

Two days, 48 sessions, and every one of them built by someone who teaches.

Better by Design: raising the standard for health, physical education, recreation, and dance.

Oct 24–25

Saturday and Sunday, 2026

E.C. Glass High School

Lynchburg, Virginia

48 sessions

Across five strands

89th year

Virginia AHPERD convention

Early-bird pricing ends September 15. Hotel block closes October 8. Late fees begin October 20.

Saturday opens at 8:15 with the keynote and our awards ceremony, then runs sessions until 4:45. Sunday goes 8:30 to 1:45 and closes with a send-off. Lunch is included both days. Nine session blocks, each with five to eight things happening at once.

Register at virginiaahperd.org

Saturday, October 24

8:15 a.m. – 5:30 p.m.

8:15 – 10:15 am

Opening Session, Keynote & Awards Ceremony

Everyone in one room to open the weekend, with our awards ceremony and a keynote from a Virginia educator who serves on our board.

Keynote: Tony Splendore

10:30 – 11:30 am 6 sessions

Dude Imperfect: Trick Shots for Resilience & Creativity

Trick shots inside skill units, using failed attempts to build problem-solving and growth mindset.

Patrick Noel

Physical Education

Hands on with Assistive Technology in APE

Hands-on time with PowerLink units and switches, and how they build access and independence.

Brett & Nicole McCoy

Adapted PE

Higher Education Roundtable

An open discussion of what faculty are facing now: testing, accreditation, and quality mentor teachers.

Dr. Kari Hampton

Higher Education

The Do's & Don'ts of Drug Education

Substance use prevention as sixty short conversations rather than one talk.

Tiffany Little

Health Education

Power of Interdisciplinary Collaboration: E3 Academy

JMU's E3 Training Academy cross-trains scholars across PE, adapted PE, special education, and ABA.

Dr. Tom Moran et al.

Adapted PE

City & County Supervisors Meeting

Division supervisors and coordinators meet on site.

Runs until 1:00 pm

11:45 am – 12:15 pm 6 sessions

If You Build It, They Will Thrive

Community building as the foundation for buy-in, through active games and health education strategies.

Danielle Matheney

Physical Education

Get in the Pit: Energizing PE with Gaga Ball

Rules, safety, and management for running Gaga ball with large and diverse groups.

Zarenz Campbell

Physical Education

Pop Darts in the Classroom

Pop Darts as a classroom tool, including ways to fold in core subject content.

Russell Campbell

Physical Activity

From the Classroom to the Workforce

How HPERD students get real work experience through campus jobs, internships, and volunteering.

Markus Copeland

Higher Education

Wellness That Works: Free Digital Resources

Standards-aligned digital resources on healthy habits, mental wellness, and decision-making.

Cam Orr & Emma Hulbert

Health Education

Fight the Bite, Virginia

Evidence-based tick-bite prevention for grades 3–5, aligned to Virginia's new health requirements.

Katie Bowman & Jenny Hall

Health Education

12:30 – 1:30 pm

Grab & Go Lunch and Division Meetings

Lunch is included. Each division meets over the break.

Division meetings for Physical Education, Physical Activity, Health, and Teaching & Learning

1:45 – 2:45 pm 8 sessions

Heart Rate Wearables and WELNET Real-time student data: monitoring intensity, tracking progress, and goal setting.	Ron Malm	Physical Education
STEAM in Sports: Deeper Learning within Striking Six stations using bat speed trackers, radar, BlazePods, and lasers to bring physics into striking skills.	Brandenburger, Ludwigson & Pisciotta	Physical Education
Adapted PE Inclusion Activities for Diverse Needs Exercises, games, and sports modified for diverse needs, with management strategies alongside.	Nancy Gaboury & Donna Wilbur	Adapted PE
Power UP! Healthy, Safe Relationships Tools from VCU's LEAP Project for teaching healthy relationships to students with disabilities.	Renee Soniat	Health Education
Tennis in PE and the Equipment to Get You Started A hands-on workshop: equipment, management, K–12 skills, and modified activities for tight spaces.	USTA Mid-Atlantic	Exhibitor
Gopher Max MVP: Move More, Manage Less Efficient routines and small-sided games using FitStep pedometers to raise activity levels.	Ben Maenke	Exhibitor
Fit Connection Recording Sessions Drop-in recording sessions throughout the afternoon.	Runs until 5:00 pm	
Poster Sessions Research and program posters on display all afternoon.	Runs until 5:00 pm	

3:00 – 3:30 pm5 sessions

The Best Example of AIO is Ankle, Power, Pull Catch-and-throw as a universal skill set through Adapt, Improve, Overcome. Ten minutes to teach.	Frank Fulton	Adapted PE
Hands-on Health Skill-based strategies for high school health, built on decision-making and communication.	Jennifer Mulrine & Iva Smith	Health Education
Be the Red Blood Cells A complete active lesson on the cardiovascular system, aligned to third grade Virginia SOLs.	Katie Bowman & Jaime Ceja	Health Education
Create a Student Led School Garden A garden run by students rather than for them: design, seasonal planning, and harvest.	Hugh Brockway	Health Education
Team Touchdown A team invasion game built for large classes, shared space, and limited equipment.	Tony Splendore	Physical Education

