

WAHPERD

www.wahperd.org

Our mission ... is to provide members with professional development opportunities and be advocates for our profession.

WISCONSIN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE
VOLUME 39, ISSUE 3 **NEWSLETTER** FALL 2010

WAHPERD Convention + Chula Vista = The place to be October 2010!

Start planning ahead, check your calendar and make a commitment to attend the WAHPERD convention on October 27th-29th. The convention has wonderful sessions planned with great keynote speakers and session presenters.

Chula Vista sits on the Wisconsin River and is just minutes from downtown Wisconsin Dells. You and your family could attend the convention and then stay longer to enjoy the great Wisconsin Dells area. You can reserve a regular room (most rooms sleep up to 6) or you could reserve a condo, which includes a larger sleeping area and a kitchen. Each room includes a waterpark pass for each person staying in the room. And, yes, there is time to attend the convention and the wonderful sessions, tour the Exhibit Hall, AND get wet at the waterpark.

Wednesday, October 27th convention registration opens and from 8-10 p.m. is "President Erdman's Reception and Social." You are all invited to attend and have fun with GOHPER sport and the iDance system they will have set up at the Wednesday evening social. On Thursday, October 28th is the banquet and all convention dance with DJ Steve Statz. These are fun events that you don't want to miss!

The convention wraps up on Friday with sessions and two special prize giveaways sponsored by WAHPERD and the Future Professionals. The Future Professionals sell raffle tickets for great prizes donated by equipment companies. Please bring some money to help support the future professionals. WAHPERD will also have a handful of very nice prizes to give away. To be entered all you need to do is bring a non-perishable food item and your name will be entered. You must be present to win. Both prize giveaways will occur on Friday after the last convention session.

What a great way to fuel your Mind, Body, and Spirit at the beginning of a school year. Keep in mind that registration will cost a little (less if you are a WAHPERD member and register early!) and the room

will cost a little (maybe less if you share), but what you gain professionally through social networking and attending sessions is PRICELESS. Excellence in Motion...planned especially for you!

Convention RAFFLE and DUCK RACE (Yes, I said Duck Race!)

RAFFLE

WAHPERD will be holding a food drive for the food pantries in the area. Please bring a non-perishable food item with you to the convention. Along with the food drive is a raffle. You are automatically entered when you donate your food item. If you bring more than one food item then you are entered more than once (one entry per food item.) When you come to the registration area there will be a place to put your food item and enter the raffle.

The raffle will take place on Friday, October 29th at noon. (Place to be announced.) You MUST be present to win!

Along with the WAHPERD raffle will be the Future Professionals raffle that you can buy tickets for to support the future professionals. GREAT prizes for both - don't miss out!

DUCK RACE

The Wisconsin Dells has Ducks and if you have never gone for a ride on a Wisconsin Dells Duck you should plan to do that someday! Well, WAHPERD has ducks, too!

Little rubber duckies will be for sale to purchase or to enter in the duck race (time and day to TBA.) This will be used as a fundraiser for WAHPERD. All the ducks in the race will go down a waterslide. The first duck across is the winner. The winner will receive one of their convention nights at Chula Vista paid for! Don't miss out on the Duck Race!

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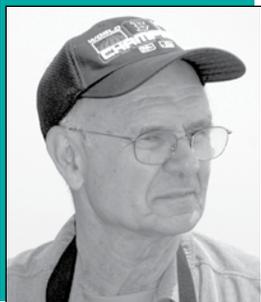
2010 Convention ... October 27-29 ... Wisconsin Dells



LeAnn Haggard ...

LeAnn Haggard has been in the business of dance since she was five years old. She holds a bachelors degree in Physical Education, Health and Dance from Ball State University in Muncie, Indiana and a master's degree in Physical Education from IUPUI, Indianapolis. She was the owner and principle teacher of LeAnn's School of Dance in Shelbyville, IN. for 18 years where 500-plus students danced through the doors of her

studio each week to study ballet, jazz, tap, lyrical, modern, interpretive, hip-hop and ballroom. She is an adjunct professor teaching classes in Ballroom and Social Dance at IUPUI in Indianapolis, IN. LeAnn has a long list of professional accomplishments as a singer, dancer and actress as well as a long list of productions for which she has been the choreographer and assistant director. She currently teaches elective dance classes at North Central High School in Indianapolis, IN. with a diverse population of 3300 students where her program has grown by leaps and bounds! Her philosophy is simple: lead by example with enthusiasm, love, acceptance and a firm conviction of the value of your subject matter. LeAnn Haggard was the Indiana Dance Educator of the year in 2004, Midwest District K-12 Dance Educator of the Year in 2005 before her appointment as National Dance Educator of the Year in 2006. LeAnn was the cover story for Dance Teacher Magazine in January 2007 where her students and program were highlighted. In April 2008, Kimbo Educational released a new children's dance exercise CD called "Feel the Beat" authored by LeAnn. She currently keeps a steady schedule traveling to other states teaching and sharing her enthusiasm for dance in addition to her fulltime teaching position at North Central.



John Hichwa ...

John Hichwa was a Physical Education Teacher both at the middle and elementary school level in Redding, CT from 1960 - 1995. John is currently a Certified National Elite Trainer - The SPARK Programs and a Physical Education Consultant. In 1993 John received the NASPE 1st National Middle School Physical Education Teacher of the Year Award. John is also the author of the book, "Right Fielders are People Too....."

an Inclusive Approach to Teaching Middle School Physical Education. Champagne, IL: Human Kinetics, 1997"

Tom Kidd ...

Tom Kidd has been a school health educator over the last 32 years in the Osseo, Fall Creek and most recently during the last 20 of those years here in the Eau Claire school system. He's been a training specialist for Hazelden, a nationally-known drug and alcohol rehabilitation center in Center City, MN. Tom has been an adjunct faculty member at UW-Eau Claire, UW-LaCrosse and the University of Alaska-Anchorage. Presently he teaches graduate level courses through Viterbo University out of LaCrosse and most recently St. Thomas University out of the Cities. Tom has his own speaking/training and consulting business called Lifestyle Enhancement Services where he speaks on 80 different health-related topics to hospitals, universities, school boards, parents and students and businesses. Tom is married and has two children ages 28 and 24. Tom recently retired from teaching so he could "walk the talk" and work on being healthy so he could attain the many things on his "Bucket List!"



Deborah Tackmann ...

Deborah Tackmann is a health education instructor at North High School in Eau Claire, Wisconsin. She has been recognized nationally for her ability to inspire the joy of learning in students through her creative approaches to teaching. Deb is a Disney Teacher Award Winner, received the USA Today National Teacher Award and she is the recipient of

many national health educator awards. An author, a health consultant, a coach, a university faculty member, a mother, and last but not least, Deb is a teacher with a passion to inspire and empower kids to be happy, healthy and successful in life. Her presentations/workshops will make you think, make you laugh, as well as energize and empower you to be the very best teacher you can be in the 21st Century!



Vicki J. Worrell ...

Vicki J. Worrell, AAHPERD President, is a professor in the Health, Physical Education and Recreation department at Emporia State University, Emporia, Kansas. Her areas of expertise are physical education curriculum, instruction and assessment. Vicki teaches undergraduate majors and graduate students in the HPER on-line Masters program at ESU. She has coauthored a

total of seven books, two which were for NASPE, has written 22 journal articles, created numerous assessment products for Sportime and has made 200+ presentations at conferences and workshops.

Prior to working in higher education, Worrell taught elementary physical education for 19 years and coached high school volleyball and track. Vicki coached a jump rope demonstration team for 12 years and traveled with her team twice to Australia and performed at the World's Fair in 1988.

Dr. Worrell served as President of both Central District AAHPERD and Kansas AHPERD, and is currently the Executive Director of the Kansas AHPERD. In 1993, Vicki was recognized as the NASPE National Elementary Physical Education Teacher of the Year and received the NASPE Joy of Effort award in 2006. She is honored to serve her profession as the President of AAHPERD.

Wednesday Night President's Reception/GOPHER Sport Dance Social

Join your WAHPERD friends on Wednesday night from 8-10 p.m. to celebrate a successful year with President Brenda Erdman. Thanks to GOPHER Sport for sponsoring a chance to experience iDance. There will lots of dancing, food and fun. Come network with your colleagues and enjoy some dancing excitement!

Past President and Retirees Luncheon

There will be a luncheon for all Past Presidents and retired WAHPERD members on Thursday, October 28, 2010 at the Chula Vista, Wisconsin Dells from 12:30 - 1:30 p.m. A Past President's meeting will be held prior to the luncheon from 11:30 a.m. - 12:30 p.m. Further information will be sent directly to individuals.

2010 Convention ... October 27-29 ... Wisconsin Dells

**Health & Physical
Education Teachers ...
Don't Miss Out!
Earn University Credit at the
2010 WAHPERD Convention!
See page 8 for details!!!**

WAHPERD members attending the annual convention in Wisconsin Dells can receive one undergraduate or graduate credit through the UW-La Crosse Department of Health Education and Health Promotion and Continuing Education and extension. **THE COURSE TITLE IS HED 467/567: EXPERIENTIAL LEARNING STRATEGIES FOR HEALTH EDUCATION.** Also available is an Independent Study option, HED 495/595, for those who have taken this credit experience previously or would like more flexibility in aligning the experience with their professional responsibilities. This course is open to professionals in Health Education, Physical Education, and related disciplines. All project assignments can be aligned with your current professional responsibilities/standards. Marcie Wycoff-Horn would be glad to discuss these possibilities with interested individuals. Please call (608) 790-1204 or email: wycoff-h.marc@uwlax.edu.

The two primary criteria for earning this credit are:
1. documented attendance in at least five (5) program sessions during the conference in Wisconsin Dells, WI;
2. development of a "focused" application project that helps you bring what you learned at the conference to life!

Your application project should portray how a concept, idea, theory, or practical teaching techniques can be applied to an actual or projected professional setting, to enhance your professional contributions or development in health education, physical education, recreation, dance, athletics, or administration.

*Instruction packets will be distributed in advance of or at the October convention. For general information or registration information, call the office of Continuing Education and Extension at (608) 785-6507. If you have questions about the experience, contact Dr. Gary Gilmore, Director of Community Health Programs at (608) 785-8163.

Convention Raffle/Prizes

The Future Professionals sell raffle tickets for great prizes donated by equipment companies. Please consider supporting the future professionals and be entered for a chance to win great prizes. WAHPERD will also have a handful of very nice prizes to give away. To be entered all you need to do is bring a non-perishable food item and your name will be entered. You must be present to win. Both prize giveaways will occur on Friday after the last convention session.

Did You Know ... You can now renew membership and register for the WAHPERD Convention online at www.wahperd.org

Conference Hotel Information:

Chula Vista Resort and Waterpark
2501 River Road, Wisconsin Dells
Reservations - (800) 388-4782
Reservation Deadline: October 6, 2010

Rates: Wednesday night – Friday night \$119/\$259
Extend your stay for Saturday night \$169/\$309

Water park passes included for each person registered in your room!

Chula Vista offers a variety of rooming options:

\$119 - Junior Suites are very spacious and great for families. Amenities for Junior Suites include: 2 Queen Beds or 1 King bed plus 1 Sofa Bed, semi-private living area, microwave, coffee maker, refrigerator and TV. Junior suites have indoor access to the waterpark.

\$119 – Tower guest rooms amenities include 2 Queen Beds or 1 King bed, microwave, refrigerator, TV and coffee maker. Tower rooms have indoor access to the waterpark.

\$119 - Golf Villas offer comfortable accommodations for up to 6 people with full kitchens and living area, with two queen size beds and a pull out sofa sleeper. These villas do not have indoor corridor access to the waterpark, however a shuttle can take you to the waterpark and main lodge facilities.

\$259 – The El Grande Condo has two bedrooms, one with a fireplace and television, the other bedroom has two queen size beds with television, one full bath and one three quarter bath, full kitchen with range, oven, refrigerator, dishwasher, microwave, and coffee maker, dining room table, living area with sofa sleeper, chair, fireplace, and a Jacuzzi. The El Grande Condos have indoor corridor access to main lodge amenities including the waterpark.

Dining options at the Chula Vista:

Breakfast options at the Chula Vista:

Market Fresh to Go: Featuring Starbucks coffee and the freshest bakery goods including homemade doughnuts, muffins and pastries. (Approx cost \$7)

Market Fresh Breakfast Buffet: Chef carved meats, made to order omelettes, breakfast pizza, fresh fruit, breakfast pastries, toast, cold cereal, yogurt, scrambled eggs, sausage, bacon, French toast, pancakes, Belgian waffles, corned beef hash, American fries, biscuits and gravy and more (Cost with coupon \$8.95)

Lunch options at the Chula Vista:

Market Fresh to Go: Get a hot, delicious panini sandwich for lunch. You will also find a wide array of sweets, caramel apples, and ice cream. (Approx cost \$7)

Market Fresh Lunch Buffet: Salad bar, homemade soups, pizza, two main course entrees, vegetables, potatoes, pasta, roasted carved meat, and a variety of fresh ingredients to build your own sandwich. (Cost with coupon \$10.95)

Cold Water Canyon Clubhouse: Features burgers, sandwiches, brats, hot dogs, salads and buffalo wings! Kids meals also available. Located in the waterpark. (Approx cost \$8)

2010 Convention Schedule of Events

WEDNESDAY, OCTOBER 27, 2010

4:00-7:00 p.m. Exhibitor Set up at Chula Vista, Wisconsin Dells

5:30-7:30 p.m. Registration at Chula Vista, Wisconsin Dells

8:00-10:00 p.m. President Reception / Social / iDance

THURSDAY, OCTOBER 28, 2010

7:00 a.m. - 3:00 p.m. Registration at Chula Vista, Wisconsin Dells

9:00 a.m. - 4:30 p.m. Exhibits Open at Chula Vista, Wisconsin Dells

Session 1 ► 8:00-9:00 a.m.

