Trails
Room: Spruce Head

PE, REC, DANCE Mental Skills Training Using Imagery in Sport and PE (SESSION 2):
This is a two-session training. The first session (Monday 3:45-4:45) is an introduction to using imagery in sport and PE. Session two (Tuesday 9:00-10:00) being an introduction to using positive self-talk strategies in sport and PE. In each session there will be an introduction to the mental skill with a discussion around where, what, why and what factors for each skill and how they affect performance. Each session will include an educational and an applied component where you learn to use each skill through a variety of applied strategies.
Presenter: Dr. Fitni Destani, Associate Professor of Exercise Science at Keene State College, NH
Room: Rockport

SESSION 12: 10:00 am - 10:50 am

ALL Start the Conversation: Opioid & Fentanyl Overdose Prevention for Youth: Accurate, non-stigmatizing opioid overdose prevention education can serve as a powerful diversion and early intervention strategy for middle and high school-aged youth. Evidence-informed approaches grounded in health education standards will be reviewed, with emphasis on teaching opioid and fentanyl overdose risk, counterfeit pill awareness, naloxone basics, and help-seeking skills. Participants will explore how trusted adult relationships and meaningful youth engagement strengthen prevention efforts and support positive diversion outcomes.

Presenter: Paul McNeil, New England High Intensity Drug Trafficking Area (HIDTA) Prevention Initiative Coordinator

Room: Pen Bay

HE The Ultimate Sexual Health Toolkit: An Interactive Dive into the PPNNE Resource Binder: Do you work with youth in Maine, New Hampshire, or Vermont? Have you ever found yourself in the role of “Trusted Adult” even if you're not a health educator? Are you sometimes the person young people turn to with questions about sex, sexuality, gender identity, consent, boundaries, healthy relationships, or reproductive health? And in those moments, have you ever wondered: Do I have the most accurate, up-to-date information?

Join Planned Parenthood of Northern New England for an interactive session exploring the newly updated 2025 Tri-State Sexual Health Resource Binder — a comprehensive, practical, and accessible guide created for youth-facing professionals featuring more than 300 full-color pages packed with medically accurate information, conversation tools, referral resources, local and regional services, and guidance from Planned Parenthood and partner organizations. Designed to be used alongside young people in real-world conversations, the binder helps educators, counselors, healthcare staff, social workers, mentors, and other trusted adults respond to questions with confidence, clarity, & compassion. All attendees will receive access to a PDF version of the complete 300+ page binder. A limited number of hard copies will also be available for purchase. You're already getting the questions, be sure you have the answers!

Presenters: Olivia Friday Loneman, M.Ed, CSE - Senior Education Program Manager

Room: Schooner

ALL Stress Management at All Ages: This will be a session with a short discussion about how stress affects all ages, I will use my personal experience with my heart disease diagnosis as an example of how it can manifest at any age and will use AHA & KHC resources to do a couple stress management exercises that take about 5-10 minutes each, with a short 3-5 minute explanation of what Kids Heart Challenge is today. This session will be designed to be informative of stress management, and KHC but will be relevant to everyone regardless of their interest or participation in KHC. I will give handouts at the end for people who are interested in learning more of the resources we have to offer on mental health and health in general! I will have some yoga mats for some stretching from our KHC resources, a guided meditation, and a short journaling prompt all from KHC resources)

Presenter: Ashley Ricker - School Engagement Director (Kids Heart Challenge)

Room: Monhegan

11:00 am - 11:45 am - Maine AHPERD Annual Meeting
Give-A-Ways Following the Maine AHPERD Annual Meeting