3:45 – 4:45 pm5 sessions

Inclusive Physical Education in Action Inclusive lessons across elementary, middle, and high, with practices you participate in directly.	Dr. Tom Moran & JMU PHETE Students	Adapted PE
Next-Gen PE: Boost Engagement and Energy Visuals, GIFs, and strategies that lift engagement, modeled through two mini lessons.	Danielle Matheney	Physical Education
A Holistic Approach to Teen Traffic Safety The Christopher King Foundation model: occupant protection, impaired and distracted driving, and speed.	Costa, Hannah & King	Driver Education
Visual Supports to Engage All Learners The what, why, and how of visual supports, with a support to take home and use.	Adam Forbes & James Gunther	Adapted PE
Safety Around Water (K–5) Drowning prevention, water conditions, and proper use of personal flotation devices.	Jason Runk & Meghan Gouldin	Physical Activity

5:00 – 5:30 pm

Representative Assembly The association's governing assembly closes out Saturday.	Open to members
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Sunday, October 25

8:30 a.m. – 1:45 p.m.

8:30 – 9:30 am5 sessions

Intro to Parkour for Elementary PE Parkour-based play that builds jumping, landing, balance, and creative problem-solving.	Mark Toorock	Physical Activity
Pop Darts in the Gym Multiple ways to play with Pop Darts across physical education, health, and recreation concepts.	Russell Campbell	Physical Activity
HIV & STI Updates for Health Education Instructors A refresher on etiology and prevention, with the most recent Virginia data.	Bryan Collins	Health Education
Virginia APE Consortium The VAPEC annual meeting: connect with colleagues statewide and collaborate on best practices.	Adam Forbes & LJ Pisciotta	Adapted PE
Fit Connection Recording Sessions Drop-in recording sessions.	Drop in	

9:45 – 10:45 am7 sessions

Intro to Parkour for Middle School PE Jumping, landing, balance, and spatial awareness through safe, control-first challenges.	Mark Toorock	Physical Activity
Classroom Strategies and Gross Motor Skills for Early Learners Fab 5 Early Learner Fitness, a year-long PK–2 program combining PE, literacy, math, and health.	Ron Malm	Physical Education
Health & Family Life Education SOL Review A roundtable review of the Health and Family Life Education Standards of Learning.	Jennifer Vedder	Health Education
4 Tips for Being the G.O.A.T. Thirty-three years of lessons from a state Teacher of the Year on differentiation and student leadership.	Tony Splendore	Physical Education
APE Leadership Study A mixed-methods study of State APE Teacher of the Year recipients on isolation and systemic support.	Deenaydra Hood	Adapted PE
Adapted Elementary PE Low-prep modifications to space, rules, and equipment so every student can actively participate.	Hunter Trivette	Adapted PE
New Board Orientation Orientation for incoming board members.	Maria McKeown	
11:00 am – 12:00 pm 6 sessions		
Fitness Infusion Activities and strategies that make fitness testing part of the curriculum rather than an interruption.	Jimmy Grassano	Physical Education
Strike to Spike: Volleyball and Bowling Lead-Up Games High-energy games that break down approach, aim, release, passing, setting, and serving.	Dr. Portia Miller	Physical Education
From Data to Development Adapting fitness tests and using assessments to set goals and make instructional decisions.	James Gunther	Physical Education
Every Voice, Every Body: Inclusion and Communication Honoring every student’s communication, including AAC, and building genuine belonging in PE.	LJ Pisciotta	Adapted PE
Shaping Attitudes: Adapted PE’s Impact on Disability Perceptions Research on how an adapted PE course changes college students’ perceptions of disability.	Dr. Jim Hammond	Adapted PE
Pickleball 4 All USA Pickleball resources: grants, instructional cards, games, and youth activity plans.	Dr. Lynn G. Dillon	Physical Activity
12:15 – 1:15 pm 5 sessions		
These are a Few of My Favorite Things Forty years of accumulated favorites, all MVPA-heavy and ready to drop into your program.	Ron Trainum	Physical Education
Hoop There It Is? Not Yo Grandma’s Hoop!! 2.0 Hula hooping for motor skill development, cardiovascular fitness, coordination, and balance.	Jacqueline Kendall & Bunnies Gaines Tabb	Physical Activity
The Pulse of the School: PE Advocacy How to move PE off the island and align your program to school-wide priorities.	Hunter Trivette	Physical Education
Promote Yourself, Promote Your Program Advocating for yourself and your program: certifications, membership, and bringing stakeholders in.	Zachary Baker	Higher Education
Move More, Learn More: Active Classrooms Turning elementary classrooms into active learning environments with movement cards and poly spots.	Ron Malm	Physical Education
1:15 – 1:45 pm		
Closing Session and Send-off We close together, with lunch to take on the road.	Grab & Go Lunch	

Still deciding?

Members pay less than guests, so joining or renewing before you register usually pays for part of itself. Early-bird registration is **\$140** for active professionals and **\$65** for students through September 15.

If you need to make the case to an administrator, our convention justification toolkit covers Virginia SOL alignment, ESSA funding, recertification points, and a cost worksheet you can fill in and hand over.

[Register for the convention](#) · info@virginiaahperd.org · (804) 252-5468

Schedule subject to change. Session locations will be posted once confirmed by the venue.