J.D. Hughes

J.D. Hughes has been teaching Physical Education for more than 21 years and currently works at Mirror Lake Elementary School in Villa Rica, Georgia. He earned his National Board Certification in 2001 and was recognized as the 2004-05 and 2014-15 Georgia Elementary PE Teacher of the Year. J.D. was also awarded the 2014-15 Southern District Elementary PE Teacher of the Year. Additionally, he serves on the PECentral.org advisory board for Best Practices and 3-5 Lesson Ideas.

J.D. believes PE classes should be action-packed with lots of choices, equipment, and opportunities to be challenged with countless opportunities for success, no matter the skill level. If you agree that physical education should be fun, instructive, and a place where students acquire physical and life skills, then you’ll love these sessions!

In J.D’s sessions, you’ll get a look at 21st century physical education, including a view of fun-packed games and activities that J.D. has developed or modified to engage and motivate students. He’ll talk about movement education; lessons that promote communication, cooperation and personal responsibility, and activities that encourage brainstorming and critical thinking. Come prepared to move and most importantly...have FUN!
PE Institute Schedule

WELCOME 8 - 8:10 a.m.

SESSION 1 8:10 - 9 a.m.

Welcome to “No Standing Around in My Gym” –
Keep all students in your physical education program moving, learning, and on their toes—even when you’re teaching very large classes. If you are looking for fresh ways to teach children ages 4 to 11 basic fitness concepts, movement skills, and games that emphasize creative thinking and cooperation, then attending this session is for you. It’s an incredible source of ideas and solutions to help you • increase the time students are active in class, • minimize discipline problems, • develop healthy attitudes that lead to a lifetime of activity, • save valuable lesson preparation time, and • keep students motivated and challenged. The author shares a wealth of innovative ways to motivate kids, make classes more enjoyable, create an atmosphere for learning, manage classes, and maximize parental involvement to improve outcomes. With this collection of invigorating, fun and gym-tested activities, you’ll be able to motivate, engage, and intrigue students in large or small classes for years to come.

SESSION 2 9:10 - 10 a.m.

Welcome to PE2theMax: Maximize Skills, Participation, Teamwork, and Fun – J.D. Hughes
If you agree that physical education should be fun, instructive, and a place where students acquire physical and life skills, then you’ll love attending this session. I believe PE classes should be action-packed with lots of choices, equipment, and opportunities to be challenged with countless opportunities for success, no matter the skill level. In addition, you will learn many movement and skill-based games, provided in a context of realistic situations to promote the skills of communication, cooperation and personal responsibility, while learning to apply critical thinking and problem solving; crucial life-skills that are necessary to allow all of us to think for ourselves and be productive human beings. Each game provides students of all athletic abilities the opportunity to have fun, be active, and acquire movement and sport skills. The games in PE2theMax are student centered, not teacher centered. As such, students are motivated to challenge themselves to succeed.

SESSION 2 10:10 - 11 a.m.

Welcome to PE2theMax II: Stepping up the “Game” in Physical Education – J.D. Hughes
My intent and desire in presenting this session is to assist physical educators in “stepping up their game” by introducing games that are more relevant to today’s students. Today’s presentation provides all inclusive, fun activities, which in turn minimize discipline problems and maximize participation.

Over my 21-year experience as a physical education specialist, I have developed, designed, or modified all of the material presented. The activities presented maximize participation and ensure that every child is provided with numerous opportunities to succeed while learning basic fitness- and sport-related skills. I have focused special emphasis on many games and activities to include experiences that teach cooperation and encourage teamwork. These values are instilled through motivating and challenging activities that will have all children coming back for more.

LUNCH 11 a.m. - 12 p.m.

Lunch on your own
SESSION 4

Welcome to PE²: Double the Physical + Double the Education = Double the Fun – J.D. Hughes

My intent and desire in presenting this session is to assist physical educators in implementing games and lessons that motivate our students to stop making up lame excuses, to keep their notes excusing them from class, and become anxious about getting active and involved in physical education. Although biased, I believe that physical education is arguably the most important subject in school because it can potentially have the greatest impact on our student’s physical, mental, social, and emotional well-being. Through appropriate lessons, physical educators have the opportunity to impact student's beliefs behaviors, attitudes, and values, which can determine how they perceive themselves and interact with other students in and out of class.

SESSION 5

Welcome to HyPEd Up! Taking Physical Education Games to the Next Level – J.D. Hughes

The games and activities presented in this session maximize participation and ensure that every child is provided with numerous opportunities to succeed while learning basic fitness- and sport-related skills. I have focused special emphasis on tying into these activities popular common-core based themes (money, clock/time recognition along with map reading skills and learning states and capitals). Most games include experiences that teach cooperation and encourage teamwork. These values are instilled through motivating and challenging activities that will have all children coming back for more.

SESSION 6

Choose from two different presentations.

Fitness Made-Mode Fun! – Shannon Maly

Do you need some simple ways to add more fitness based activities into your class and make it meaningful? Do you have a limited budget, and limited time? Please join me in discovering on how to implement the FREE OPENphysed Mode Fitness Module into your classroom.

Shannon Maly teaches high school physical education in Stoughton, Wisconsin. She has also recently taught middle school PE. Over the past 12 years, she has presented on topics to include: FitnessGram, Dance and Hoops for Heart. She has led numerous trainings on how to implement FitnessGram in schools around Wisconsin and in June 2016 was recognized by Cooper Institute and SHAPE America to be certified as a SHAPE America FitnessGram Instructor. She recently became a National OPEN Curriculum Trainer.

She is an active Lifetime Member of WHPE, and SHAPE America. Shannon serves as a role model through participation in wellness activities, coaching a competitive gymnastics team, and as the advisor for Fuel-up Play60 in her district. She has also been awarded many local, state grants that have allowed her to promote physical activity and wellness for her students. In 2015, she was the Fuel Up Play60 Touchdown school, chosen to present Wisconsin as the Wisconsin MVP Duo Fuel Play60 Team for 2016-2017.

How Do We Unify PE? Inclusion. Acceptance. Changing School Climate – Lisa Smith

This is not your typical PE class! Unified PE is a unique opportunity for students of varying ability levels and backgrounds to come together through meaningful involvement of ongoing fitness, sports, leadership and wellness activities. The unified movement focuses on the physical, intellectual and social growth of all participants by engaging in physical activity and sport alongside peers with and without disabilities. Come learn how it has successfully been implemented in Proctor Public Schools.

Lisa Smith is a physical education, health and DAPE teacher at Proctor Public Schools in Proctor, Minnesota. Lisa received her bachelor’s degrees from Winona State University and did her Master's work at the University of Northern Iowa.
**PE Institute Location**
Rutherford Elementary School
115 Rutherford Road
Stillwater, MN 55082

**Registration**
Please register online at
The registration fee includes a t-shirt, please select your size when you register.

- Professionals: $40
- Pre-Professional Students: $20

**CEU’s**
There are 6 hours for this institute.

**Lodging/Transportation**
Individuals are responsible for their own lodging and transportation needs.

- [discoverstillwater.com](discoverstillwater.com)
- [americinn.com/hotels/mn/stillwater](americinn.com/hotels/mn/stillwater)

**Contact Information**
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