

89th Virginia AHPERD Convention

Two days, 49 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	49 sessions Across six strands	89th year Virginia AHPERD convention
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Hotel block closes October 8. Late registration fees begin October 20.

Registration opens at 7:30 a.m. in the gym lobby. 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 · Auditorium

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	Aux Gym	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	Main Gym	Adapted PE
Higher Education Roundtable An open discussion of what faculty are facing now: testing, accreditation, and quality mentor teachers.	Dr. Kari Hampton	G101	Higher Education
The Do's & Don'ts of Drug Education Substance use prevention as sixty short conversations rather than one talk.	Tiffany Little	G103	Health Education

10:30 – 11:30 am 6 sessions

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.	Tennis Court	Adapted PE
City & County Supervisors Meeting Division supervisors and coordinators meet on site.	Runs until 1:00 pm	Lecture Hall	

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	Aux Gym	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	Main Gym	Physical Education
Pop Darts in the Classroom Pop Darts as a classroom tool, including ways to fold in core subject content.	Russell Campbell	G101	Physical Activity
From the Classroom to the Workforce How HPERD students get real work experience through campus jobs, internships, and volunteering.	Markus Copeland	G103	Higher Education
Wellness That Works: Free Digital Resources Standards-aligned digital resources on healthy habits, mental wellness, and decision-making.	Cam Orr & Emma Hulbert	W108	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	Tennis Court	Health Education

12:30 – 1:30 pm

Grab & Go Lunch and Division Meetings Lunch is included. Each division meets over the break. Physical Education in the Main Gym, Physical Activity in the Aux Gym, Teaching & Learning in the Lecture Hall, Health to be confirmed			
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1:45 – 2:45 pm 7 sessions

Heart Rate Wearables and WELNET Real-time student data: monitoring intensity, tracking progress, and goal setting.	Ron Malm	Aux Gym	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	G103	Adapted PE
Power UP! Healthy, Safe Relationships Tools from VCU's LEAP Project for teaching healthy relationships to students with disabilities.	Renee Soniat	W108	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	Tennis Court	Exhibitor

1:45 – 2:45 pm 7 sessions

Gopher Max MVPA: Move More, Manage Less Efficient routines and small-sided games using FitStep pedometers to raise activity levels.	Ben Maenke	Turf	Exhibitor
Fit Connection Recording Sessions Drop-in recording sessions throughout the afternoon.	Runs until 5:00 pm	W109	
Poster Sessions Research and program posters on display all afternoon.	Runs until 5:00 pm	Transition Hallway	

3:00 – 3:30 pm 6 sessions

Click. Create. Choreograph. Practical methods for integrating digital tools into dance instruction. This lecture-based session highlights Genially for interactive presentations, Suno for AI-generated music, and GIF imagery to support movement analysis and student engagement. Walk away with ready-to-use ideas to modernize your classroom and deepen student understanding.	Victor Spadero	Aux Gym	Dance
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	Main Gym	Adapted PE
Hands-on Health Skill-based strategies for high school health, built on decision-making and communication.	Jennifer Mulrine & Iva Smith	G101	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	G103	Health Education
Create a Student Led School Garden A garden run by students rather than for them: design, seasonal planning, and harvest.	Hugh Brockway	W108	Health Education
Team Touchdown A team invasion game built for large classes, shared space, and limited equipment.	Tony Splendore	Turf	Physical Education

3:45 – 4:45 pm 6 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	Aux Gym	Adapted PE
Next-Gen PE: Boost Engagement and Energy Visuals, GIFs, and strategies that lift engagement, modeled through two mini lessons.	Danielle Matheney	Main Gym	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	G101	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	W108	Adapted PE

3:45 – 4:45 pm 6 sessions

Safety Around Water (K–5) Drowning prevention, water conditions, and proper use of personal flotation devices.	Jason Runk & Meghan Gouldin	Turf	Physical Activity
Student Social Future professionals and students, come meet each other. Drop in any time.	Runs until 5:30 pm	G103	

5:00 – 5:30 pm

Representative Assembly
The association’s governing assembly closes out Saturday.
Open to members · Lecture Hall

Sunday, October 25

8:30 a.m. – 1:45 p.m.

8:30 – 9:30 am 6 sessions

Sticks, Scarves, Dance Oh My!!! An engaging, interactive session designed to unleash your creativity and build confidence in teaching dance, focused on incorporating scarves and lummi sticks into fun and energetic dance routines. Walk away with a repertoire of creative routines and newfound confidence to inspire your students. Get ready to dance, express, and have a blast.	Victor Spadero	Cafeteria	Dance
Intro to Parkour for Elementary PE Parkour-based play that builds jumping, landing, balance, and creative problem-solving.	Mark Toorock	Aux Gym	Physical Activity
Pop Darts in the Gym Multiple ways to play with Pop Darts across physical education, health, and recreation concepts.	Russell Campbell	Main Gym	Physical Activity
HIV & STI Updates for Health Education Instructors A refresher on etiology and prevention, with the most recent Virginia data.	Bryan Collins	G101	Health Education
Virginia APE Consortium The VAPEC annual meeting: connect with colleagues statewide and collaborate on best practices.	Adam Forbes & LJ Pisciotta	W108	Adapted PE
Fit Connection Recording Sessions Drop-in recording sessions.	Drop in	W109	

9:45 – 10:45 am 7 sessions

Intro to Parkour for Middle School PE Jumping, landing, balance, and spatial awareness through safe, control-first challenges.	Mark Toorock	Aux Gym	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	Main Gym	Physical Education
Health & Family Life Education SOL Review A roundtable review of the Health and Family Life Education Standards of Learning.	Jennifer Vedder	G101	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	G103	Physical Education
APE Leadership Study A mixed-methods study of State APE Teacher of the Year recipients on isolation and systemic support.	Deenaydra Hood	W108	Adapted PE
Adapted Elementary PE Low-prep modifications to space, rules, and equipment so every student can actively participate.	Hunter Trivette	Tennis Court	Adapted PE
New Board Orientation Orientation for incoming board members.	Maria McKeown	Lecture Hall	

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	Aux Gym	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	Main Gym	Physical Education
From Data to Development Adapting fitness tests and using assessments to set goals and make instructional decisions.	James Gunther	G101	Physical Education
Every Voice, Every Body: Inclusion and Communication Honoring every student's communication, including AAC, and building genuine belonging in PE.	LJ Pisciotta & Newton	G103	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	W108	Adapted PE
Pickleball 4 All USA Pickleball resources: grants, instructional cards, games, and youth activity plans.	Dr. Lynn G. Dillon	Tennis Court	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	Aux Gym	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	Main Gym	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	G101	Physical Education
Promote Yourself, Promote Your Program Advocating for yourself and your program: certifications, membership, and bringing stakeholders in.	Zachary Baker	G103	Higher Education
Move More, Learn More: Active Classrooms Turning elementary classrooms into active learning environments with movement cards and poly spots.	Ron Malm	W108	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 · Cafeteria

Still deciding?

Members pay less than guests, so joining or renewing before you register usually pays for part of itself.

Registration is **\$150** for active professionals and **\$75** for students through October 19, and rates rise again on October 20.

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. Room signage will be posted throughout the building.