

Professional Development Grant—Final Report

Project Title: Presentation Speaker at KDP National Convocation—FIT it in!

Name of Principal Investigator/Project Director: Shellie Hanna

Dates: October 29-31, 2009

B. PURPOSE: The purpose for attending the convention is to enhance my professional growth as an educator by being knowledgeable of current trends and research in education. I also will be expanding my professionalism by presenting and sharing my expertise with other teachers and professionals.

C. I was invited to the Kappa Delta Pi National Convocation as a presenter. It was a national level convention for pre-service teachers, K-12 teachers, and higher education professors. I presented a presentation titled “FIT it in!” In the presentation I helped participants explore how to incorporate simple physical activity exercises to include into their various subject areas—during their lessons. This allowed some physical activity into not only the students’ day, but also the teachers’ days. I also shared simple ways to “fit” exercise in throughout their lives. I used exercises that were based on research which links exercise with higher levels of mental activity, achievement, and productivity.

D. This experience was highly beneficial to me as it was the first professional convention that I have had the opportunity to attend outside the state of Arkansas. Through discussions with others, workshops I attended, and through feedback from the large group I had in my session; I was able to get a feel for what educators are encountering throughout the country.

E. From the experience I had at the convention, I was able to take the feedback from the attendees and further develop those ideas. Many of the teachers said they were going to implement the ideas for both themselves and for their students. Several suggested I develop

some of the ideas and publish them. I am going to write an article that deals with how to use physical activity in the classroom to help with attention in the classroom.

Further, I have used the feedback from the attendees in one of my courses with HPE/TC students. I will spend time explaining how they can use some of these techniques as well and how they can teach other teachers.

KAPPA DELTA PI

International Honor Society in Education



Recognizes
the contributions of

Shellie Hanna

as a **Presenter** *at the*

KAPPA DELTA PI 47TH BIENNIAL CONVOCATION
in Orlando, Florida, October 29–31, 2009



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