



2026 SHAPE Florida Conference Schedule

Thursday, October 8, 2026: (Ballroom ABC)

Pre-Conference Session 1 - 9:00 am - 11:00 am: President Youth Fitness Program (PYFP) by SHAPE Florida President Rachel Winsten and SHAPE Florida Executive Director Eric Stern

Pre-Conference Session 2 - 11:30 am - 1:30 pm: Outdoors Tomorrow Foundation by Tari Garner, Assistant Director of Education and SHAPE America President-elect

Pre-Conference Session 3 - 2:00 am - 4:00 pm: Movement and Dance with National Trainer Scotty Williams

Friday, October 9, 2026

Time	Ballroom ABC Opening Session: Keynote: Sarah Stuebe from the Oscar Strong Foundation and SHAPE Florida Awards			
8:45 - 10:00 AM				
10:00 - 11:00 AM	EXHIBITOR POWER HOUR			
Time	Ballroom ABC	Ballroom D	Ballroom EFG	Troon/Wentworth
11:00 - 11:50 AM	Omnikin: Have a BALL with Action-Packed Fun for All Scotty Williams	Orienteering in PE: Find your way! Dr. Craig Nieman USF	SHOW ME FITT Sandy Moore	ABLE In School: AI Tools That Save Time Sacrificing Quality Kim Pladson and SHAPE America President Joe Deutsch (TNT Fitness)
12:00 - 12:50 PM	TAGG Academy: Bring Literacy and Math into PE TAGG TIME Tim Taggart	Games and More Games - Experience Speed Stacks! Matt Burks	Do You UBUNTU? Mark Friedrich	10 Ways to Measure Health Skills through Summative Performance Tasks Mary McCarley G-W
1:00 - 1:50 PM	OPEN More Than Bump, Set, Spike! Ashley Mahaven	Movement and Mental Health Fitness Program KerBoomKidz Raven Perkins	How to do disc golf with PE classes of all grades Brendan Rubenstein	Discover G-W's ©2025 Florida Health Education Program-FLDOE approved Mary McCarley G-W
2:00 - 2:50 PM	Active, Adaptable, Social and Fun - BounceNet Jeff Mavros	Developing fundamental soccer skills through progressive lead-up games. Frank Alagna	Outdoor Adventures.. Limitless Possibilities! Tari Garner	"Finding a Grant for physical education and writing it." Lori Dunn Seattle Public Schools
3:00 - 3:50 PM	Making Every Minute Count (SPARK) Erin Enright	More Than a Fitness Test: Using Technology to Measure What Matters Ali Young- IHT	Creating Healthy, Happy, Connected Kids with 100 Mile Club Mandy Perry	"All Kids Bike" in Physical Education, your classroom, school, and community. Lori Dunn Seattle Public Schools
4:00 - 4:15 PM	    Duck Races, \$1 Per Duck, Bring Cash (Pool Side)    			
6:00 - 10:00 PM	PD AFTER DARK: Friday Night Fun led by Sandy Moore and Dance by Scotty Williams; Light food included and cash bar.			

Saturday, October 10, 2026

Time	Ballroom ABC	Ballroom D	Ballroom EFG	Troon/Wentworth
8:00 - 8:50 AM	Get Fast & Furious with Omnikin! Scotty Williams	Movement and Mental Health Fitness Program KerBoomKidz Raven Perkins	Stack Up for Success: Building Skills Through Movement and Teamwork Matt Burks - Speed Stacks	Changing Minds: Stories Over Stigma Alona Sommer
9:00 - 9:50 AM	Unconventional Fun: A Session of Non-Traditional Action Team Games Owen DeWindt GOPHER	PHIT Kids Academy Erica Armijo Ph.D. PHIT America	OPEN Up Your School Connections Mark Friedrich	Introduction to One Love and the Foundation of Healthy Relationship Education in Youth Yesmina Townsley
10:00 - 10:50 AM	Games, Games, Games TAGGTIME Tim Taggart	More Than a Bike Ride: How Cycling Builds Safer, Healthier, Smarter Students Jackie Morrison Florida Interscholastic Cycling League	Active Minds, Active Bodies 2.0 School Health Tom Strenger	PETE Standards: Progress and Feedback Dr. Craig Nieman USF
11:00 - 11:50 AM	Ballroom ABC TOYS IN ACTION: TO PE and BEYOND This Session Features Previous Florida Teachers of the Year Winners: Eileen Tirado, 2021 National Adapted PE TOY Kirstin Voitus, 2023 SHAPE Southern District Elementary TOY Gabriel Montañez, 2025 SHAPE Florida Elementary TOY Tunisia Cielo, 2025 SHAPE Florida MS TOY Rachel Winsten, 2025 SHAPE Southern District HS TOY			
12:00 - 1:00 PM	Closing Session, Meet the New Board and Raffles (ABC Ballroom)			

