

DAY ONE

Time	PEA/Activity 1	PEA/Activity 2	PEA/Activity 3	Adapted/Dance (Activity 4)	PEA (Classroom 1)	Sports Mgmt/Athletics (Classroom 2)	Student Majors/Health (Classroom 3)
7:00 AM- On	Registration at Benton Convention Center: 301 W 5th St, Winston-Salem, NC 27101						
7:15 - 7:45 AM	4 Square Tournament, Run, Tai Chi						
8:00 - 8:45 AM	"KUBB:The Best Game You Never Heard About" by Dave Senecal.	Hold For Exhibitors	"Teaching Self Defense" by Ritchie Shuford.	"Dance-Ability/ Program for Children with Disabilities: A Phenomenological Case Study" by Alyssa Spruill.	"Fitness for Racial Justice: Efforts from a HBCU PETE Program" by Tan Zhang.	Hold For Exhibitors	"Busting Teen Pregnancy Myths – It Takes a Village" by Becki Hailsip & Crew.
9:00 - 9:45 AM	"Space Invaders: Invasion Games Need Us More than Ever!" by Dave Senecal.	Hold For Exhibitors	"Play SBU (Spikeball Ultimate)" by Chris Walker.	"Exploring Inclusive Practices-Best Ideas, Activities and Games for EveryBODY!" by Barbara Meloney.	"Intramural Sports and School Improvement" by David Adeimy.	"The Hard Truth About Soft Skills: Implications for Sport Management Students and Educators" by Dr. BerNadette Lawson-Williams, Rennae Stowe, and Karla Jones.	"Securing Your First (or Second) Teaching Job" by Michael Kostic.
10:00 - 10:45 AM	"Innovative Dance: New Ways & Exciting Ways to Teach the Most Dreaded Unit" by Dave Senecal.	"Focus on Fitness with Strikes, Kicks, and Focus Mitts" by Ashley White.	"AMPLIFY #PhyEd: Activities that Take learning to the Next Level!" by Mike Morris.	"Status of Physical Education for Students with Disabilities in North Carolina" by Jim Decker.	"#HPeisSEL" by Kim Morton (Cooke) & Crew.	"Perceptions of Native Mascots at a North Carolina High School" by Siegle, Jacobs, Hunt & Fiorentino.	"The Top 10 Things a Beginning Teacher Needs to Know" by Dan Grube & Stephanie Little.
11:00 - 11:45 AM	"Creating Terrifically Successful Net/Wall Games" by Dave Senecal.	"National Archery in the Schools Program (NASP): Getting on Target" by Lee Scripture.	"Fitness Concept-Based PE for Physical Literacy" by Ang Chen, Chaojie Shang & Alexander Moss.	"Utilizing TREE Model in Physical Education for Students with ASD" by Jordan Carpenter.	"ACE's: An Intro to Understanding Trauma in Education" by Keith Kraemer.	"The Short-Term Effects of COVID-19 on Athletic Departments in North Carolina" by Heidi Mueller	"Perception of Anxiety Among African American College Student Athletes" by Robert Lindsey.
12:00 - 12:45 PM	Welcome and Keynote: Darrion (DC) Cockrell						
1:00 - 1:45 PM	Committee Meetings: Advocacy, Awards, Professional Development, Recognition and Convention						
2:00 - 2:45 PM	"DrumFIT, the Educators Dream!" by Mary Baumann & Hayley Krzeczowski	Hold For Exhibitors	"FloorBall: Non-Stop Action & Fun for All!" by Robert Maiorana.	"Cultural Dance for Large Classes: Alunelul (Romania)" by Tiffany Fuller.	"Sport Education Online: Transformational PE during the COVID-19 Era" by J. Scott Townsend and Derek Mohn.	"Impact of Preferred Coaching Styles on Student Athletes" by Kriston Jacobs.	"Getting the Job: A Panel of Experts in the Field" by Dan Grube & Stephanie Little.
3:00 - 3:45 PM	"Backyard Games 2.0" by Amy Reams, Don Minnick & Mackenzie Casey	"Blue, Yellow, Red: Heart Rate Zone Colors in Action" by Joe Gooden.	"Not Just Bowling: Large Group Games with Bowling Pins" by David Helwig and Michael Nye.	"1980s Arcade Dance Creations" by Dr. Tiffany Fuller, Amy Gibson & Heather Colleran.	"NC Healthy Schools Update" by Burt Jenkins	"What is Appropriate Medical Care for High School Athletes?" by Susan Edkins.	"Your Fitness and Nutrition: Be Versus Do" by Scott Friedman.