- 1 Tackling the Enemy – *Sarah Nielsen*
- 2 Engaging Health Act: Energizers & Strategies that Connect Curr – *Fredricks/Gilbank*
- 3 Chute, Shake, and Shimmy Dance! – *Berndt/Baranowski*
- 4 Disc Golf - What is it and how to get started – *Miller/Wieshahn*
- 5 Developing a Standards-Based Curriculum/Report Card – *Blask/Campbell*
- 6 Teach Fitness Concepts & Core Strength: A Great 1-2 Punch! – *Sissom/Moser*
- 7 KIN-BALL Sport – *Pierre-Julien Hamel*
- 8 Science of Spin PE and Yo-Yos – *Dave Schulte*

9:10-11:00 a.m. ► General Assembly

Announcements/Elections

Kenote Address – Vicki Worell “Opportunities for the Mind, Opportunities for the Body, Opportunities for the Spirit”

Session 2 ► 11:10 a.m.-12:10 p.m.

- 1 Nutrition - Staff and Community Wellness Programs-Starts w/You – *Michael White*
- 2 Interactive & Hands-On Middle School Health Education Lessons – *Tom Kidd*
- 3 Coaching Youth Sports: Ideas for Developing Character ... – *Witte/Gustafson*
- 4 Spirals, Squares, Rounds and Mixers – *LeAnn Haggard*
- 5 “5 Alive” Bringing Standard 5 Alive in Your Class – *Sandy Hagenbach*
- 6 Jump into the world of Wizards! – *Cameron/Seering/Kestell*
- 7 Collaboration, Integration, and Celebration – *Muellerberg/Englerth*
- 8 Let’s Go Letterboxing! – *Roth/Osegard*
- 9 Pilates Plus – *DiAnn Stasik*

12:10-1:00 Convention Luncheon

12:10-1:00 Future Professional Lunch - John Hichwa “You Are Looking Forward and I am Looking Back ... What Have I Learned in My 50 Years of Teaching?”

11:30-12:30 Past President’s Meeting

12:30-1:30 p.m. Past President’s/Retirees Luncheon

Session 3 ► 1:10-2:10 p.m.

- 1 Teaching with Technology - A Game-based Approach for H.E. – *Richard Schafer*
- 2 Using Service Learning in the Classroom – *Gail Hoffman*
- 3 Fishing Has No Boundaries – *Czechanski/DeMunck*
- 4 Fun Fitness w/C^omotion – *Brian Goodman*
- 5 Eclipse Ball: Co-ed teamwork games for stud of all athletic abilities – *Donald Benson*
- 6 iDance from Gopher Sports – *Katy Bauschelt*
- 7 Zumba ... Ditch the workout, Join the Party! – *Kelly Bullard*
- 8 It Takes Heart to be a Hero! Creating a great JRFH/HFH Event – *Kestell/Seering/Rocker*
- 9 How Does Grading In PE Affect Student Motivation? – *Kelly Arps*
- 10 PDP Workshop: Initial Educator Licensure (cont at 2:20) – *McCabe/Swenson*

Session 4 ► 2:20-3:20 p.m.

- 1 Teaching Students to be ASSERTIVE! – *Tim Wright*
- 2 Wow Wow Wellness Days! – *JohnsonDickie/Collins*
- 3 Fitness for Life Elem School & Fitness Assessment in School-wide – *John Klein*
- 4 Feel the Beat! - Part II – *LeAnn Haggard*
- 5 Are you Ready! For Quality Physical Education – *Crystal Gorwitz*
- 6 Badminton Techniques and Tactics – *Mandi Hendricks*
- 7 Hike It, Strike It, Roll It, Control It – *John Thomson*
- 8 What does Inclusion Really Look Like – *Carrie Paterson*
- 9 WI Speed Rope Jump Contest for Your Students – *Curt Zastrow*
- 10 Fuel Up to Play 60: Empowering Youth – *Andrae/Edge*

11 PDP Workshop: Initial Educator Licensure (cont. from 1:10) – *McCabe/Swenson*

3:30-4:30 p.m. Visit the Exhibits Hall at Chula Vista, Wisconsin Dells

3:30-9:00 p.m. Enjoy the Waterpark at Chula Vista, Wisconsin Dells

7:00-9:00 p.m. Award’s Banquet at Chula Vista, Wisconsin Dells

9:00-11:00 p.m. All Convention Dance at Chula Vista, Wisconsin Dells

FRIDAY, OCTOBER 29, 2010

7:00 a.m. Brian’s Board / RA at Chula Vista, Wisconsin Dells

7:30-10:00 a.m. Registration at Chula Vista, Wisconsin Dells

9:00 a.m. - 12:00 p.m. Exhibits Open at Chula Vista, Wisconsin Dells

Session 5 ► 8:30-9:30 a.m.

- 1 Comprehensive Elementary Health – *Tollaksen/Headington*
- 2 It Takes Heart to Be a Hero! JRFH/HFH Coordinators Social – *Seering/Kestell/Rocker*
- 3 Utilizing Phy Act Monitors to Motivate Students w/Disabilities – *Marquell Johnson*
- 4 The Longer I Teach, the Lighter My Touch – *John Hichwa*
- 5 WAHPERD Grants Sharing Session – *Milbrath*
- 6 Team Time - Together Everyone Around Moves – *Sandy Hagenbach*
- 7 Running Drills, A Key to all Activity – *Kris Fritz*
- 8 Drum Up Fitness – *Cindy Forsythe*
- 9 Outrageous Teaching Tech in HE in the 21st Century – *Deb Tackmann (continued at 9:40 a.m.)*
- 10 Choreographed Cardio Kickboxing – *Abitz/Paulick*
- 11 Safe Routes to School: More walking and biking to school – *Jessica Binder*
- 12 “Skillastics” - More Than Just a Game! – *Sandy Slade*

Session 6 ► 9:40-10:40 a.m.

- 1 Time to REACT to Bullying – *Lisa Strauss*
- 2 Children Succeed with Learnercise - Learning while Moving – *Owens-Nauslar/Fountana*
- 3 Three Roads Lead to Success With Severe Populations – *Carrie Paterson*
- 4 Hip Hop Hype Is Back! – *LeAnn Haggard*
- 5 Pedometer BING-GO! – *Bonnie Hopper*
- 6 No Gym? No Problem! – *Jestadt/Baughman*
- 7 Preparing Future Professionals – *Tracy Yengo*
- 8 Instant Lifelong Activities for Elementary Students – *Stratton/Michalski*
- 9 Outrageous Teaching Tech in HE in the 21st Century – *Deb Tackmann*
- 10 SPARKfamily.org - A Website You Can’t Refuse ... – *John Hichwa*
- 11 Classroom Management Skills So Effective a Principal Would Envy – *Joe Garvin*

Session 7 ► 10:50-11:50 a.m.

- 1 District-Wide Coordinated School Health – *Fuller/Mutch*
- 2 Slowing Down the Wheel of Oppression – *Steph Rowe*
- 3 Utilizing the WI Adapted Physical Act Resource Directory – *Marquell Johnson*
- 4 There is no such thing as being just a gym teacher – *John Hichwa*
- 5 Netball – *Jo Bailey*
- 6 Trendy Tinikling – *Kristi Roth*
- 7 Alternative Resistance Training for Middle and H.S. PE Teachers – *TJ Mickschl*
- 8 Snowshoeing, the ultimate winter activity! – *Lee Watson*
- 9 Read in PE? Making the Connection – *Jackie Clark*
- 10 Cheer On Gymnastics – *Kitty Erdman*
- 11 Getting Into Gear: A new Bike Safety Curriculum for WI PE Teachers – *Binder/Callaway*

12:00 p.m. – WAHPERD and Future Professional Raffle and Prize Give Away - Must be present to win!!

WAHPERD MEMBERSHIP

You must be a current member through 11/10 or return a new/renewal membership form with membership dues to preregister for the convention.

Wisconsin Association For Health, Physical Education, Recreation and Dance Membership Form.

PRINT ALL INFORMATION

CHECK APPROPRIATE BOX IN EACH SECTION

Month	2010 to Month	2011	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____		FIRST NAME _____		AREA <input type="checkbox"/> Health - H <input type="checkbox"/> General - G <input type="checkbox"/> Physical Education - P <input type="checkbox"/> Student - S <input type="checkbox"/> Sports & Athletics - A <input type="checkbox"/> Recreation - R <input type="checkbox"/> Dance - D	
STREET _____		HOME PHONE (____) _____			
CITY _____		WORK PHONE (____) _____			
COUNTY _____		STATE _____ ZIP _____			
E-Mail Address: _____		Year: Fr So Jr Sr Grad			
*Students-School attending				OFFICE USE ONLY EXP. DATE _____ Date Rec'd _____ CK # _____ Amt. PD _____	
<input type="checkbox"/> SE - Southeast District - CESA District 1 <input type="checkbox"/> SC - South Central District - CESA District 2 <input type="checkbox"/> SW - Southwest District - CESA Districts 3 & 4 <input type="checkbox"/> C - Central District - CESA District 5 <input type="checkbox"/> E - Eastern District - CESA Districts 6 & 7 <input type="checkbox"/> NE - Northeast District - CESA Districts 8 & 9 <input type="checkbox"/> NW - Northwest District - CESA Districts 10, 11 & 12		TEACHING LEVEL <input type="checkbox"/> E - Elementary <input type="checkbox"/> M - Middle <input type="checkbox"/> S - Secondary <input type="checkbox"/> U - University/College <input type="checkbox"/> O - Other _____			
		Mail to: WAHPERD 24 Mitchell Hall • 1725 State St. La Crosse, WI 54601-3788 Makes Checks payable to: WAHPERD			
		For further information go to our website: www.wahperd.org			
		TYPE OF MEMBERSHIP Lifetime (\$400) <input type="checkbox"/> Professional (\$50) <input type="checkbox"/> JRFH/Hoops Coord. (\$25) <input type="checkbox"/> Associate (\$50) <input type="checkbox"/> Student (\$25) <input type="checkbox"/> Retired (\$20) <input type="checkbox"/>			

2010 WAHPERD CONVENTION PRE-REGISTRATION

Deadline: October 6th, 2010

You must be a current member of WAHPERD through 11/10 or return a new/renewal membership form with membership dues to pre-register for the convention. COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW. You can verify your membership status by calling the WAHPERD office at 608-785-8175 or 800-441-4568.

COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW

Last Name: _____ First Name: _____

Street: _____ City, State, Zip: _____

Phone (Office): _____ Phone (Home): _____ E-mail Address: _____

Student Teacher Other

University or School District: _____

Is this your first WAHPERD convention? Yes No

WAHPERD District (check one): NW C NE SE SC SW E

CLASSIFICATION (Check all that apply)	PRE-REGISTRATION (must be received by 10/6)	ON-SITE
<input type="checkbox"/> Professional	\$85.00	\$100.00
<input type="checkbox"/> Retired	\$0.00	\$0.00
<input type="checkbox"/> Student (Lunch included)	\$35.00	\$45.00
<input type="checkbox"/> Non-member	\$145.00	\$155.00
<input type="checkbox"/> Past President	\$0.00	\$0.00
<input type="checkbox"/> Awards Banquet (Thursday evening) _____	@ \$25.00 each	n/a
<input type="checkbox"/> Sponsor a student to awards banquet _____	@ \$25.00 each	n/a
Total Enclosed:\$ _____		

Pre-registration fees do not include awards banquet tickets. Awards banquet tickets must be purchased separately. No awards banquet tickets will be available for purchase on-site.

Banquet Preference (check one): Vegetable Fettucine Breast of Chicken Viennese Roast Pork Loin

Complete and send this form along with a check for WAHPERD Convention Pre-Registration Fees to:
 WAHPERD, 24 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.



President's Message



**Excellence in Motion
Mind • Body • Spirit**

by Brenda Erdman

Welcome back to a new school year. I am sending my very best to you for a great year with new adventures for your MIND, BODY, AND SPIRIT! I hope that you had a relaxing and enjoyable summer and you are refreshed and rejuvenated!

I have been sending monthly challenges to you and I hope that you have tried all or some of them. If you missed any they are all listed in this newsletter. Enjoy them again and again throughout the school year for yourself and share with your colleagues! It is important to continue to set goals and challenge your Mind, Body, and Spirit as often as possible.

A few changes occurred this past year. WAHPERD has been realigned, flash drives were used for the board of directors, WAHPERD directory is now emailed to the WAHPERD board of directors (anyone may request it), printing costs were reduced, website was updated, newsletter was published with new information, and WAHPERD has a new logo AND a new name - WHPE. Change is never easy, but I think the WAHPERD board made changes with the advancement of the organization in the forefront. I am proud to be a part of the past, present, and future of WHPE.

I would like to thank all of you who sent material in for the newsletter throughout the year. It is a lot of work putting together a great informational newsletter and you all helped make that job a little easier. I think being involved and helping send articles, recipes, quotes, etc. to the newsletter is a great way to help volunteer. You are not just helping the President, but mostly you are helping your fellow colleagues by providing great and valuable information. If you have thoughts or ideas for the newsletter please continue to share them with me, or President Elect, Brian Marx.