Friday, October 9, 2026

Session Title & Presenter Name	Company/District	Email	Description
Omnikin: Have a BALL with Action-Packed Fun for All! Presenter: Scotty Williams 11:00-11:50 AM Ballroom ABC	Ominikin OMNIKIN®	PEScottWilliams@gmail.com	Get ready to roll, bounce, and blast through an action-packed session full of outrageous fun! Whether you're craving fresh team sports, high-energy fitness games, skill-building challenges, or unforgettable community builders, Omnikin delivers BIG. Featuring our famous lightweight, larger-than-life 14"–48" balls, these games will supercharge your gym, captivate your students, and leave everyone wanting more. Come laugh, move, and have an absolute BALL with us—because fun this big just can't be missed!
Orienteering in PE: Find your way! Presenter: Dr. Craigory Nieman 11:00-11:50 AM Ballroom D	University of South Florida 	niemanc@usf.edu	This session provides practical strategies for teaching orienteering in physical education. Participants will learn the basics of using a compass, how to design a simple orienteering course, and ways to actively engage students in navigation-based activities. Attendees will leave with ideas for creating fun, movement-focused lessons that promote problem-solving, teamwork, and spatial awareness.
SHOW ME FITT Presenter: Sandy Moore 11:00-11:50 AM Ballroom EFG	SHOW ME FIT Heart Zones 	sandy.moore@heartzones.com	Welcome to Show Me F.I.T.T., where we enhance the well-being and success of students, staff, and the community. Our services support personal and professional development, wellness, and leadership. Learn about fundraising opportunities.

Session Title & Presenter Name	Company/District	Email	Description
ABLE In School: AI Tools That Save Time Without Sacrificing Quality Presenter: Kim Pladson Joe Deutsch 8:00 - 8:50 AM Troon/Wentworth	Kim Pladson, President & CEO, TNT Kid's  TNT Fitness	kim@tntkidsfitness.org	This session highlights how ABLE In School uses AI-supported tools to save educator time while enhancing instructional quality. Participants will explore how an app or web-based platform aligns activities to physical education and health CPALMS standards while allowing educators to modify and adapt lessons in real time to meet diverse student needs. Practical examples will demonstrate how AI supports planning, adaptation/modifications, and engagement—keeping educators in control while enhancing quality instruction. ABLE is a controlled, education-aligned AI built specifically to support physical educators within ABLE In School.
TAGG Academy: Bring Literacy and Math into PE Presenter: Tim Taggart 12:00 -12:50 PM Ballroom ABC	Tim Taggart sales@taggtime.com  TAGGTIME Teaching through Active Play	sales@taggtime.com	In this hands-on session, we show you how to bring Math & Literacy into your class using TAGG-ED balls with letters, numbers, and math symbols that will change the perception of PE and improve the “Whole Child Education” both physically and mentally. Learn how easy it is for students to stay active, have fun, be engaged, learn, and improve SEL all through active play with TAGG-ED Balls, Bowling Mats, Ball Holders/Spots, and more.
Games and More Games - Experience Speed Stacks! Presenter: Matt Burks 12:00 -12:50 PM Ballroom D	Speed Stacks www.speedstacks.com For-Profit  SPEED STACKS	mburk@speedstacks.com	This session uses movement-based Sport Stacking activities and games to keep students mentally engaged and physically active through fitness-based learning. With individual, small-group, and large-group challenges, participants stay active while having fun. Proven benefits include improved math and reading skills, eye-hand coordination, self-esteem, social-emotional learning, and overall student engagement.

