

## **Pre-Convention Workshop – Tuesday, November 8, 2022**

### **Elevate and Excel- Take your Program to the Next Level (9-3:30)**

Join Beth, Cindy, and Ginger as they take you through proven strategies, tips, and activities that will positively transform your physical education program. With a focus on standards-based practices, social-emotional learning, student assessment plans, and classroom management ideas, participants will walk away with innovative and creative strategies to enhance their instruction and cultivate success for all students. Participants will also learn fun fitness and nutrition activities to easily implement into their curriculum. (please view bios below)

OR

### **CPR certification through American Heart Association (9:00 AM-1:00 PM)**

Max of 40 participants. Certified by Aimee Gros, Ed.D., LAT, ATC

Ginger Aaron-Brush teaches K-5th physical education in Pelham, AL. She has received ASHPERD and Alabama District 3 Teacher of the Year Honors. Ginger has shared her experiences by presenting over 50 sessions at the local, state, and national levels. As an ASHPERD leader, she has spoken about the importance of quality physical education at the state and national levels. Ginger currently serves as the social media manager for both ASHPERD and the National Academy of Health and Physical Literacy. Additionally, she produces the "Scaling the Summit" podcast, which features leaders in the physical education profession.

Cindy O'Brien currently teaches 3rd - 5th graders at Hueytown Intermediate School in Hueytown, AL. She was the ASHPERD Elementary Physical Education Teacher of the Year in 2018. Cindy is currently President-Elect of ASHPERD. She has presented numerous sessions at the state level and for the NAHPL Summit. Cindy served on the Alabama State Department Physical Education Course of Study Committee in 2019. She advocates for quality physical education and focuses on teaching the whole child.

Beth Uhlman, recently named TOY for her school, has over 26 years of teaching/coaching experience at the elementary, middle, and high school levels. Beth is passionate about providing quality physical education content and inspiring healthy lifestyle choices for her students and faculty. ASHPERD Teacher of the Year (Elementary 2014 and Secondary 2010) and Coach of the Year 2009, Beth has served on the ASHPERD board and is currently serving as her school's Athletic Director and is an OPEN National Trainer.