

Join us on Saturday, April 26, 2003 for the 3rd annual Physical Education Activity Kaleidoscope (PEAK) workshop cosponsored by Central Washington University and the Washington Alliance for Physical Education, Health, Recreation, and Dance. (WA PEHRD)

This year we are especially delighted to welcome nationally-renowned physical education advocate Beth Kirkpatrick, and Northwest District Elementary School Teacher of the Year Debbie Wilson. These presenters will be complemented by many other exemplary Washington state physical education and health specialists.

FEATURED SPEAKERS
Beth Kirkpatrick
Director of Education
Polar Electro Inc.



With 20 years of experience teaching health and physical education at the middle school level, Beth is dedicated to preparing children to live a healthy life. She is a former NASPE Teacher of the Year and in 1988 became the first physical educator to receive the U.S. Department of Education's Christa McAuliffe Fellowship.

Beth's physical education program has been featured in Life Magazine, Newsweek, Arnold Schwarzenegger's Arnold Fitness for Kids, and on NBC Nightly News with Tom Brokaw.



Debbie Wilson
Physical Education Specialist
Oakwood and Pioneer
Elementary

Debbie is the N.W. District 2001-2002 Elementary Physical Education Teacher of the Year. For the past six years her school has been among the top in the nation in the President's Physical Fitness Challenge.

Noontime Presenter
Rene Bibaud
Jumpropenet.com

Rene is a five-time World Speed and Freestyle Rope Jumping Champion. She has appeared on numerous television and radio shows and most recently toured North America and Europe with the Cirque Du Soleil.



REGISTRATION INFORMATION

Register now to attend PEAK 2003, at Central Washington University's campus in Ellensburg, Washington. Your workshop fee includes coffee and donuts when you register, lunch, handouts and a PEAK T-shirt. Register early and save \$10.

Workshop Fee **\$65**
Early Registration **\$55**
(postmarked by March 25, 2003)

For an additional fee, participants may also earn either 7 clock hours or one university professional development credit (PE 500).

Clock Hour Fee **\$21**
Professional Development Credit **\$40**

We also offer a reduced rate for university students (with ID) **\$30**

School districts registering three or more participants will receive one free registration for every three paid registrations!

Please complete the registration form and mail to:
PEAK 2003
CWU Office of Continuing Education
400 E. 8th Avenue
Ellensburg, WA 98926-7433

One form per registrant. You are welcome to make copies. You may also fax your form to 509-963-1690. Be sure to include your check, credit card information or district purchase order, and photocopy of student ID card (if applicable).

FOR MORE INFORMATION
www.pelinks4u.org/peak.htm
TELEPHONE: 509-963-1504 • 800-720-4503
FAX: 509-963-1690
E-MAIL: peak@pelinks4u.org



Physical Education Activity Kaleidoscope
CWU Office of Continuing Education
400 East 8th Avenue
Ellensburg WA 98926-7433

Address Service Requested

PHYSICAL EDUCATION ACTIVITY KALEIDOSCOPE

APRIL 26, 2003 • NICHOLSON PAVILION • ELLENSBURG, WASH.

C E N T R A L W A S H I N G T O N U N I V E R S I T Y

PEAK WORKSHOP
APRIL 26, 2003

R E S E R V E Y O U R S P O T !

REGISTRATION TYPE —

☐ Pre-registration —
Postmarked by March 25, 2003
(includes workshop, lunch and T-shirt)

☐ Registration after March 25, 2003

☐ Student discount
(must provide copy of student ID)

☐ Additional T-shirt

T-shirt size (circle one) S M L XL XXL

FOR TEACHERS ONLY

☐ 7 clock hours

☐ 1 professional development credit
(PE 500)

\$55

\$65

\$30

\$10

\$21

\$40

TOTAL \$ _____

PERSONAL INFORMATION

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

HOME PHONE _____

SCHOOL PHONE _____

E-MAIL _____

SCHOOL DISTRICT _____

PAYMENT METHOD

☐ Check # _____ ☐ School P.O. (Please attach)

☐ Visa ☐ MasterCard Expiration Date _____
(Sorry no American Express or Discover Cards)

Card Number _____

Signature _____ Date _____

SEND PAYMENT TO:

Physical Education Activity Kaleidoscope
CWU Office of Continuing Education
400 East 8th Avenue
Ellensburg, WA 98926-7433

FOR ADDITIONAL INFORMATION, CALL:
Sandy Colson at 800-720-4503 or 509-963-1504.