Session Title & Presenter Name	Company/District	Email	Description
Do You UBUNTU? Presenter: Mark Friedrich 12:00 -12:50 PM Ballroom EFG	Millburn High School Adventure Education 	mark.friedrich@millburn.org	Do You UBUNTU? This energizing workshop engages participants in cooperative activities using a single deck of UBUNTU Cards to build connection and community. Participants will experience the power of UBUNTU through icebreakers, problem-solving challenges, and adventure-based activities while exploring how this simple tool can transform any group into a connected, collaborative team.
10 Ways to Measure Health Skills through Summative Performance Tasks Presenter: Mary McCarley 11:00 -11:50 AM Troon/Wentworth	Goodheart-Willcox www.g-w.com 	mmccarley@g-w.com	Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, as she shares best practices for creating skills-based summative performance tasks. Participants will leave with 10 new skills-based summative performance tasks for their teacher toolbox. This session is ideal for middle and high school health teachers and will include skills-based performance tasks that have been approved by the FLDOE in our state-adopted program.
OPEN More Than Bump, Set, Spike! Building Volleyball Skills Through Progressions That Actually Work Presenter: Ashley Mahaven 1:00 -1:50 PM Ballroom ABC	US Games OPEN 	amahaven@usgames.com	Volleyball isn't taught in three words. Discover how purposeful progressions transform hesitant beginners into confident players through engaging, developmentally appropriate activities from OPEN's Volleyball modules. Experience lessons that maximize touches, build skills step by step, and make volleyball accessible, successful, and fun for every student.

Session Title & Presenter Name	Company/District	Email	Description
Movement and Mental Health Fitness Program KerBoomKidz - Presenter: Raven Perkins 1:00 -1:50 PM Ballroom D	KerBoomKidz 	KerboomKidz <info@kerboomkidz.com	The energy and benefits are boundless for kids who participate in our Fitness, Dance, Yoga, and Leadership Programs. Parents and educators alike report what research has long indicated: improvement in grades and attention spans, healthier eating and sleeping habits, greater self-esteem, and a more positive mindset are just a few of the benefits experienced by children who participate in KerboomKidz programs.
How to do disc golf with PE classes of all grades Presenter: Brendan Rubenstein 1:00 -1:50 PM Ballroom EFG	Palm Beach County School District 	brendan.rubenstein@palmbeachschools.org	Disc Golf is a phenomenal, increasingly popular lifetime fitness activity available almost EVERYWHERE. Through this session's instruction, participants will get a full scope of the effective ways that they can bring disc golf units to their school!
Discover G-W's ©2025 Florida Health Education Program- approved by the FLDOE Presenter: Mary McCarley 12:00 -12:50 PM Troon/Wentworth	Goodheart-Willcox www.g-w.com 	mmccarley@g-w.com	Discover why Goodheart-Willcox has quickly become the most widely used skills-based middle and high school health resource across the United States and has been approved by the FLDOE. Join Mary McCarley, 2016 SHAPE America's Southern District Health Teacher of the Year and Health Ed Content Specialist with Goodheart-Willcox, as she highlights features and best practices in the ©2025 Florida health program. She will provide an overview of the resources, including the extensive Spanish resources and seamless integration with Learning Management Systems (and Google Classroom).