I need to thank all of my executive committee, board of directors, the representative assembly, and the liaison members. This job is not

done by a single person...it is a team effort. My team was wonderful, helpful, involved, and very kind. Meetings were productive and fun. I appreciate all of the attention everyone gave to his or her position and to my requests. I appreciate all of your help!

A special thank you to Marcia Schmidt, my past president, Rosie Sylvester, the past-president, and especially to Nicole, our WAHPERD secretary, and Keith Bakken, our WAHPERD executive director. They helped answer my questions and guide me along the way. Again, WAHPERD is a team, and this team really did achieve more together!

Finally, I cannot write my final "Presidential Letter" without giving a great big thank you to my family. Holding this position has been a wonderful and fulfilling experience. It has also been time consuming, but my family did not complain one single time. Not when I was called away during dinner or family movie night for a phone call, not when I sat on the computer all those times, not when I left for another meeting, conference, or convention far away, and not when I told them it would be a three year commitment! They knew how important this was to me and they supported me 100%. Thank you, my loves! Todd, Hannah, Leah, and Ella, you will never know how much your patience, understanding, and support helped my MIND grow professionally and my SPIRIT soar with new experiences!

My last MIND, BODY, SPIRIT challenge for you is the WAHPERD convention. Your MIND will explode with new knowledge and experiences! You need to attend the great sessions we have planned for you – and bring a friend so they can attend the ones you miss! Your BODY is in for a real treat...sessions, dancing, water park, oh my! Maybe even stay an extra day or two for an extended vacation! What can be better for your SPIRIT than reconnecting and visiting with old friends, and meeting new friends, and please find me and say hi! These few WAHPERD days will help your SPIRIT soar with support and confidence. You need this support.

Bring your family or friends and ask them to support you in your adventure for professional growth while they have some wet and wild fun! Attend the convention, enjoy the water park and prepare to grow in MIND, BODY, and SPIRIT!

Thank you, my WAHPERD Friends! It has been a growing, learning, challenging and wonderful MIND, BODY, SPIRIT year for me. Be active in your MIND, BODY, and SPIRIT for a lifetime!

Nominee for President-Elect



By Crystal Gorwitz

My name is Crystal Gorwitz and I will be running for WAHPERD President. I am currently a Physical Education/Health Education teacher at Hortonville Middle School. I have been married to my husband, Marshal for 31 years and have two great children, Michael and Jennie. I have had experience teaching physical education and health education to students at the elementary, middle and high school over the past eighteen years. After teaching at all three grade levels I found that my passion is teaching middle school students! I have served as Eastern District Representative and Health Division VP for WAHPERD.

I have always been a proud member of WAHPERD and feel very honored to be asked to run for the position of President-elect. I have also been blessed with the people I teach with in the Hortonville Area School District– Marcia Schmidt (Hortonville High School Physical Education Teacher and past president of WAHPERD) and Cheryl Richardson (former Hortonville Elementary Physical Education Teacher and current Senior Program director for AAHPERD). As a result of working with

these two amazing people we wrote and won one of the first PEP Grants in 2001! Being an active member of WAHPERD has provided me with so many great professional opportunities and the chance to network with so many quality physical education teachers. Over the past year I have had the great pleasure of working with Jon Hisgen and a talented group of people on the new Wisconsin Model Academic Standards for Physical Education. I have also had the opportunity to work with an amazing group of people on a project for AAHPERD titled, "Appropriate Instructional Practice Guidelines for Elementary, Middle and High School". Over the past six years I have been a presenter at teacher workshops around the country as the 2004 NASPE National Middle School Physical Education Teacher of the Year.

I feel that teaching quality physical education and nutrition education is of the utmost importance to each of our students and their families! I also feel that staff wellness should be an important part of every school district. In the coming years I would like to provide the most up to date information to our membership on these topics and also the important part that WAHPERD plays in promoting healthy lifestyles. I would feel honored to represent you, the members.

President-Elect's Message



By Brian Marx

Welcome back to another exciting year. I always enjoy the beginning of a new school year. I have a lot of great ideas that I am going to try. Each year at our convention, the National Convention, and Best Practices I pick up new ideas and it is great to try them out on a new class each year. This is an exciting time for our organization.

We are on the leading edge of Health and Physical Education. I attended the AAHPERD Leadership Development Conference in Washington D.C. in June. I was able to talk to President-Elects from all over the country. We shared ideas and discussed plans for our organizations. The things we are doing here in Wisconsin are exciting leaders in other states. We have amazing leaders and an outstanding membership. We also have a lot of support in Washington. I was able to meet with a staff member of Sen. Kohl's as well as Rep. Kind and one of his staffers. Rep. Kind is a true friend of our organization. He was instrumental in the Fit Kids Act and he is



Vicki Worrel & Brian Marx

currently writing up some more legislation that will help out Physical Education. If he is your congressman please send him a thank you and ask him to continue supporting our mission. His contact information, as well as information for contacting all of your legislators, is located on our website.

This past year as your President-Elect has gone by so quickly. I am really looking forward to taking over as your President. I have a great group around me to help me ride this amazing wave that has caught our organization. I am always looking for more people to join our leadership team. If you are interested in becoming more active in our organization please contact me or any other member of the Executive Council. Please think of this as a personal invitation to join our leadership team and keep us on the leading edge of state associations.

It has been great promoting Brenda's theme of Excellence in Motion: Mind, Body, and Spirit. This summer I helped my mind out when I met with all of the great leaders from all over the United States. We shared new ideas and posed difficult questions to each other. I helped my spirit by taking time to relax. I love going camping and spending time in our great state parks. I was able to do that on several occasions this summer. My spirit was lifted every time I talked to any of our member or leaders.

I am really excited for the next year. I look forward to meeting you and listening to your thoughts and ideas for ways to keep our organization as a leader. Chula Vista is a great location for our convention. I hope you come



Keith Bakken and Ron Kind with Brian Marx

away with a lot of great new ideas from the excellent speakers. I hope you meet someone new who shares your passion for Health and Physical Education and I hope you find time to enjoy the facilities and improve your own Mind, Body, and Spirit. Take advantage of the Waves of Opportunity that are out there for you.

Past President Message



By Rosie Sylvester

It hardly seems possible that my term of serving as WAHPERD's Past President is coming to an end.

MIND: My brain is spinning in amazement as I reflect on this past year and all of the things that got accomplished. A special "Thank You" to the Executive Committee and Board of Directors for bringing closure to three goals that began when I was the President. We now have State Model Academic Standards in place for Physical Education. The WAHPERD team that worked with the D.P.I. did a fantastic job! At this year's convention the implementation of the new district realignment and levels of teaching will take place. "Thank You" to everyone for the support I received with the idea changes. The "SPIRIT" of the two Boards and Executive Committees are to be commended for bringing about these much needed changes.

BODY: I have enjoyed the monthly challenges sent out by President Erdman this year. I have also challenged myself with several ideas of my own. Each day I take the time to do a workout so I can stay in shape. You know what they say "A WEEK without exercise will make one WEAK!"

Hope to see you all at convention where we can meet one another's families. What a wonderful idea to have built in time to enjoy families and connect with friends. Many people have been busy working behind the scenes and planning to bring you a GREAT convention. In closing, President-Elect, Brian Marx has asked me to serve as his Past-Past President; I truly feel honored by this request and have accepted.

Past Past President Message

By Marcia Schmidt

I hope you all have enjoyed your summer time by refreshing your mind, body and spirit. As I sat to write this, I thought about my summer and what I did. I decided to freshen up the interior of the house by painting 3 different rooms, not only was that a physical activity (up/down on the ladder) but when finished, my mind and spirit were uplifted and refreshed with the changes.

Gary and I spent a long weekend in "up north" WI, hiking the Wisconsin Mini Water Falls in the Crivitz area. The water was high making for some great photo shots and once again refreshing our minds, body and spirit.

Much of my summer has been spent with family. My grandchildren amaze me with their energy and eagerness to learn. Spending this time with family also refreshes my mind, body and spirit.

Presently, we are gearing up for another year of school—helping students learn the importance of keeping physically, active not only for their bodies but also for their minds and spirit.

Good luck for a great school year and see you at the convention in October at Chula Vista



Do you have a favorite quote or saying? Enjoy these quotes!

"You deserve what you tolerate," is a quote I learned from Denis Barnard early in my profession. He was referring to classroom management at the time, however I have found this quote very useful in everyday life from parenting, marriage, and other relationship challenges in life! Thanks Denis!
 ~ Submitted by Lisa Strauss

It's not the years in your life that count ... It's the life in your years.
 ~ Rosie Sylvester

Whatever you eat in private, you wear in public!
 ~ A Weight Watchers Leader

Commit to at least one daily experience where you share something of yourself with no expectation of being acknowledged or thanked.
 ~ Dr. Wayne W. Dyer

"When Health is absent, Wisdom cannot reveal itself; Art cannot become manifest; Strength cannot be exerted; Wealth is useless; and Reason is powerless."
 ~ Herophilus - 300 B.C.

Only those who will risk going too far can possibly find out how far one can go.
 ~ T.S. Eliot

Your life is an occasion, rise to it.
 ~ Movie, Mr. Magorium's Wonder Emporium

This was from a pretty heavy but hardworking 3rd grade boy: "Mrs. Linehan, That class was like Military Camp!"
 ~ Submitted by Mary Linehan

Q & A

Do you know it all? Answers can be found on page 13.

1. I have MANY perennial beds in my yard. What flower is President Erdman's favorite?
2. Who is hosting the President Social at the convention on October 27th?
3. Who is invited to the President Social on October 27th?
4. How many professionals were asked to be a part of the committee that developed the new WI State Standards for Physical Education?
5. Who is the keynote speaker for the WAHPERD convention on Oct. 28th?
6. What decade was the very first JRFH event held?
7. What is my favorite piece(s) of equipment to teach with?
8. Who is the Executive Director of WAHPERD?
9. What are the names of the people retiring from the WAHPERD Parliamentarian and WAHPERD Treasurer?
10. What new scholarship is available for college students and professionals to apply for prior to this years convention?
11. Who can take the WAHPERD convention for credit?
12. Did you book your room at the Chula Vista for the WAHPERD convention?
13. What does Patty Kestell use to hang her snowshoes on?
14. Who is going to miss communicating with all of you and blazing a new path for the members of WAHPERD?



Paid for Life Membership Rates Going Up!

Currently the Paid for Life Membership rate is \$400. As of January 1, 2011 the rate will be \$500. Join for life by December 31st and save \$100. Membership forms can be found on our web page at www.wahperd.org under "Membership". If you have questions, call the WAHPERD office at 800-441-4568.

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FUTURE PROFESSIONALS DIVISION NEWS



By Lucas Rank FP Vice-President (UW-La Crosse)

Greetings! It is hard to believe that summer is almost over. It feels like finals just got over and here we are at the end of summer. How time flies! This summer there has not been too much going on within the Future Professionals but I am sure we all have been busy with summer jobs and experiences. That will change once the school year starts up again. There are many opportunities for students to get involved this school year. First, start off by renewing your membership to WAHPERD for the upcoming school year. You can go further by recruiting a younger student at your university to join as well! Double points for that! Second, we have a few professional development opportunities for students to participate in. If you are interested in attending the Midwest District Student Leadership Conference at Pokagon State Park in Indiana from September 30 to October 2 please contact myself (rank.luca@uwlax.edu) or one of the two amazing FP Advisors,

Mary DeMunck (demunck@uwosh.edu) or Heidi Wara (heidi.wara@oshkosh.k12.wi.us) for more information. There are limited spots available and it is a great time so make sure to get in contact with one of us quickly! Another opportunity is the WAHPERD Convention that will be held this year at Chula Vista in Wisconsin Dells from October 27-29. This will be another great opportunity to learn, network and have a blast with other WAHPERD members. One important aspect of the convention for the Future Professionals will be to vote on the **NEW** WAHPERD Future Professionals Vice-President Elect! This is the position that I have the privilege of serving WAHPERD with right now and that Ryan Heath (UW-O) will serve as next year. If you are interested, this is a two year commitment (one as Elect and one as Vice-President) and will start this October and end in October of 2012. Please contact either of the advisors, Ryan or myself for further information or questions you may have regarding the details of the position. I hope everyone has had a great summer and I hope to see you this upcoming fall!

DANCE DIVISION NEWS



By Kitty Erdmann, VP

The upcoming 2010 WAHPERD convention will be one to remember. Dance enthusiasts will enjoy the variety of sessions including Parachute dances, I-Dance, Trendy Tinikling and much more. We welcome back former National Dance Teacher LeAnn Haggard to teach a number of our dance sessions at the Chula Vista Resort. Her experience will as always scan the range from early childhood to university levels.

My Mind: I attended and presented at the WAHPERD South Central Workshop on February 26th 2010. I enjoyed the Geocaching, Zumba, and Cricket sessions throughout the workshop. I will be busy this summer taking 3 university classes and looking forward to my first Best Practices workshop in Stevens Point.

My Body: I am following through on exercising three days a week, and making more time for myself and the things I truly enjoy. My habit is to let my "list" of things to do take over my life. One of my family summer plans is to try some Geocaching. Thanks Tom Murray from Stoughton for planting the Geocaching bug in me. My family and I will camp several times including pulling the trailer out to the Washington D.C. area in June.

My Spirit: I plan on continuing to take dance classes for my health and because I am truly happiest when dancing! Maybe your spirit will include presenting a dance session in the future for WAHPERD. It is a rewarding experience you will not forget.