8-5:55	Registration at Nicholson Pavilion (complimentary coffee and donuts)				
9-9:55	MAIN GYM	FIELDHOUSE	UPPER GYM	DANCE STUDIO	PE 208
	Assessment, Accountability and the “New PE” Beth Kirkpatrick	Standing for the Standards: Implementing the National PE Standards in Your Curriculum Debbie Wilson	“Making the Grade” Assessment Strategies and Record-Keeping Ideas for the Physical Education Classroom Sue Sellars	Aerobically Speaking: Tips for Leading Aerobics Classes Debra D’Acquisio	
	Standing for the Standards: Implementing the National PE Standards in Your Curriculum	What’s Worth Assessing? Deborah Tannehill	Being Positive: Hints and Activities to Include All Children Rene Colleran	Developing a Creative Movement Program for Children Therese Young	Preventing Teen Suicide Andy Jenkins
	Assessment, Accountability and the “New PE” Beth Kirkpatrick	“Making the Grade” Assessment Strategies and Record-Keeping Ideas for the Physical Education Classroom Sue Sellars	Cognitive Creativity Don Fogle	Contra Dance Basics for Children Marte Falshore	An Innovative and Integrated Health & Physical Education Program for 7-8 Graders Ruth Miller, Hillary Lampard, Leanne Oltman, Ginny Erion, Ken Briggs, & Kirk Mathias
11-11:55					
10-10:55					
Noon 12-12:30	LUNCH	ENTERTAINMENT: Rope Skipping Performance by Former Cirque Du Soleil Star Rene Bibaud			
12-12:30	Using Technology in Physical Education Beth Kirkpatrick	Teaching Children Tennis the USTA Way Karen Green	Rope Skipping for Fun and Fitness Rene Bibaud	Line Dancin’ Made Easy Carol McConkell	What’s New in WA State Health & Fitness Assessment? Pam Tollefson
1-1:30	Fitty, Thrifty and Nifty Ideas That You Can Use to Create a Quality Physical Education Program on a Low Budget Debbie Wilson	What’s Worth Assessing? Deborah Tannehill	Three Strikes You’re Awesome! Don Fogle	Yoga for Children Lori Chandler	
2-2:25					
2-2:30					

Parking
Parking will be available at no cost in the Nicholson Pavilion lot, located on Dean Nicholson Blvd.

How to get to Central Washington University

FROM SEATTLE: Take I-90 Eastbound to Ellensburg Exit # 106. Follow the road through the intersection of Main Street for five more blocks.

FROM PORTLAND: Take I-5 North, then east on I-90 to Ellensburg Exit #106. Follow the road through the intersection of Main Street for five more blocks.

FROM YAKIMA, TRI-CITIES: Take I-82 Northbound to I-90 Westbound for Seattle. Take the very first exit #109 toward campus. Take a right off the off-ramp and follow Canyon Road/Main Street to 8th Avenue. Turn right on 8th Avenue and go five more blocks.

FROM SPOKANE: Take I-90 Westbound to Ellensburg Exit #109. Take a right off the off-ramp and follow Canyon Road/Main Street to 8th Avenue. Turn right on 8th and go five more blocks.

FROM WENATCHEE: Take U.S. 97 Southbound over Blewett Pass into Ellensburg. Follow 8th Avenue through the intersection of Main Street and continue for five more blocks.