Session Title & Presenter Name	Company/District	Email	Description
BounceNet: Active, Adaptable, Social, and Fun Presenter: Jeff Mavros 2:00 - 2:50 PM Ballroom ABC	BounceNet 	jeff@bouncenetgame.com	BounceNet combines volleyball, handball, and roundnet in a unique way that's fun for students and makes PE easier for teachers. It's quick to set up, it engages the whole class, it's adaptable for different skill levels, and it develops confidence in students. Come try it at our session—we'll get you bouncing, laughing, and moving (all those things we want students to do!).
Developing fundamental soccer skills through progressive lead-up games. Presenter: Frank Flagna 2:00 - 2:50 PM Ballroom D	Pasco County School District 	falagna@pasco.k12.fl.us	Discover fun, high-energy soccer activities designed to build essential skills while keeping every student active and involved. This session highlights easy to teach lead up games that reinforce dribbling, passing, striking, and teamwork through small-sided, inclusive play. Participants will learn practical progressions, teaching cues, and simple adaptations for different ages, spaces, and ability levels. Leave with ready-to-use activities that will bring excitement and confidence to your soccer units.
Outdoor Adventures... Limitless Possibilities! Presenter: Tari Garner 2:00 - 2:50 PM Ballroom EFG	Outdoor Adventurers Foundation 	Tari@gootf.com	Outdoor Adventures K-12 is for all students! Join us to learn about The Outdoors Tomorrow Foundation and how we can help you and your students start their own physical education adventures. The outdoor adventure (OA) curriculum provides a host of student benefits and teaches skills your students will use and pass on for their lifetime. Outdoor activities encourage social skill development, including patience, collaboration, responsibility, persistence, and self-awareness. Come experience the ADVENTURE and explore best practices for OA curriculum delivery!
“Finding a grant for physical education and writing it.” Presenter: Lori Dunn 2:00 - 2:50 PM Troon/Wentworth	Seattle School District 	sdunn@seattleschools.org	The presenter will introduce a brief overview and process of the general components of a grant, getting started in identifying what the wants and needs are in your programming, and then showcasing challenges and successes of funding. Participants will participate in a “Book Walk” which will offer the participant to be able to identify and create a plan for success in finding funding for the need.

Session Title & Presenter Name	Company/District	Email	Description
Making Every Minute Count: Strategies for Increasing MVPA in PE Presenter: Erin Enright 3:00 - 3:50 PM Ballroom ABC	SPARK 507-676-8330 	jeffmushkin@sparkpe.org	Moderate to Vigorous Physical Activity (MVPA) is an essential component of quality physical education. This session will share practical, evidence-based strategies to increase MVPA throughout your PE classes. Activities will showcase effective techniques for class management, differentiated instruction, and modifying traditional sports to maximize movement and minimize downtime. Walk away with tools you can use right away to boost student fitness levels, enhance their overall health, and inspire a lifelong passion for physical activity!
More Than a Fitness Test: Using Technology to Measure What Matters Presenter: Ali Young 3:00 - 3:50 PM Ballroom D	IHT 	ali@ihtusa.com	Fitness assessments provide an important snapshot of a student's health-related fitness, but they don't always tell the full story of what is happening day to day. In this session, we'll explore how fitness testing and heart rate technology can work together to create a more complete picture of student progress. Learn practical ways to use assessment results to set goals, track growth over time, and connect fitness scores with everyday physical activity, effort, and time spent in moderate-to-vigorous activity. We'll also look at how technology can simplify testing, data collection, and reporting while helping students better understand their own fitness. With renewed national attention on youth fitness and fitness testing, this session will offer practical ideas for making assessment more meaningful in today's PE programs.
Creating Healthy, Happy, Connected Kids with 100 Mile Club Presenter: Mandy Perry 3:00 - 3:50 PM Ballroom EFG	100 Mile Club  	karina@100mileclub.com	We believe every kid deserves an opportunity to be _____, _____, and _____. Our session gives you the chance to run like a kid as you race to fill in the blanks using your new knowledge about 100 Mile Club. We'll get you warmed up with an interactive gallery walk to learn about our key beliefs and program features before you join your relay team in a dash to collect and correctly place missing words as you show what you know about how our program has been bringing the SMILES to schools across the country for over 30 years.

Session Title & Presenter Name	Company/District	Email	Description
"All Kids Bike" in Physical Education, your classroom, school, and community. Presenter: Lori Dunn 11:00 -11:50 AM Troon/Wentworth	Seattle School District 	lsdunn@seattleschools.org	Learn how a large urban district was able to create, build, and sustain the ALL-KIDS BIKE programming for EVERY student in prek-1 in their physical education classrooms. An EQUITY and ACCESS opportunity! The Presenter will introduce and expand on the ALL-KIDS BIKE grade band curriculum, equipment, and funding ideas, and share how "Traffic Gardens" are supporting this learning during the school day and beyond.