Contact me at kerdman@madison.k12.wi.us to share ideas and possibly get more involved in WAHPERD in your professional future.

HEALTH DIVISION NEWS



By Lisa Strauss, VP

As I wrote this we were at the tail end of major flooding in the Milwaukee area. Hopefully people kept their minds, bodies and spirits in check throughout the challenging time. The summer has cruised by as it always does. I had the opportunity to teach summer school (basketball) this year to elementary aged students (I teach middle school) and was strongly impacted by their energy, spirit, and willingness to get active. We are truly blessed in our profession to be involved with such enthusiasm in our classrooms. I also had the opportunity to work directly with a newly certified PE/Health teacher, and learned a great deal from this young professional and hope he learned something from me as well. Almost everyday we taught together, I reminded him of the upcoming convention and how important it is for our young professionals to attend and be involved. We all know it is difficult to convince the more "seasoned" teachers to attend and be involved in WAHPERD, especially if losing their jobs is of no threat. However, the young teachers in our profession continue to need our guidance, support and sometimes a little financial stimulus to be involved in WAHPERD, as it truly is an organization that uplifts our minds, bodies and spirits as we continue to find new ways to influence the young minds, bodies and spirits of the children (and adults) we teach. With this in mind, my thoughts go out to our colleagues in Milwaukee Public Schools whose jobs may have been eliminated and/or may have been laid off. As this has been a blow to your spirits, please still consider attending our convention to network, revive and inspire your mind to persevere. There are many great health sessions this year geared directly towards that. See you at convention!



WAHPERD/JRFH/HFH Grants Available

If you are involved in a project which promotes fitness and heart health, and will benefit a general population rather than just those affiliated with WAHPERD, you might be interested in funding through a WAHPERD/JRFH/HFH grant. Grant guidelines have been set for those who wish to apply. The guidelines include proposal specifications and timelines. The deadline for the grant cycle are February 1, 2011. You may contact the WAHPERD office for more information or check out the grant guidelines on the WAHPERD web page at www.wahperd.org.

DISTRICT NEWS

Central District News

By Jo Bailey, Coordinator

Hi everyone! I trust you have all had an enjoyable summer, with plenty of time for rest and relaxation to recharge yourselves! I have been busy investing in my mind, body, and spirit while gathering new ideas for the upcoming school year.

Mind: The connection between a healthy body and a healthy mind has been getting more and more attention recently with the Let's Move campaign and I have been making sure that I am doing everything I can to spread this message! Each time I read an article, or see a news clip on the link between physical activity and academic achievement I make sure that I pass this information onto my principal, colleagues, and school board members. Make sure you do too! The more we can advocate for our profession, the better! Last semester I volunteered to teach a zero hour PE class for the first time, to see what effect the class might have on a student's physical fitness, energy/ productivity levels, and academic performance. The vast majority of the students who took the class reported that they felt more energized, more productive, and, perhaps most importantly, more confident. 95 percent of students in the class increased their fitness levels. I am excited to be presenting the results of the class to our school board in August and to furthering this project in the coming school year.

I will also be working on my own mind by attending the Best Practices in Physical Education and Health Convention in Stevens Point and the WAHPERD convention at Chula Vista. I look forward to meeting fellow WAHPERD members at both conventions – they are great opportunities for professional development and networking. Planning is underway for the CWEC on March 4th 2011 – be sure to let me know what you would like to see at the convention or if you would like to see any other professional development opportunities offered during the year.

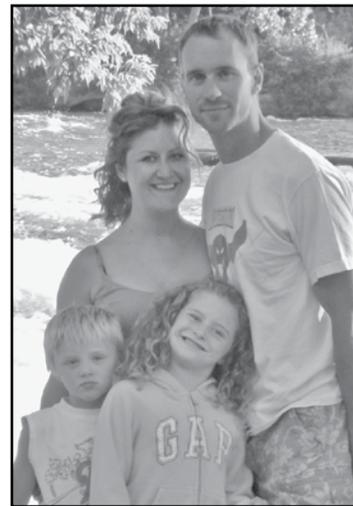
Body: I have had lots of fun completing both President Erdman's and my own fitness challenges. No matter where you are or what equipment you may, or may not, have, you can fit in some physical activity. When I am at the park with my children I have discovered that doing lunges or squats while pushing them on a swing is a great leg workout! My 3 year old loves climbing onto benches and jumping off so I fit in some plyometric moves alongside her. I recently entered a Polar heart rate monitor contest after creating a video montage of some of the different ways I get my activity in – no gym, no equipment, no problem! Challenge your students to come up with unique ways to workout with little or no equipment – I am sure they will have some great ideas!

Spirit: I have really tried to focus on helping my students to develop their spirit, to celebrate all of their accomplishments, no matter how small, and to recognize the progress they are making. Creating goals – S.M.A.R.T. ones of course – is a great way for anyone to realize their potential. Have students set goals at the start of the semester – short term and well as longer term goals, and review them every few weeks to see how they are progressing towards achieving them. Don't forget to set your own goals as well!

Eastern District News

By Andy Roloff, Coordinator

Welcome Back! Hopefully summer has refreshed, rejuvenated, and revitalized you for the upcoming school year. This summer was great. Having two young children I have had the opportunity to get into a plethora of adventures that have made this summer one to remember. Adventure really became our household theme. Everyday seemed to bring adventure, and if it didn't, we searched for it. Our adventures were as easy as going to a new park or pool to play at, or an exploratory bicycle ride or even climbing up a steep dirt hill. I can't wait to take the adventure



theme to school and implement it in my classroom. If you are looking for an adventure that is sure to be great, please consider attending this year's convention at the Chula Vista Resort in Wisconsin Dells. A tip if you go, think about budgeting some extra money to get some great deals on sports equipment. You can usually get a good deal on great stuff.

What a great experience it has been holding the Eastern District position. I have met some outstanding people along the way. It has been great to connect with people so passionate about teaching. It has brought me to attending my first Best Practice workshop, which was awesome.

WAHPERD is excellence in motion. It has challenged me professional and personally to take care of my Mind, Body, and Spirit. I hope it challenges you too.

Northeast District News

By Sue Hahn, Coordinator

Another school year is already upon us! As my mother used to say, "time flies!" "Especially when you are having fun!" This past summer the Antigo School District offered two sections of summer Physical Education for students in grades 9-12. Both sections were filled with waiting lists, and it's no wonder, with all the great activities that were planned for the students to participate in! Students in summer P.E. have the opportunity to challenge themselves in many Ropes Course activities. Many students report they learn a lot about themselves after this "awesome" experience. Other outdoor adventures in summer P.E. include an 18 mile bike trek, kayaking, canoeing, fishing, and hiking. Students in elementary and middle school had the opportunities to go overnight camping and day camping, as part of a summer school experience. What a great way to introduce students to the many lifelong fitness and exercise opportunities found right here in Langlade County! I hope your summer was also filled with plenty of fresh air, exercise and healthy eating!



Larry Cain Memorial Scholarship

Mrs. Karen Cain, along with several Janesville teachers, has set up a Memorial Scholarship to remember and honor Larry Cain.

Larry was a physical education teacher in Janesville, and a past-president and leader within the WAHPERD organization.

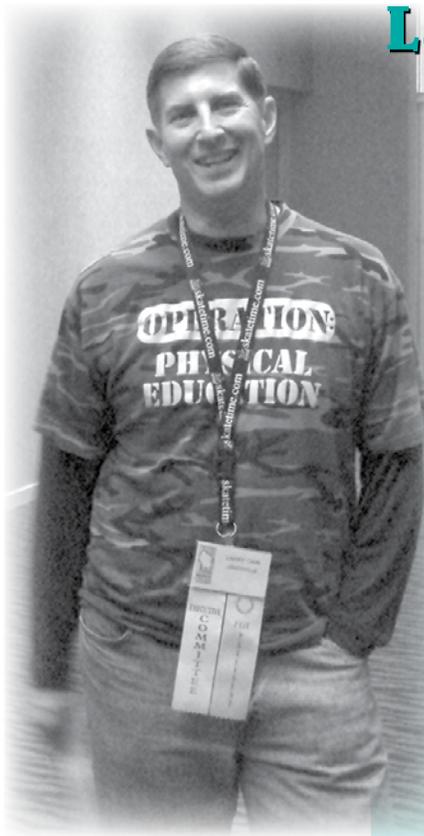
He made a significant difference in the lives of his students and fellow colleagues and professionals.

The Larry Cain Memorial will provide financial support for one student and one professional to attend the WAHPERD convention (registration & hotel) and one year's membership to WAHPERD. A committee from Janesville will represent the memorial and will help Mrs. Karen Cain choose the recipients. All WAHPERD members and non members state wide, are eligible to apply for this scholarship. Please encourage a coworker or colleague who is not currently a WAHPERD member to apply!

If you would like to donate to the Larry Cain Memorial Scholarship please send your donation to:

Karen Cain
3742 Skyview Dr.
Janesville, WI 53546

If you would like to apply for this award please see the WAHPERD website at www.wahperd.org, under "Resources" and "Scholarships" for application information. The deadline for applications is September 15, 2010.



Northwest District News

*By Tracy Yengo,
District Coordinator*

This is my last submission after 2 years of serving as the NW rep. As I pass the torch, I am left with a district dilemma...the NWEA PE Mini Conference will no longer be held due to budget cuts. The question I pose the NW is this: do you want to have a PE and/or Health conference in our area? If so I have some critical questions to pose: what time of the year, a single day event, what type of topics are you interested in, etc. Please email me anytime with suggestions and input to the future date of a NW District conference santante@uwec.edu. It is so important for us to stay "connected" and share

ideas, but I understand with the budget and time restraints, it is a difficult task. As we prepare for another academic year, I challenge each of us to embrace 2010-11 with the same enthusiasm, and trepidation we all did our first year teaching. Be as fervent in your teaching and dedicated to the responsibility entrusted to you as possible! Be a role model for each and every student at a time when physical activity and our nation's health is at great risk.

Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning.

Thomas Jefferson



Southwest District News

*By Samantha Tahic
District Coordinator*

As the new school year approaches, I am excited to see what the year will bring. Some highlights of the summer have been going to Jamaica on my honeymoon with my awesome husband, spending hours at the library working on graduate school, running, and playing some great roller derby. I have really enjoyed serving on the WAHPERD board as the SW district coordinator. It was a

great experience and I was able to work with some terrific teachers and leaders. I plan to continue to be an active member on the board and in the state and national organization. I highly recommend WAHPERD members to take the initiative and be a member on the board. Everyone really helps one another and makes the experience easy and fun. I felt that my first workshop was a success and those that were able to attend walked away with some really great activities that they can implement into their own classes. My goals are to continue to advocate the organization and to get more people to the workshops as well as the state convention. I look forward to seeing you all at the Chula Vista!



21st Century Skills in Technology and Health Education

By Crystal Gorwitz

Health Education Teacher, Hortonville Middle School

During the 2009 – 2010 school year I worked with our technology director (Scott Colantonio) to include 21st century skills in my eighth grade health classroom. I also used blended learning (The goal of blended learning is to provide opportunities for students and teachers to make learning independent and useful. I used face-to-face teaching instruction, student collaboration and computers to reach this goal.) I was looking for a way to give students in my health classes' practical ways to apply what they had learned in class in a real world setting. At the end of my nutrition unit I decided to have my students participate in a healthy winter season challenge. The students were paired up and took class time to brainstorm (an example of using the 21st century skill of collaboration) a challenge that included a lifetime fitness activity, healthy eating, and family time. The students used the website www.epals.com to email their ideas to each other outside of class time. Each pair of students then presented their idea for the healthy winter season challenge to the entire class. After everyone had presented their ideas the class voted on the one challenge the whole class would participate in! The students participated in the challenge during one week of winter break.

After participating in the challenge the students wrote a reflection paper about their experiences and turned it in using www.turnitin.com. This website provides teachers with information on plagiarism, digital portfolios of student work and a way to store and use frequently used grading comments. By using this website teachers do not have to take home stacks of papers to correct. They can go paperless and also correct papers using their computers. They also can provide their students with comments that they can save and use over and over.

I found that this project to be successful because of many factors. The most important factor was that it was student driven! I did not determine what challenge the students would participate in they did. The students also were excited to use email to brainstorm their ideas for the challenge and felt that their ideas were of value. By using www.turnitin.com the students did not have to wait to see what grade they received on their paper and also the comments that their paper was given. As a teacher I can also see the progress that my students are making by using the digital portfolio for my students work.

Recipe Ideas from your friends in WAHPERD

Cobb Salad Sandwich

Submitted by Marcia Schmidt

- 1 c. romaine lettuce
- 4 multigrain sandwich thins, toasted
- 8 oz deli chicken breast
- ½ avocado, thinly sliced
- ¼ c. thinly sliced red onion
- ¼ c. light ranch dressing
- 2 T. blue cheese crumbles
- 1 T. real bacon bits

Place lettuce on the bottom of each sandwich thin. Top with chicken, avocado slices and onion. Combine blue cheese with ranch dressing and spoon dressing over top of sandwich. Cover dressing with a sprinkle of bacon bits and place top slice of sandwich thin on sandwich. Serves 4

Almond-Crusted Chicken by Ellipse Fitness

Submitted by Natalie Teich

- 4 chicken breasts
- 2 tsp rosemary
- 2 egg whites
- ¼ tsp salt
- ½ cup chopped almonds

Mix the almonds, rosemary and salt together. Dip chicken in egg whites and coat with almond mixture. Bake chicken at 400. Serves 4.

