

NYS AHPERD conference hosts PE, Health Teachers and Coaches from all across the state. AHPERD this year had invited SHAPE America teachers of the year from all over the US to present. Each session provided vital information, such as demo lesson plan ideas, technology references and games. This year's conference also focused on mindfulness and empathy in your classroom. Each session gave great ideas to implement the best practices in teaching and how to motivate students alike.

I was also able to network with other High School PE teachers across the state. It was nice to be able to bounce ideas off each other. We discussed things such as curriculum, PE schedule and set up. We also discussed the new SHAPE standards, that NYS is adapting.

The NYS AHPERD conference is really a hands-on conference that allows me to bring back new material, games, and lessons back to the High School PE Department. In previous years, the games and lessons that I have brought back are many of our students favorite. What I liked best about this year, was NYS AHPERD created an app with the seminar schedule and all the handouts and references from each session. Which will be nice to refer back to throughout the year.

Again, I'd like to thank the committee for this professional development experience. I look forward to applying what I learned into our PE program.