Friday Night Fun led by Join us for dancing, music, games, and connections.
6:00-10:00 PM Light food included and cash bar.



Saturday, October 10, 2026

Session Title & Presenter Name	Company/District	Email	Description
Get FAST and FURIOUS with Omnikin! Presenter: Scotty Williams 8:00 - 8:50 AM Ballroom ABC	Ominikin OMNIKIN®	PEScottWilliams@gmail.com	Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! From intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session has it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So what are you waiting for?!? Come join Team Omnikin today and blow your students away!
Movement and Mental Health Fitness Program KerBoomKidz - Presenter: Raven Perkins 8:00 - 8:50 AM Ballroom D	KerBoomKidz - Movement and Mental Health Fitness Program 		The energy and benefits are boundless for kids who participate in our Fitness, Dance, Yoga, and Leadership Programs. Parents and educators alike report what research has long indicated: improvement in grades and attention spans, healthier eating and sleeping habits, greater self-esteem, and a more positive mindset are just a few of the benefits experienced by children who participate in KerboomKidz programs.
Stack Up for Success: Building Skills Through Movement and Teamwork Presenter: Matt Burk 8:00 - 8:50 AM Ballroom EFG	Speed Stacks 	mburk@speedstacks.com	An energizing and interactive session that combines physical activity with cognitive skill-building through the sport of stacking. Participants will improve hand-eye coordination, focus, math and reading readiness, teamwork, and self-esteem through engaging individual and team-based challenges. This movement-based experience promotes physical fitness, social-emotional learning, communication, and collaboration while keeping students active, motivated, and having fun in a supportive environment.

Session Title & Presenter Name	Company/District	Email	Description
Changing Minds: Stories Over Stigma Alona Sommer 1:00 -1:50 PM Troon/Wentworth	Minding your Mind' 	alona@mindingyourmind.org	Changing Minds: Stories Over Stigma presentation. In this 35–40 minute session, teachers hear stories of hope and recovery from a young adult speaker who has successfully and productively coped with their own mental health challenges. Participants learn about mental health stigma and how to recognize when and how to ask for help.
Unconventional Fun: A Session of Non-Traditional Action Team Games Presenter: Owen DeWindt 9:00 - 9:50 AM Ballroom ABC	Gopher 	conferences@gophersport.com	Game On: High-Energy Activities That Stick is all about bringing instant energy and excitement into your PE classes with engaging, innovative, and easy-to-implement games. In this session, participants will experience a variety of creative activities using versatile equipment that keeps students moving, motivated, and having fun. From fast-paced challenges to adaptable group games, these ideas are designed to maximize participation and minimize downtime. Get ready to energize your teaching with activities your students will ask to play again and again!"
PHIT Kids Academy Presenter: Erica Armijo Ph.D. 9:00 - 9:50 AM Ballroom D	PHIT America 	erica@phitamerica.org	Using PHIT Kids Academy Skill Videos to Put the Coach Back in the Power Zone: Leveraging Technology to Maximize Learning and Movement in Elementary Physical Education

Session Title & Presenter Name	Company/District	Email	Description
OPEN Up Your School Connections Presenter: Mark Friedrich 9:00 - 9:50 AM Ballroom ABC	Millburn High School Adventure Education 	mark.friedrich@millburn.org	Ready to strengthen connections and build a more connected school community? Discover how Adventure Learning activities and Open Up Connection Cards help students feel safe, included, and engaged. Explore student-tested strategies that encourage meaningful interactions, strengthen peer relationships, and create a positive learning environment. These practical activities support belonging, build trust, and foster a culture where students can connect, collaborate, and thrive together.
Introduction to One Love and the Presenter: Yesmina Townsley 9:00 - 9:50 AM Troon/Wentworth	One love Foundation 	yesmina.townsley@joinonelove.org	Teaching today's youth about respect and healthy boundaries in relationships is essential yet challenging, and this session introduces the One Love Foundation Educator Training as a comprehensive approach to prevention education. The program integrates One Love's research-based 10 Signs framework with practical, film-based facilitation strategies and SEL-based activities while equipping educators to enhance instruction and respond to student needs with confidence and care. Participants will engage in hands-on learning across grade levels and leave with structured implementation tools, free customizable resources, and ongoing support to improve assessment practices and ensure effective, sustainable delivery in their school communities.
Games, Games, Games Presenter: Tim Taggart 10:00 - 10:50 AM Ballroom ABC	Tim Taggart sales@taggtime.com 	sales@taggtime.com	Our workshop places emphasis on engaging games tailored to accommodate medium to large classes, ensuring constant movement while upholding the element of Fun. Students will gain valuable experience in teamwork, both individual and collaborative strategies. Additionally, they will develop essential skills such as eye-hand coordination and eye-foot coordination, all while meeting state standards through active play. Join us for an interactive and fun-filled workshop where physical activity merges with educational excellence.