Fruit Dohen (Old Family Favorite)

Submitted by Lisa Strauss

- 1) Mix Together: 3 Eggs, 1 Cup Flour, 1 Cup Milk, Pinch of Baking Powder
- 2) Melt 1/2 stick butter on bottom of 9x13 pan. Pour batter into pan
- 3) Sprinkle 1-2 cups of any kind of berries over the batter followed by 2 cups of sugar.
- 4) Bake @ 350 for 45 minutes
- 5) Serve warm with butter.

Homemade "Strausskraut"

Submitted by Lisa Strauss

Layer 5 pounds shredded cabbage at bottom of stone crock. Sprinkle with 2 1/2 tablespoons of canning salt. Repeat layers but leave 3 inches at the top of crock. Place a wooden or stainless steel cover over the cabbage with a rock on top to hold it down. Place crock in a dark cool place for 8 weeks to ferment. About every 5-7 days, check on the progress and skim off any residue that forms. After about 8 weeks, place kraut into quart sized freezer bags and freeze. If you are a sauerkraut fan, you will never buy it in the store again after eating it homemade, just ask Jon Hisgen!

Book Reviews ...

read, keep your mind sharp!

What Great Teachers Do Differently: 14 Things That Matter Most *By Todd Whitaker*

This book is about what great teachers do that sets them apart. This book frames the landscape of school from the perspectives of great teachers. It defines and focuses on 14 things that teachers should do to help them become great teachers. I find myself re-reading it often to try to learn as much as I can so as to apply it each year in my teaching. Great book! *Submitted by Brenda Erdman*

Food Rules, An Eaters Manual *by Michael Pollan*

This book gives the reader rules for eating wisely. He has 64 principles to follow in the "easy to read" book. It is informative and humorous. *Submitted by Marcia Schmidt*

UNTIL IT HURTS, America's Obsession with Youth Sports and How It Harms Our Kids *by Mark Hyman*

The book was published in 2009 so maybe some of you have read it. It really talks about what is wrong with youth sports. *Submitted by Tom Murray*

Three Cups of Tea *by Greg Mortenson.*

This is one of my favorite books of all times and the book review by Tom Brokaw sums up the book as I would have tried to explain it.

"Three Cups of Tea is one of the most remarkable adventure stories of our time. Greg Mortenson's dangerous and difficult quest to build schools in the wildest parts of Pakistan and Afghanistan is not only a thrilling read, it's proof that one ordinary person, with the right combination of character and determination, really can change the world." *-Tom Brokaw*
Submitted by Patty Kestell

Wisconsin Day Trips *by Mary M. Bauer*

Yes, Wisconsin has more to offer than the Packers, Brewers, Bucks, cheese, sausage and brats! This book encompasses a wide range of interests so there is something for everyone. We use this book as a reference when planning the many day trips we take. In conjunction with President Erdman's theme:

The Mind: Many unique attractions are listed to stimulate the mind; from museums, historical sites, garden tours to Wisconsin's best parks.

The Body: There are GREAT places listed to golf, hike, raft, bike and even take river walks.

Spirit: Lots of family adventures can be taken. What a great way to connect as a family. We have enjoyed the many trips we've taken and will continue to use this book as we plan our next adventures. *Submitted by Perry and Rosie Sylvester*

Editor's Note:

If you have any news, upcoming events, outstanding achievements, professional articles, etc... you would like to share with our members, please submit a typewritten copy of these newsworthy items (include photos when possible) to:

**Keith Bakken • 24 Mitchell Hall • UW-La Crosse • 1725 State St. • La Crosse, WI 54601 • 800-441-4568; 608-785-8175
wahperd@uwlax.edu**

Deadlines for publication are: Dec 15 for the Winter issue; May 1 for the summer issue; August 1 for the Fall issue.

It is important that everyone adhere to these deadlines to ensure that all newsworthy items may be included in each newsletter in a timely fashion.

Answers ...

- 1**-Roses and Lilies; **2**-GOHPER and their iDance System;
- 3**-All of YOU!; **4**-10; **5**-Vicki Worrell; **6**-1970's;
- 7**-IPOD, IPOD Dock, Amplification System, and Mats;
- 8**-Keith Bakken; **9**-Scott Frazier and Lori Petersen;
- 10**-The Larry Cain Memorial Scholarship; **11**-All of YOU!;
- 12**-I Hope you booked your room, if not, don't delay!;
- 13**-A chair rack; **14**-Brenda Erdman ... me!

"Just One Year"

Five years ago President Elect Marcia Schmidt invited me to join the Board of Directors for "just one year" to serve as the Southwest District Coordinator. It had been several years since anyone had filled the position and she wanted to get members in that part of the state involved. I agreed to "help out" during Marcia's presidency.

I fulfilled my duties and found an outstanding District Coordinator from LaFarge (Shelly Benk) to fill the position for the next two years. My "year" of helping out was over...until Larry Cain asked me to fill the position of Parliamentarian (his position on the board), for "just one year" as he was asked to serve as the Past, Past President for Jeff Lindauer. How could anyone turn down Larry?! I purchased Parliamentary Procedures for Dummies and managed to get through a year of meetings without any major issues.

At the end of that year Larry asked me if I could stay in the position for "just one more year" as he had some other obligations he was tending to at his school in Janesville. Assured that this would be my last year of "helping out", I agreed and completed another year as parliamentarian.

Just before the convention of that year I was asked if I could run for Treasurer "for one term". My office is in Mitchell Hall close to Keith and Nicole so it would be convenient for all. I am now completing my one term and am happy that a former student of mine is running for the position.

Like many of you, I was a little nervous and worried when the WAHPERD President-Elect called and invited me to join the board. I was sure there were other "more qualified" people in our state that could fill the position better than I could. I found out that the board is filled with fun, hard working individuals that rally together to help each other out. I found myself looking forward to our board meetings and anxious to converse with the members from around the state. None of the positions were "as much work" as I feared they would be. With Keith and Nicole running the day to day business and our president overseeing the organization's events, the workload for the board members is very "do-able" for anyone in our profession.

WAHPERD is a dynamic organization; our membership is growing and our Board of Directors has a lot of new faces. I hope that when/if you are approached by a board member and asked to serve that you will consider helping out "for just one year" and see where it takes you.

Thank you for the past five years; serving on the board has been a rewarding experience and I have not regretted "helping out" when the need was there. I will continue to serve on committee's for this organization and hope to see you at our state convention year after year.

Lori Petersen, Treasurer

WAHPERD's NEW NAME AND LOGO

WAHPERD was established in 1897. Since then many changes have occurred. If you want to know more about the history of WAHPERD there is a "history article" you can read in this newsletter. This year, in 2010, many changes have affected WAHPERD. Two very noticeable changes are the new logo and the new name. Both will be unveiled together at the convention in October.

Change is not easy, but necessary. Staying with what is familiar is more comfortable and easy. However, staying with "comfortable and easy" is not always what is best. Your Board of Directors looked at the name and logo this past year and carefully discussed what would be better for the organization...comfortable and easy or making difficult changes that would move WAHPERD forward.

A new logo and name will represent the new WAHPERD, which is all of you. And who is "you?" Health teachers, Physical Education teachers, dance teachers, recreation teachers, fitness instructors, adventure leaders... anyone interested or invested in teaching health and wellness to students and adults. We are all educators and remain to have the great mission to provide members with professional development opportunities and be advocates for our profession.

I would like to officially invite you to embrace the new logo and name as a change that will move us forward with great strength and professionalism. WAHPERD's new name is Wisconsin Health and Physical Education, WHPE. The transition to the new name will start immediately, however, it will not be official until July 1, 2011. Be patient as we move printed materials from WAHPERD to WHPE. The new logo will be unveiled at the convention. Please do not hesitate to share your thoughts with any of your WHPE executive committee members.

*Excellence in Motion,
Brenda Erdman, WHPE President, 2009-2010*

A Review of the Past as We Move to the Future

(WPEA/ WAHPE/ WAHPER / WAHPERD)

Most Board of Directors' meetings of the Association are routine and uneventful and routinely deal with agenda items such as: officer reports, special projects, upcoming events, policy, procedures and finance. At the July 30, 2010 BOD, history was made by the approval of both a new logo and Association name change.

When one sees the word change, it often evokes an unsettling fear of the unknown and emotions run high. By definition, 'change' means: "alteration, diversification, variation, modification, substitution or conversion." This definition by no means exhausts the possibilities of further definitions. Yet, it is adequate for the historical perspective offered below.

Someone once said, "... the more things change, the more they stay the same ...". This holds true for WAHPERD as an Association soon to be known as Wisconsin Health and Physical Education (WHPE).

Mid to Late 1800's :

- German Turner Society built the first school of physical culture in Milwaukee
- George Brosius appointed an instructor/ initiated first PE program in Milwaukee

- Gymnastics and calisthenics were taught at various colleges / normal schools in Madison, Platteville, & Oshkosh by and for both men and women
- WAHPERD roots came from Turner Society and its goals to "lead and promote the healthy lifestyle by physical activity."
- 1887 Brosius & others attended the annual meeting of the newly founded American Assn. for the Advancement of Physical Activity
- 1897 From the growing fitness climate, WAHPERD was founded as the 'western center' for PE by the National Society
- NAME: WI Assn. for the Advancement of Physical Education

1900 to Mid 1920's:

- 1903 WI Society of PE was revitalized under the leadership of a MD from UW – Madison
- Several speakers from around the State: Milwaukee, Janesville, Menomonie, LaCrosse and other areas spoke to promote healthy living
- At a second such meeting a major presentation by George Wittich was entitled: "Why is Physical Training Not Considered as Valuable as Mental Training in America Today?" (1903)
- 1905 The society became a section of the WI State Teachers' Assn
- 1911 – 1937 Minimum Requirements in PE for Grade Teachers was established
- Society meeting in Green Bay with emphasis upon inclusion of hygiene, dance; recreation
- 1918 With Wartime/ no meetings
- 1919 Related topics discussed 'Physical Defects as Found in Navy Physical Exams' / a general lack of fitness in our Nation
- By 1923 a Manual for PE for Public Schools in WI was prepared by DPI with University and Society staff persons
- 1929 A major Society goal was to secure appointment of a State Supervisor of PE with DPI

1930's – 1940's:

- Depression / Economic downturn: of 250 member notices mailed, only 24 were returned paid
- 1930's renewed push for State PE Supervisor with the publishing of articles related to the need for PA in the WI Journal of Education
- 1935 Membership figures: '33 – '34 = 92 , '34 – '35 = 166 ; '35 – '36 = 260 with dues of \$.50
- 1937 Dues raised to \$ 1.00 Push for State Supervisor was approved in legislative process but was Not funded
- Quest: "... "We insist that athletics should be under the PE Dept. The tail must stop wagging the dog" ...
- 1938 New Name : WI Physical Education Association
- 1939 Name revised: WI Assn. for Health & Physical Education
- 1940's Wartime and years following took up the emphasis that a Draft statistic = 38% of 21-35 yr. olds were 'draft rejected' because of 'lack of fitness'
- 1948 At long last: State Coordinator for Health, PE & Safety was approved

1950's to 1960's:

- Many improvements revolving around curriculum inclusions, standards, and appropriate teaching practices
- Name change: WI Assn. for Health, PE and Recreation
- Dues went up to \$ 2.00 and fitness testing debate begins
- Association policy changes / 1966 Adoption of the Teaching Honor Award and emphasis was placed upon Lifetime Sports Project

WAHPERD ALIGNMENT

1970's:

- WAHPER restructuring / legislative issues / APE & Rec initiatives
- 1976 Milwaukee site of AAHPER Nat'l. Convention
- Early Childhood initiative
- 1978 WAHPER premier issue of JOURNAL / Jump-Rope-a-Thon part of PEPI and first JRFH event

1980's:

- Wellness concepts develops
- 1981 Name change: WAHPERD / 'dance' was added
- 1982 Wellness Conference at UW – Stevens Point, membership at 1,000 of the potential 4200 WI teachers
- JRFH 357 events with 23,289 participants raised \$600,000
- 1984 New logo to accommodate new name
- 1987 First Legislative Health & Fitness Day at the Madison Capitol
- WAHPERD EX. Office moved from Madison to LaCrosse as A. B. Culver becomes Assn. Ex. Director
- 1989 LHF Day attended by nearly 500 including Senators, Reps, State Dept. Heads and Governor and his staff
- Applied Strategic Plan (ASP) committee charge with developing a report to handle officer accountability in relation to meeting objectives
- Physical Best instructors trained by AAHPERD

1990's:

- Lakeside Wellness initiated/ 3rd LHF Day held
- Members trained in PB & Fitnessgram
- JRFH generated a million dollars (1990) for AHA/ only 5 other state had reached that amount
- 1992 PEPI, A.C.E.S., AODA programs initiated/ Membership = 1460+ at \$30.00
- 1994 WAHPERD again had one million dollars in JRFH funds, 3rd in the Nation and received \$42,439 as its share
- Health Educator Achievement Award was approved by the BOD
- 1995 WAHPERD officers testify at Legislative hearing to defeat proposal to 'cut H & PE mandates' and to 'give credit for sports'
- 1996 Restructuring of DPI put Consultants for H & PE into one position
- 1997 WAHPERD is 100 years old and going strong

1998 to Present:

- Downsizing/ Questions of leadership – fulltime or part time EX. Director
- National initiatives: PEP/ Fit Kids Act, Let's Move
- Budget balancing
- Accomplishments of many WAHPERD leaders excel Nationally: NAGWS Pathfinders, TOY's, Selection to Nat'l. Committees, Citation & Honor Award Recognition
- \$80,000+ received as our share of JRFH monies
- 1007 members
- Successful Best Practices workshop co sponsored by DPI
- 2010 Board votes to shorten the WAHPERD name and update the logo
- History does Repeat . . .