DAY TWO

Time	PEA/Activity 1	PEA/Activity 2	PEA/Activity 3	Adapted/Dance (Activity 4)	PEA (Classroom 1)	Sports Mgmt/Athletics (Classroom 2)	Student Majors/Health (Classroom 3)
7:00 AM- On	Registration at Benton Convention Center: 301 W 5th St, Winston-Salem, NC 27101						
7:15 - 7:45 AM	Spike Ball, Run, Yoga						
8:00 - 8:45 AM	"Fitness Relays for All" by David Helwig & Michael Nye.	"Maximizing Activity Time in Physical Education" by Jeff Pizzutilla.	"Handpicked #PhyEd Favorites" by Amy Reams, Don Minnick & Mackenzie Casey.	"Make Me Move" by Darryl Gordon.	"Are You Health READY" by Kim Morton.	Hold For Exhibitors	"Incorporating a Plant-Based Diet for Black American Young Adults" by Jasmine Jones.
9:00 - 9:45 AM	"Teachers Like To MOVE IT, MOVE IT! Cardio Drumming Style" by Kimberly Schuh & Tommy Hager.	"Active Games that Promote Academic Learning" by Bo Davenport.	"DrumFIT, the Educators Dream!" by Mary Baumann & Hayley Krzeczowski.	"Knowing Your 3: Optimal APE Programming for the Autism and Neurodiverse Populations" by Eric Chessen.	"Promoting Community in Virtual PE Courses: Lessons Learned During COVID-19" by Derek Mohr & J. Scott Townsend.	"Students Don't Buy WHAT You Teach, But, WHY You Teach!" by Guy Danhoff and Anna Forcelledo.	"Yoga Breathing Techniques for Children" by Renee Harrington.
10:00 - 10:45 AM	"Insane Large Group Games & Activities" by Ami Gibson.	"Increase Moderate to Vigorous Physical Activity (MVPA) in Physical Education" by Eric Larson.	"Tennis is for Everyone and Can Be Played Anywhere" by Robert Hogewood.	"NCDPI: Adapted Physical Education" by Laurie Ray & Sally Jones.	"Ready, Set, GO: Starting an After-School Running Club" by Toni Tricarico.	"Coaching Theories for Today's Coaches" by Jim Hammond.	"Physical Education Standards Revision" by Burt Jenkins.
11:00 - 11:45 AM	"Don't Waste a #PhyEd Minute Activity Ideas" by Debbie Bryant.	"Re'Lax! Teaching Lacrosse in Physical Education Physical Education" by LaDonda Porter.	"Unlocking Youth Potential with Fuel Up To Play 60" by Cami Lewis & Mickela Mitchell.	"Functional Fitness for Every Body!" by Ashlie Beavers.	"Creating a Program Culture to Support Teacher and Student Success" by Melinda Campbell.	"Coaching/Teaching Tips for Developing Character" by Dan McLaughlin.	"Careers in Kinesiology: Web-Based Modules" by Beverly Justice.
12:00 - 12:45 PM	Keynote (Kim Morton-Cooke)						
12:45 PM	State Membership Meeting						
1:30 - 2:00 PM	Association Meetings						
2:00 - 2:45 PM	"NC SHAPE's Physical Education TOY'S Teacher of the Year Favorite Fun Activity Showcase" with Charla Kranke.	"Outstanding Resources and Terrific ideas for Your PE Program" with Amy Stringer & Western Carolina University Students.	PaddleZlam (Chris Walker)	"Rhythm in Motion" by Alex Gillis.	"Little Got Schooled" by Dan Grube & Stephanie Little.	"Fun-To-Mentals of Sports Performance: Imagery, Concentration and Self-Talk" by Kevin Burke.	"First Aid & CPR Instruction for the Middle School Student" by Alison Nadeau.
3:00 - 3:45 PM	"Sport Education Model: Empowering Your Students Toward Success!" by Charla Kranke.	Hold For Exhibitors	"Around The World Basketball (K-12)" by Don Ledford.	Hold For Exhibitors	"How I Survived COVID as a Health and PE Teacher" by Kendall Cox.	"2021-2022 Middle School Athletics Update" by Burt Jenkins.	Hold For Exhibitors