I attended the 86TH Annual AHPERD Conference @ the Turning Stone in NY.

The top 5 takeaways are listed below.

 Things I took away from the four days I was there are the following…..

#1 Tom Gelardi, who I watch on TIC TAC, keeps PE simple and creates a fun-loving environment much like myself. He shared 10 new ideas I will use with my Clarence Students. “Give it a try”, is his MO and since I have been back I have tried four new warm up games and the students loved it.

#2 I cried two times with the keynote Speaker, Dan Meers inspired me with his story and wisdom. Leaving me with a huge smile and sense of optimism. He renewed my spirit to spend love.

#3 Retirement benefits, I learned the benefits and overview of the NYSTRS, as I myself approach retirement. This session was very helpful and full of information.

#4 Dance to the beat of your own drum, using a bucket and 2 sticks to make a beat, for students to design movement dance steps. I did not think I would sale this idea to Clarence students, however after the session I think students would enjoy this approach to dancing.

#5 Connecting with other PE teaching thru out the state. Wednesday, I attended the session PENFIELD PE, I found this program much like the Clarence PE program. Sharing ideas and lessons with other PE teacher, both from Penfield and other district was very eye opening and refreshing.

Sincerely, thank you for this opportune to learn and explore new and old ideas from this conference to use in my classroom.