We have come full circle with our name, but are still endorsing and promoting 'healthy lifestyles through physical activity' and offering professional development opportunities to our members to enable them to be personally and professionally active and productive people.

Please become an 'active member' and join other health and physical educators at our Chula Vista, Wisconsin Dells Convention this fall. Be a part of our 'living history'.

Submitted by Kris Fritz

EXECUTIVE COMMITTEE

President, President-Elect
Past President, Past Past President
Treasurer, Secretary
Executive Director
Parliamentarian

BOARD OF DIRECTORS

Executive Committee
District Coordinators
Division Vice Presidents

DISTRICT COORDINATORS

2 yr. term:

SOUTHEAST (CESA 1,2)
SOUTHWEST (CESA 3,4)
CENTRAL (CESA 5,6,7)
NORTHEAST (CESA 8,9)
NORTHWEST (CESA 10,11,12)

DIVISION VICE PRESIDENTS

2 yr. term:

ELEMENTARY
HIGH SCHOOL
COLLEGE/UNIVERSITY
FUTURE PROFESSIONALS - 1 yr term

REPRESENTATIVE ASSEMBLY (RA):

ELEMENTARY LEVEL

P.E. CHAIR
DANCE CHAIR
HEALTH CHAIR (K-12)
ADAPTED CHAIR (K-12)

HIGH SCHOOL LEVEL

P.E. CHAIR
DANCE CHAIR (M-H-U)
HEALTH CHAIR (K-12)
ADAPTED (K-12)

RETIRED

LIAISON

MIDDLE LEVEL

P.E. CHAIR
DANCE CHAIR (M-H-U)
HEALTH CHAIR (K-12)
ADAPTED CHAIR (K-12)

COLLEGE/UNIVERSITY LEVEL

P.E. CHAIR
DANCE CHAIR (M-H-U)
HEALTH CHAIR
ADAPTED

FUTURE PROFESSIONAL

SECRETARY

Serving in a position for WHPE, an overview.

For a more complete description of each go to the WHPE (WAHPERD) website. This information is located under resources and downloads.

EXECUTIVE COMMITTEE

With the exception of the Executive Director and Executive Secretary all of these positions are nominated and elected by the membership. These positions include: President, President-Elect, Past President, Past Past President, Treasurer, Secretary and Parliamentarian. The executive committee leads, guides, supports, and listens to the volunteers and committees of WHPE, and promotes the mission of WHPE for its members.

DISTRICT COORDINATORS, 2 yr. term:

There are 5 district coordinators and they each serve a 2 year term. The District Coordinators main responsibilities include attending the four WHPE meetings and organizing a workshop for district members. Other responsibilities include supporting the President, submitting information to the newsletter and helping with the convention planning.

DIVISION VICE PRESIDENTS, 2 yr. term:

There are 5 Vice Presidents and they each serve a 2 year term. The Vice Presidents have several responsibilities, a few of them include finding presenters/sessions for the state convention, helping district coordinators find presenters for their district workshops, attend four WHPE meetings, support the President, submit information to the newsletter and help with convention planning.

REPRESENTATIVE ASSEMBLY (RA), 1 yr. term

The RA represents four levels, including Elementary, Middle, High School, College/University, Retired, and Future Professional. Under each level are "chairs" and "chair elects" that work with the Vice Presidents to arrange for programs at the annual convention. Although not voting members of the WHPE Board of Directors, their input and ideas are extremely valuable to the Board. Section chairs should communicate regularly with their respective Division Vice Presidents. The RA is only required to attend 2 meeting (the convention meeting and the December Leadership meeting.)

Serving in a WHPE position is a great service to the organization. We need you to help WHPE continue to move into the future and to live up to our mission to provide members with professional development opportunities and be advocates for our profession.



Jump Rope for Heart

By Neil Seering, State JRFH Coordinator



on her yellow bus. My summer has been very enjoyable. I taught an Outdoor Adventure Summer School class to 4th through 8th grade students. I have also been at my parent's cabin, ran a 10K, and have continued to bike and run.

Jump Rope for Heart had a pretty successful year for the state of Wisconsin. This year, I hope to make the tools the American Heart Association provides us within their teacher kits more useful for Physical Education Teachers to create Jump Rope Units. For me, it has been an easy way to have a meaningful unit that coincides with my Jump Rope for Heart Event. Through the JRFH Facebook page and through the WAHPERD website, I hope to provide video, pictures, and lesson plans that you will be able to use for you classes.

I will also include materials and documents that I have used that you can use. The goal then is to use these materials to help make your JRFH Event easier to manage or more fun for the students. It's more than just "jumping rope." There are many life and educational lessons we can implement to make it a more valuable experience for

our students and the school at which you teach at.

I would also like to thank President Brenda Erdman for everything she has contributed to our state organization and look forward to working with Brian Marx this upcoming year.

There are some great sessions for Jump Rope and Hoops for Heart coming up at convention. There will also be a breakfast social for coordinators and a letter will be coming to see who can attend. The goal is to acknowledge those that have JRFH/HFH events and to thank you for all that you do.

Have a great start to the school year and hope to see you at Convention!

Mind, Body, and Spirit.

Jump Rope for Heart and Hoops for Heart Align with the National Physical Education Standards

Physical Education teachers provide learning opportunities for their students. The National Association for Sport and Physical Education (NASPE) has developed content standards which clearly identify what students should know and be able to do as a result of a quality physical education program.

Participation in Jump Rope for Heart (JRFH) and/or Hoops for Heart (HFH) offers students many opportunities to achieve the NASPE standards.

2010 - 2011 US Games Incentives

<p>SCHOOLS THAT RAISED \$1,500 - \$2,999 AT THEIR LAST EVENT:</p> <p>\$1,500 - \$2,999</p> <p>double for double</p> <p>Raise DOUBLE THAT AMOUNT this year and receive DOUBLE the US GAMES Certificates!</p>	<p>SCHOOLS THAT RAISED \$3,000 - \$4,999 AT THEIR LAST EVENT:</p> <p>\$3,000 - \$4,999</p> <p>double for 20</p> <p>Raise 20% MORE this year and receive DOUBLE the US GAMES Certificates!</p>
<p>SCHOOLS THAT RAISED \$5,000 - \$9,999 AT THEIR LAST EVENT:</p> <p>\$5,000 - \$9,999</p> <p>double for 15</p> <p>Raise 15% MORE this year and receive DOUBLE the US GAMES Certificates!</p>	<p>SCHOOLS THAT RAISED \$10,000 OR MORE AT THEIR LAST EVENT:</p> <p>\$10,000 or more</p> <p>double for 10</p> <p>Raise 10% MORE this year and receive DOUBLE the US GAMES Certificates!</p>
<p>SCHOOLS THAT RECEIVED DOUBLE US GAMES AT THEIR LAST EVENT:</p> <p>Meet or beat that amount this year and receive a BONUS \$100 US Games Certificate!</p>	

American Heart Association **Learn and Live**

JUMPROPE FOR HEART

IT TAKES HEART TO BE A HERO!

Jump Rope For Heart gives students several great opportunities: helping kids with special hearts, learning the benefits of physical activity, healthy eating, avoiding tobacco, and raising funds for research and programs to fight heart disease and stroke. Join millions of kids in serving others, saving lives and supporting research — hold Jump Rope For Heart!

Call 1-800-AHA-USA1 or visit heart.org/jump to get your school involved.

American Alliance for Health, Physical Education, Recreation and Dance
AAHPERD is a proud program partner of Jump Rope For Heart.

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Recipe Ideas from your friends in WAHPERD

Ginger Teriyaki Pork Tenderloin by Ellipse Fitness

Submitted by Natalie Teich

1 lb. pork tenderloin, trimmed
1 1/2 TBS roasted garlic teriyaki sauce
1 1/2 tsp cornstarch
1/4 tsp ground ginger
6 oz. pineapple juice
non-stick cooking spray

Cut tenderloin into half-inch-thick slices. Flatten slices with the palm of your hand. Coat a large nonstick skillet with cooking spray and place over medium-high heat until hot. Add pork and cook three minutes on each side or until browned. Combine teriyaki sauce and remaining ingredients in a small bowl and add to pork in skillet. Bring to a boil, reduce heat and simmer for three minutes.

Makes two servings. Add steamed veggies and a small roll for a complete meal.

No Peek Beef

Submitted by Brian Marx

This is great to mix in a slow cooker when you leave for school and have it ready when you get home for dinner.

2 lbs stew meat
1 3/8 oz. dry onion soup
mix
10 3/4 oz can cream of mushroom soup
1/2 c. red wine
1 small can whole mushrooms

Put all ingredients in a Croc Pot. Stir thoroughly. Cover and cook on low 8 to 10 hours. Serve over noodles or rice.

Sesame Seed Chicken

Submitted by Brian Marx

4 - 6 boneless skinless chicken breasts
1/3 c. lemon juice
1/3 c. soy sauce

Pour lemon juice and soy sauce over chicken breasts.

Sprinkle with dill weed, minced onions, garlic powder, and sesame seeds.

Cook at 350 for about one hour.

Baste approx. every 20 minutes to keep moist.

Lemon Cookies

Submitted by Samantha Tahic

1 pkg lemon cake mix
1/4 cup lemon pudding mix
8oz tub cool whip
1 egg
1 tsp vanilla
powdered sugar

*mix all ingredients minus the powdered sugar. Drop dough and roll in powdered sugar. Place balls on greased cookie sheet. Bake at 350 degrees for 10 min.

Chicken Enchilada Casserole

Submitted by Rosie Sylvester

Ingredients:

1 – 10.0 ounce can of 98% fat free chunk white chicken breast in water, drained and flaked
1 – 10.75 ounce can 98% fat-free cream of celery condensed soup
2/3 Cup frozen bite sized vegetables
1/2 Cup salsa
6 – 6 inch corn tortillas
1 Cup shredded fat-free cheddar cheese, divided
Optional: salt, pepper

Directions: Preheat oven to 350 degrees

In a large bowl, combine chicken, soup, veggies, and salsa. If you like add salt and pepper. Mix well and set aside.

Spray a baking dish with non stick spray. Break tortillas into pieces about the size of tortillas chips. Layer half of the pieces along the bottom of the dish.

Evenly layer half of the chicken mixture over the tortillas pieces. Sprinkle with 1/2 of the cheese. Lay the remaining tortillas pieces over the cheese. Top evenly with the rest of the chicken mixture, followed by the remaining 1/2 cup of cheese.

Bake in the oven for 35 minutes or until edges are brown and crispy.

Allow to cool for about 5 minutes, until sauce thickens.

Makes 4 servings.

Per serving: (1/4 of casserole): 260 calories, 4g fat, 1,166 mg sodium, 27 carbs, 4g fiber, 3g sugar, 27.5 g protein. 5 WW points

Leftover chicken can be substituted and I usually put in one small bag of frozen veggies – you just have to adjust the serving information.



A Message from Patty Kestell, State Hoops for heart Coordinator



Hello WAHPERD members and educators,

As the long and beautiful warm days of summer quickly slide into the cool, crisp days of fall, the anticipation and planning for a new school year is upon us! I hope you had a chance to renew your Mind, Body, and Spirit this past summer, and are re-energized as you start the 2010-2011 school year. This summer was a great chance for me to personally find my “balance” of mind, body, and spirit again. I attended the National Wellness Conference in Stevens Point in July and gained so much from being with such great wellness professionals. It is an amazing conference and I always come away inspired, motivated, and grateful for my experience, and I highly encourage you to check out this great opportunity that exists in our own “backyard”. Also, as a physical therapy goal after shoulder surgery in November, I set and reached a personal goal of mine this summer to complete the Trek Sprint Triathlon. A great and empowering experience!

WAHPERD Convention: Chula Vista Resort!

We hope to see you at the WAHPERD convention at Chula Vista Resort, October 27-29! There will be 5 great keynote speakers, a great assortment of workshops to choose from, and a chance to meet great physical and health educators from across the state. What better place to learn, network, and play than at the Chula Vista Resort?! Encourage your colleagues to come join you this year! Don't forget your suit! There will be three Jump Rope and Hoops for Heart sessions at this year's convention; Jump into the World of Wizards, It Takes Heart to be a Hero! Creating a Great JRFH/HFH Event, and It Takes Heart to Be a Hero! JRFH/HFH Coordinators Breakfast Social. Check it out!

Jump Rope and Hoops for Heart Coordinators receive half off the price of a WAHPERD membership!

It Takes Heart to Be a Hero! JRFH/HFH Coordinators Breakfast Social

If you have been a JRFH or HFH coordinator within the past two years, we would like to honor and recognize you for your efforts at a JRFH/HFH Coordinators' Breakfast Social on Friday, October 29th from 8:30 am to 9:30 am at the WAHPERD convention! An email invitation will be sent to you in September. Please RSVP by Monday, October 18th to let us know you will be coming!

Hoops for Heart: We Jump. We Shoot. We Save!

Is your school participating in Hoops for Heart this year?

Thank you to all coordinators that have already committed to doing an event this school year!

