



KAHPERD Convention and Professional Development Workshops

The Kentucky Association for Health, Physical Education, Recreation and Dance annual convention will be held October 13-15th in Louisville, KY. All sessions are aligned to the recently released Kentucky Academic Standards for Health and Physical Education. In addition to the two full days (Monday and Tuesday) of breakout sessions from state and national experts, KAHPERD also will host several PD workshops. All workshop options are 3 hours in length and occur outside of the instructional day so that they are eligible for annual professional development credit. Workshops are included with the [full convention registration](#) or single day payment options are available, including a FREE Monday evening workshop only.

SUNDAY WORKSHOPS 1-4 PM Westport Middle School



K-8 Physical Education

YOGAPL3Y is a physical literacy, mindfulness & social-emotional learning program where kids PLAY with yoga poses, movement and breath. Participants build flexibility, strength, balance, coordination and focus. Kids get active through a variety of fun & interactive yoga & mindfulness activities that allow them to develop self-regulation strategies, as well as positive social interactions as they discover connections with themselves, others and the world.

6-12 Physical Education

SPARK is and proven to increase student participation, activity time, and overall interest in PE, this curriculum focuses on learning first, activity second. 15 instructional units and all the required materials, including sample lessons, assessment tools, and more are included. Over 400 activities get students active and connecting lessons to the real world that will take them through adulthood.



K-12 Health Education

The **Health Education Curriculum Analysis Tool (HECAT)** is an assessment tool to help school districts, schools, and others conduct a clear, complete, and consistent analysis of health education curricula based on the [National Health Education Standards](#) and CDC's [Characteristics of an Effective Health Education](#)

MONDAY WORKSHOP 3-6 PM
Galt House Downtown Louisville
(For the FREE Monday 3-6 PM ONLY option, email kentuckyahperd@gmail.com)



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[Learn more about health. moves. minds.](#) The NEW service-learning program that raises funds for your school AND teaches students how to thrive physically and emotionally!

Join Yasmeen and Michelle, along with SHAPE America President Jamie Sparks and the Kentucky pilot school teachers for this in-depth look at this new program that is changing the landscape for the health and physical education profession. Across the country, today's children and adolescents — at all grade levels — do not get enough physical activity, and are struggling with anxiety, depression, and other mental health challenges. Understanding these challenges, promoting an active school environment, and teaching children how to cope with stress, bullying, and societal pressures can make all the difference.

The health. moves. minds.™ program brings the lessons, activities, and community-building ideas that can help kids live their best lives.

To learn more, visit:

<http://kahperd.com/health-moves-minds/>

To learn more about the full 2019 KAHPERD convention:

Email kentuckyahperd@gmail.com or visit

<http://kahperd.com/convention/agenda/>