Session Title & Presenter Name	Company/District	Email	Description
More Than a Bike Ride: How Cycling Builds Safer, Healthier, Smarter Students Presenter: Jackie Morrison 10:00 - 10:50 AM Ballroom D	Florida Interscholastic Cycling League, a local chapter of the National Interscholastic Cycling Association; Non-Profit Organization 	jackie@floridamtb.org	E-bikes are getting so much negative attention; how can we meet everyone in a space where bikes are safe for everyone? Cycling is more than recreation—it is a powerful tool for improving physical health, brain function, confidence, and lifelong wellness. This interactive session explores current research on how regular cycling supports brain development, mental health, focus, and academic readiness while emphasizing essential bicycle safety skills that every student should know. Participants will discover practical ways to incorporate cycling concepts into physical education and health curricula and learn how the Florida Interscholastic Cycling League (FL NICA) provides schools, teachers, and communities with opportunities to help students build healthy habits, confidence, and a lifelong love of riding.
Active Minds, Active Bodies 2.0 Presenter: Tom Strenger 10:00 - 10:50 AM Ballroom EFG	School Health 	tstrenger@schoolhealth.com	Energize your PE classes with active, cross-curricular learning! In this interactive session, you'll start with some warm-up activities that make you think, and then explore popular tools and resources to blend academics with movement. These activities and strategies support math, reading, spelling, nutrition education, and more while building motor skills, teamwork, and cognitive growth. Ideal for K–12 students. You'll leave with fun, practical ideas ready to use.

Session Title & Presenter Name	Company/District	Email	Description
PETE Standards: Progress and Feedback Presenter: Dr. Craig Nieman 10:00 - 10:50 AM Troon/Wentworth	University of South Florida 	niemanc@usf.edu	This session provides an update on the ongoing revision of the Physical Education Teacher Education (PETE) Standards. Participants will learn about the work of the task force, the progress made to date, and the guiding ideas shaping the revision process. Through interactive discussion, attendees will reflect on the knowledge, skills, and dispositions that PETE graduates should demonstrate in their first teaching positions and consider how standards can better represent priorities for the profession. Participant feedback will help inform the continued development of the revised standards and future implementation resources.
TOYS in Action: To PE and Beyond Eileen Tirado Kirstin Voitus Gabriel Montañez Tunisia Cielo Rachel Winsten Ballroom ABC 		eileen.tirado@palmbeachschoools.org kirstin.voitus@polk-fl.net gabriel.montanez@palmbeachschoools.org tunisia.cielo@palmbeachschoools.org rwinsten@gmail.com	Watch the best of the best as we conclude the 2026 SHAPE Florida Conference. Get ready to move, play, and take home ideas you can use tomorrow! Join SHAPE Florida's Teachers of the Year for an action-packed, hands-on session showcasing favorite activities and best practices from elementary, middle, high school, and adapted physical education. You'll experience creative games, inclusive strategies, and practical ways to get ALL students moving, engaged, and successful. Come ready to participate, connect, and have fun as Florida's TOYs take you TO PE & BEYOND! All the amazing educators are former SHAPE Florida TOYs (Teachers of the Year) winners: Eileen Tirado, 2021 National Adapted PE TOY Kirstin Voitus, 2023 SHAPE Southern District Elementary TOY Gabriel Montañez, 2025 SHAPE Florida Elementary TOY Tunisia Cielo, 2025 SHAPE Florida MS TOY Rachel Winsten, 2025 SHAPE Southern District HS TOY