If you haven't already tried it, make this the year that you give Hoops for Heart a try! Your students will love it! Planning a Hoops for Heart event can be as simple as planning an event at the end of your basketball unit within your physical education day, or creating an event after school in which students have a chance to be physically active while performing a great community service!

Your school can also benefit from participating by earning US Games certificates to purchase equipment for your classroom. Consider your participation in Jump Rope and Hoops for Heart a win-win for your students, your school, American Heart Association, and WAHPERD!

American Heart Association  
Learn and Live

Hoops For Heart gives students several great opportunities: helping kids with special hearts, learning the benefits of physical activity, healthy eating, avoiding tobacco, and raising funds for research and awareness programs to fight heart disease and stroke. Join millions of kids in serving others, saving lives and supporting research — hold Hoops For Heart.

Call 1-800-AHA-USA1 or visit heart.org/hoops to get your school involved.

WE JUMP. WE SHOOT. WE SAVE!

American Alliance for Health, Physical Education, Recreation and Dance
WAHPERD is a proud program partner of Hoops For Heart.
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Facebook Page!?! Join us at: [WI Jump Rope and Hoops for Heart!](#)

Feel free to contact me if you have any questions about Hoops for Heart! pkestell@cedarburg.k12.wi.us

Model Academic Standards in Physical Education Goes to Print

Jon W. Hisgen, Health and Physical Education Consultant

After nine months of hard work the new model academic standards has gone to print and will be available to districts on October 1, 2010. Led by the Department of Public Instruction's Health and Physical Education consultant, Jon W. Hisgen a team of ten put together a cutting edge document that includes the following unique components:

- ▶ Adoption of the six National Association for Sport and Physical Education (NASPE) standards.
- ▶ Key learning priorities that will help schools craft their physical education curriculum for each standard.
- ▶ Focus Areas that will help schools design their physical education instruction.
- ▶ Grade bands that will help build flexibility in instruction and assessment.
- ▶ A K-12 learning continuum that will help guide the types of assessments that could take place in the physical education curriculum.
- ▶ A coding system that will make it easy to spell out where and how physical education curriculum, instruction, and assessment is taking place.
- ▶ A set of examples to teach learners of varied levels of physical education knowledge and skills in an organized, effective, and respectful way.
- ▶ A glossary of terms that will help communicate quality physical education to various stakeholders in the school and in the community.

- ▶ A position paper on the importance of literacy and physical education.

The ten professionals involved in the development of this document are:

- ▶ Eric Blake , Principal, Waterford Union High School
- ▶ Brenda Erdman, Elementary Physical Education Teacher, Reedsburg Public schools
- ▶ Colleen Evans, Retired professor of Physical Education
- ▶ Scott Frazier, Professor of Physical Education, U. of Wisconsin-Stevens Point
- ▶ Cheryl Gorski, Middle School Physical Education Teacher, Marshfield Middle School
- ▶ Crystal Gorwitz, Middle School Physical and Health Teacher, Hortonville Middle School
- ▶ Sandy Hagenbach, Physical Education Teacher, DePere Public Schools
- ▶ Kristi Roth, Professor of Adapted Physical Education, University of Wisconsin-Stevens Point
- ▶ Thomas Seward, Director of Instructional Services, Sparta Area School District
- ▶ Maureen Vorwald, Physical Education Teacher, Platteville High School

Any questions on this document can be addressed to Jon W. Hisgen at jon.hisgen@dpi.wi.gov

Book Reviews ... read, keep your mind sharp!

Life's That Way a memoir by Jim Beaver

My father passed away June 3rd of pancreatic cancer and you know about our colleague Larry Cain. I was at the bookstore and I picked up "Life's That Way" a memoir by Jim Beaver. I saw awhile back that you recommended a book "The Last Lecture" which I read last summer. That was a wonderful book. "Life's That Way" is on the same track. Jim Beaver who is an actor and film historian in Los Angeles captures his thoughts and feelings of when his wife (she did the casting for that 70's show) is diagnosed with stage 4 cancer, his daughter with autism, and they are building a new house when all of this happened. He writes a daily log for one year of the struggles of dealing with the grief of his wife and the joy's his daughter has brought him. I recommend it to anyone who has lost a loved one in their life or even gone through a divorce. It has helped me a great deal with my own grief.

Submitted by Sherry Hintz

Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying

by Maggie Callanan and Patricia Kelly

My mother-in-law Betty was a wonderful person, and very healthy and strong her whole life, so when she was confronted with an advanced case of breast cancer her entire family (including herself) was shocked. How can someone who has never been sick a day in their life all of a sudden be so sick (and dying.) It was a tough battle and even though the "beast" (cancer) won the health battle, we won everything else because our relationship grew stronger through laughter, tears, and prayers. This book helped me know that we were not the only ones facing death. It was comforting. I would recommend reading it anytime, not just when faced with death or dying. *Submitted by Brenda Erdman*

Teacher Man by Frank McCourt

This book is a tribute to all teachers. It is Frank McCourt's stories of his 30 year teaching experience with all it's highs, lows, and in-betweens! He profoundly affected his students and really made them think. I highly recommend this book for all teachers whether it is your first year or towards the end of your career. *Submitted by Brenda Erdman*

I'm Not Too Busy by Jodi Hills

I found this little 5 minute read in a novelty shop in Wisconsin Dells called Cranberry Connections. It is ironic that I found it because I was finally taking the time to spend time with my girls, mom, and sister. You see, I had an extremely busy summer preparing for Best Practices presentation, and especially doing all my work for WHPE! Although very happy doing all this work, my girls were forced to compromise time spent with mom. So on this little shopping excursion I was reminded how important it is to take the time and not be "too busy" to spend time with family. A poem from the book is below. Enjoy!

Submitted by Brenda Erdman

It's a myth that time heals,
Or changes
Anything.

Time heals nothing -
It's what we do with the time -
It's the choices we make in the time,
The people we surround ourselves with,
The life we create and share.

The love in our hearts and the
Hope in our minds, at any time,

Can heal, create, inspire and
Change almost anything...
You just have to take the time
To realize it...appreciate the
Present as a gift that is given...
Look at yourself, and the faces of
others...stop to see all the
possibilities -
open yourself up to this life -
and say, "I'm not too busy."
Jodi Hills

Necrologist Report

If you become aware of the death of a
WAHPERD member, please contact:

Necrologist
c/o WAHPERD

24 Mitchell Hall 1725 State Street
La Crosse, WI 54601

800-441-4568; 608-785-8175; wahperd@uwlax.edu



Teaching Ideas ... Take your time and enjoy all of these ideas.

Elementary

Fun/ Get to know your classmates first week idea: (Grade 3 and up)

Submitted by Mary Linehan

Make up many fun and thought provoking questions and put them on strips of paper around the gym or playground. Students select a partner and one question. Read the question together and walk a lap around and discuss. Each time students will need a new partner to read and discuss a different question.

Lesson: Movement exploration using t-shirts, grade level: Kdg - 1st

Submitted by Pat Witkowski

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Focus Area: Uses manipulative skills. (LC 3)

Uses non-locomotor skills. (LC 1)

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Focus Area: Utilizes cognitive understanding. (LC 1,2,3,4,5,)

Standard 3: Participates regularly in physical activity.

Focus Area: Chooses to be physically active. (LC 1,2,3)

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physically active settings.

Focus Area: Applies a commitment to incorporate safe practices and adherence to rules and procedures. (LC 1,2,3,4,5,6,7)

Applies a commitment to teamwork, ethics, and positive social interaction. (LC 1,2)

Lesson Sequence: T-Shirt Challenges

Equipment: one adult size t-shirts per student (I use old t-shirts that my family has collected from teams, leagues, etc. I try to have the shirts with a matching color for partnering up later in the challenge)

- Can you: -put your t-shirt on, over your regular clothes, very quickly?
-put your arms, knees, and head inside your shirt?
-pop your head, arms, and legs out, like a turtle, when I say go?
- Can you: -roll it up, like a long snake?
-jump over it?
-sit with it under your feet and s-t-r-e-t-c-h?
-step through while holding the ends and bring it over your head?
-jump rope carefully
-twirl it over your head like a lasso? switch arms?
- Can you: -lay your t-shirt on the floor and sit on it?
-push yourself around the area like a magic carpet?
-can you "swim" on your tummy, on your surfboard shirt?
- Can you: -listen to the sound my t-shirt makes when it lands after I throw it up in the air?
-set your t-shirt aside and jump up and land "as soft as a t-shirt"
- Can you: -toss your t-shirt up in the air and catch it?
-catch with one hand? the other hand?
-catch with a different part of your body?
- Can you: -find a partner with the same color t-shirt as you have?
-play catch with your partner's t-shirt?
- Can you: -pull your partner while both holding one shirt and your partner sitting on the other shirt?
-switch jobs?
-try pulling each other while one of you is laying on your tummy.
- Can you: -Do the laundry?
-wash: stand on your t-shirt and twist. Don't forget to add detergent.
-dry: tumble the shirt by rolling it between arms and make "dryer noises"
-iron & fold: fold t-shirt in half lengthwise and discuss "symmetrical"

Lesson: Hand Striking Lesson, grade level: 3rd

Submitted by Pat Witkowski

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Focus Area: Refines skill development. (LC 3)

Focus Area: Refines skill application. (LC 1)

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Focus Area: Cognitive understanding. (LC 3)

Focus Area: Utilizes skill application. (LC 1,2,3,4)

Lesson Sequence: Hand Striking Progression

Equipment: 1 8.5" ball, wall space, and 7-up striking challenge sheet per 2 students; bucket with 5 beanbags and 4-square court per 5+ students (informal courts can be made with long jump ropes)

Step One: 7-up striking challenges partners take turns helping each other through the following sequence:

- toss the ball overhead and catch 7X
- dribble right & left 6X
- standing near the wall, drop the ball, hit it to the wall using an underhand strike, let it bounce and catch it 5X
- drop the ball, hit it underhand to the wall (a little harder) and catch it before it bounces 4X
- drop the ball, hit it to the wall, let it bounce, and hit it again to the wall before you catch it 3X
- underhand serve to the wall 2X
- throw the ball as high as you can and catch 1X

encourage students to listen to the rhythm of the different striking challenges

Step Two: 5 Beaner 4 Square

Played like regular 4-square except that the server gets to serve 5 times, then everyone rotates. The first person in line keeps track of the serves by taking a beanbag out of the "beaner bucket" with each new serve. A mistake is called a "beaner". Students learn to work cooperatively and to identify misses or "beaners" in 4-square. My 3rd grade made up this game a few years ago when I asked them to try to invent a cooperative way to play 4-square.

Kindergarten/First grade catch peer assessment:

Submitted by Sandy Hagenbach

I have my students start off catching with what I call "Jelly Bean" balls. They are a round furry-like soft pillow I get on sale at ShopKo. I teach with the following cues: Hands ready-Clapper catch not a Trapper- Soft and in; I tell the thrower if their partner has a clapper catch and not a trapper to celebrate and give their partner two claps. When I hear a lot of clapping I know students are getting it. I can also walk around and give students a couple claps!

Catching game using comet ball (foxtail ball)

Submitted by Sandy Hagenbach

Play catch and count up points. Catching tail is worth 1 point and catching the ball is worth 2 points. Every time a pair of students earns 10 points they back up to challenge themselves. If the pair gets 3 drops they must start over.

Look under "favorite equipment" to see how Sandy makes her own comet balls.

Middle School

Frisbee Golf Assessment

Submitted by Pat Witkowski

Here is a unique golf assessment idea that I had posted on PE Central a few years ago. Using a typical Frisbee golf course on my playground, students run around to the holes to find the answers to their test questions.

High School

Submitted by Jo Bailey

1. Create your own giant board game in your gym! During a nutrition unit I created a giant sports and nutrition board game based on a game I purchased at a convention. Using giant dice, students navigated around the gym which had colored poly spots laid out as spaces on the game board. The color of the polyspot the students landed on determined what question or activity the students would answer e.g orange = question on grains. Students also had to complete an activity card of the same color before continuing on their journey around the board. You could use this idea with almost any topic - a great way to make cross curricular links as well as make meaningful connections in physical education.

2. Monthly Challenges. President Erdman has set us some fantastic physical fitness challenges over the course of the past year and this year I plan on giving my students a challenge to complete each month as well. Challenge students to complete a Tour de France, triathlon, Ironman, marathon, walk around the world (track with a pedometer!) outside of the classroom and offer incentives or rewards for those who complete the challenges. Perhaps you could enlist the support of local businesses to provide prizes for those who complete the challenges.

3. Literacy is a big goal for us right now but there is no need to sacrifice activity time in order to promote literacy. Here are some ideas you can use: Have students complete a write up on a half or full day of physical activity they have done. This can be a simple extra credit project and is a great way for students to share their experiences with both their teacher and peers

Encourage students to complete a physical activity journal (online blog?) - what they did, how they felt, if they reached any personal goals. This is also a great way for students to see the progress they are making and make connections between physical activity, stress/ emotions, and well-being.

Nutrition Pass and Spell: I picked this activity up at the AAHPERD National Convention. You will need foam gator balls, cognitiles or large letters spread out all over the gym floor, and cards with foods on them set to the side. Students will work in partners and will need one card and one ball per pair. They will dribble the ball to the first letter on the card, finding it on the gym floor, and pass the ball to their partner over the letter. They then go to the next letter and so on until they have completed the word. Students can see how many words they can do in 3-5 minutes and then look at the food cards to see what sort of meal they could make - is it a healthy meal or not? What are they missing?

Dance

Literature: Elementary: **Who Bop** by Jonathan London

Submitted by Kitty Erdman

My school was built in 1950. At our 50th anniversary I taught basic 1950's dances such as The Shout, The Twist, The Stroll, The Swim, and The Hand Jive. We then created a creative dance that took turns doing hip hop and 50's dance choices. Four segments of 1 minute each alternating hip hop/50's all choices made by students.

Name of Activity: **Dance Team/ Collaborative Fitness Routines**

Resource: PE Central

Suggested Grade Level: 9-12, can be adapted for elem. and middle.

Purpose of Activity: Students will experience the process of creating a "dance team" type routine by following a set procedure. Students will recognize that doing dance team dances is one way to keep aerobically fit. This lesson addresses National Dance Content Standards: 1, 2, and 6.

Prerequisites: Students should have some experience with various dance steps such as: the grapevine, 1/4 turns, step-touch, jazz squares, etc. Kick-boxing type moves and jump rope patterns could also be utilized and practiced. Students should have previous experience matching their movement to the rhythm and the beat of music. Students should have experienced success executing choreography planned by others.

Materials Needed: Poster paper or a board for writing down ideas, thick tipped markers, tape for hanging poster paper, music, and (optional) post-it notes or index cards.

Recommended music: Upbeat, popular, top-40 music with a clear, steady beat What the kids are listening to or played at school dances

Description of Idea

-Students gather together near the writing surface and the teacher explains that they are going to learn how to put a series of dance steps into a short dance team type routine.

-Teacher should model how to create a routine by taking various dance steps and combining them to create dance measures.

-Write all ideas on paper.

-Then arrange moves in an order and re-write them on the poster paper. -Optionally, the ideas could be written on the note cards or post-its and the rearranging becomes easier.

-Following the creation of a few dance measures into a combination, have class practice the mini-dance a few times.

-After practicing and when the routine is semi-mastered, incorporate music.

-Continue creating measures, write them on the poster board, and add them to the combination. Keep practicing them from the top (beginning).

-A dance routine will take shape from the combination of all of the measures.

-I use this lesson to teach the class how to create a dance prior to assigning a "dance project" which will be choreographed in small groups.

Variations: I also like to switch created measures between my dance classes. I will take one measure from one class and another measure from another class and combine them into a "Multi-class Dance Routine." Ask the students to create their own dance step and add it to their routine. Name the step after them.

Assessment Ideas: Observe students for rhythmic accuracy. Watch in small groups and check for knowledge of the dance sequence. Have students take their pulse before and after the dance to further the connection with the health/fitness benefits of dancing.

Teaching Suggestions: If the class has had previous dance experience, they can be asked to adapt the dance by changing the physical relationships of the dancers, perform it as a round, or create beginning and ending positions.

Adaptations for Students with Disabilities: I pair my adaptive kids up with cheer or dance students who have experience with dance. Also, putting them in the front row between two experienced dancers helps them stay in sync with the count.

Adventure

No Fuss/Quick Organization Tip for Winter Snowshoeing Unit!

Submitted by Patty Kestell

If you have a winter snow shoeing unit and are looking for a quick, no fuss way to store and organize your snowshoes for class, I have a solution for you! Before my first snowshoe unit, I numbered the snowshoes so they would be easy to keep sorted as sets. Also, if your school owns an upright chair cart, and your custodian is willing to share it for a couple of weeks (or you have room to purchase your own), the snowshoes

stack perfectly on the posts of the rack! I roll the cart down to the other end of our building closer to where my students will be putting their coats and boots on, and the rack sits on an indoor school carpet mat. The students take their snowshoes off the chair rack and go outside to put them on. When we come indoors, students are instructed to stack their snowshoes together on the same post so they are ready for the next class. The snowshoes drip dry on the school mats so there is no need for towels, tarps, or cleanup afterward! An hour or so after the last class has snowshoed for the day, I roll the cart back to my area to store them overnight. Quick way to get your kids outdoors and using their snowshoes!

Health K-2

Name of Activity: Nutrition Scooter Relay, Grades K-2

Resource: PE Central

Purpose of Activity: The students will be able to demonstrate safe scooter travel and will be able to correctly identify foods from the six food pyramid groups.

Materials Needed: 1. four wheeled scooters (enough for half your class) 2. pictures of foods from the six food groups (around 100-150 pictures)

Description of Idea

- I like to use this relay as a culminating activity for learning about the six food groups.
- Divide the students into pairs and have them spread out along one side of the gym with one scooter per pair.

-Spread out pictures of food from the six food groups along the opposite side of the gym. I like to use food group pictures that I ordered from a Dairy Council catalog that allots free monies to teachers every year, but any assortment of pictures will work. It is also nice to tack up a picture of the food pyramid on the same side of the gym that you spread out the pictures for struggling students to use as a resource.

-Once the gym is set up, give the signal to begin.

-One student from each group must travel on the scooter down to the opposite end of the gym while the other student runs/skips/gallops/etc. beside his/her partner on the scooter.

-The partner on the scooter must travel on his/her bottom or knees.

-Once they have made it to the opposite side each group must pick six different foods pictures of food that fit into the six food group categories before returning.

-Partners can check with each other and the food pyramid poster to make sure they have all six before returning.

-They must go back the same way they came, with the same partner on the scooter and the same partner moving alongside the scooter.

-Once the first group has returned, begin counting down from 30 seconds, signaling to the other groups that they need to get back to the other side of the gym before time runs out with whatever pictures they have.

-Once everyone is back, they can take 30 seconds to show their items to another group to double check their choices.

-Once the 30 seconds are up, collect all the food from the students, have them switch places and go again!

-While they race down, replace the food you have collected so that they can use those pictures again for the following round.

-The kids LOVE this game, and it gives the students multiple opportunities to check their knowledge with other students while giving me many opportunities to walk around and assess student-learning levels.

Assessment Ideas:

I have assessed student learning and comprehension levels in different ways for this game. Sometimes I use a check-sheet to mark who can correctly identify and place foods within the correct food groups, and sometimes (with the second graders) I use self assessment charts where students can mark their own levels of understanding. Since this activity takes place at the end of my nutrition unit I usually already have a pretty good idea of who can and can't identify foods and correctly place them within the six food groups, so this just gives me one more opportunity to check for understanding.

Teaching Suggestions:

-Be sure partners take turns on the scooters.

-This lesson idea can also be used as a lead up activity with grades 3-5 to assess what students already know about the food pyramid before a unit on the food pyramid is given.

Health 6-8

Name of Activity: Health Necessi-Tees

Resource: PE Central

Purpose of Activity: To have students use their creativity to make sayings and slogans about healthy lifestyles.

Materials Needed: T-shirts cut-outs from butcher paper for each student, Scissors, glue, magazines, Clothesline and clothespins

Description of Idea

Students cut out words and pictures from magazines to paste on their T-shirts. They create sayings and slogans with words and pictures that promote healthy choices

-My example was (pack of cigarettes \$3.75, chemotherapy-thousands, never starting-PRICELESS)

-After students have shared their T-shirts with the class, I hang them from a clothesline across the room

Assessment Ideas:

Class votes on top three T-shirts with winners receiving 5 extra credit points.

-All students should receive an assessment of their T Shirt. Perhaps have the class create the grading rubric together with specific requirements. The class favorite can receive bonus points.

-A constructed response (essay question) that asks students to list 3 negative, harmful short or long-term health consequences of smoking and then 3 ways that they can use refusal skills to avoid the smoking habit.

Teaching Suggestions:

National Health Education Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors. The specific 9-12 Indicator would be 2.12.4: Evaluate the effect of media on personal and family health.

Health 9-12

Name of Activity: The Fast Food Quiz

Resource: PE Central

Purpose of Activity: This activity is designed to show students how difficult it can be to make healthy food choices and to help them understand the nutritional information available for a variety of foods. This lesson is done at the start of a nutrition unit that I teach in a Cardio Fitness class. It was developed after I realized that many students had no idea how to make good food choices, or how to interpret nutritional information. Many students are keen to adopt or maintain a healthy active lifestyle, yet neglect to ensure that they are eating from all the food groups and that they are consuming nutritious food that is beneficial to them.

Prerequisites: Basic knowledge of the main food groups.

Materials Needed: 10 stations with activity cards, equipment for each station (determined by station choices), fast food logos, 10 questions with fast food logos attached, 10 cover sheets to put over the questions (a blank piece of paper usually suffices), 1 answer sheet for each student.

Handouts: (These are on PE Central for you to download.) Fast Food Quiz Nutrition Questions; Fast Food Quiz Answer Sheet; Fast Food Quiz Resources

Description of Idea

Lay out 10 stations, each with a different activity to complete. Station ideas include:

*Push-ups *Sit-ups *Jumping jacks *Plyometric jumps over boxes/low hurdles

*Medicine ball twists *Jump rope *Squats using an exercise ball *Shuttle runs

*Dribbling a basketball *Frisbee pass and run *Lunges *Tricep dips

-You can have any stations you like. I like to include stations that incorporate each of the health-related components of fitness. The stations are arranged so that no successive station works the same aspect of fitness or body part.

-On each station card, indicate the number of repetitions the students need to complete e.g. 10 shuttle runs, 20 lunges on each leg etc.

On the back of each station card, stick a picture of a well-known fast food logo.

-Around the perimeter of the field house, or area you are using, post 10 corresponding nutrition questions. Cover the question with one of the fast food logos, and cover the fast food logo so that it is not visible to the students unless they lift up the cover.

-Students are assigned a station to start at. They complete the activity at the station then have to locate the corresponding question posted around the area. For example, if the student finds the logo for McDonalds on the back of their station card, they have to find the question which also has the McDonalds logo on it and answer it. If students don't find the correct logo they are looking for on the 1st attempt they continue looking for the logo/question they need to answer. This way they can get in a few extra steps. After completing both the activity and answering the question for one station, students then move to the next activity station, completing them in order.

-At the end of the activity, students compare answers they came up with to the correct answers. We then discuss which questions they found most surprising and most difficult to figure out.

Assessment Ideas:

*Student answer sheets; *Student projects that incorporate selecting healthy meals from various fast food restaurants

Teaching Suggestions:

For the questions, I used nutritional information available online for a variety of fast food restaurants and turned it into questions. For example, students were asked to select the meal which they thought contained the least amount of fat or calorie, when given a range of choices. I also use the portion distortion quiz, located at (<http://hp2010.nhlbhin.net/portion/>) to show the students how portion sizes have changed over time.

Adaptations for Students with Disabilities:

The station activities could be adapted to meet the needs of the students, either by offering different stations or by reducing the number of required reps at each station.

Adapted

The new Wisconsin State Standards list suggestions and ideas for the Varied Level Learner.

General Adaptation Suggestions - Listed on PE Central

Equipment: Larger/lighter bat; Use of Velcro; Larger goal/target; Mark positions on playing field; Lower goal/target; Scoops for catching; Vary balls (size, weight, color, texture)

Rules Prompts, Cues: Demonstrate/model activity; Partner assisted; Disregard time limits; Oral prompt; More space between students; Eliminate outs/strike-outs
Allow ball to remain stationary; Allow batter to sit in chair; Place student with disability near teacher

Boundary/Playing Field:

Decrease distance; Use well-defined boundaries; Simplify patterns; Adapt playing area (smaller, obstacles removed)

Actions: Change locomotor patterns; Modify grasps; Modify body positions; Reduce number of actions; Use different body parts

Time: Vary the tempo; Slow the activity pace; Lengthen the time; Shorten the time; Provide frequent rest periods

Bowling Simplify/reduce the number of steps; Use two hands instead of one; Remain in stationary position; Use a ramp; Use a partner; Give continuous verbal cues

Basketball Use various size balls (size, weight, texture, color); Allow traveling; Allow two hand dribble; Disregard three second lane violation; Use larger/lower goal; Slow the pace, especially when first learning; If student uses wheelchair, allow him to hold ball on his lap while pushing wheelchair; Use beeper ball, radio under basket for individual with visual impairment

Golf Use a club with a larger head; Use shorter/lighter club; Use colored/larger balls; Practice without a ball; Use tee for all shots; Shorten distance to hole

Soccer Use walking instead of running; Have well defined boundaries; Reduce playing area; Play six-a-side soccer; If student uses a wheelchair, allow him to hold ball on his lap while pushing the wheelchair; Use a deflated ball, Nerf ball, beeper ball, brightly colored ball; Use a target that makes noise when hit

Softball Use Velcro balls and mitts; Use larger or smaller bats; Use a batting tee; Reduce the base distances; Use Incrediballs; Shorten the pitching distance; If individual is in wheelchair, allow them to push ball off ramp, off lap, or from tee; Use beeper balls. Provide a peer to assist; Players without disabilities play regular depth defense; Students without disabilities count to ten before tagging out person with disability

Volleyball Use larger, lighter, softer, bright colored balls; Allow players to catch ball instead of volleying; Allow student to self-toss and set ball; Lower the net; Reduce the playing court; Stand closer to net on serve; Allow ball to bounce first; Hold ball and have student hit it

Tennis Use larger, lighter balls; Use shorter, lighter racquets; Use larger head racquets; Slow down the ball; Lower the net or do not use a net; Use brightly colored balls; Hit ball off tee; Allow a drop serve; Stand closer to net on serve; Do not use service court; Use a peer for assistance

Technology

Heart Rate Relay

Submitted by Jo Bailey

This is an activity I modified from a video entered on you tube for a polar contest. All students need to wear a heart rate monitor for this activity.

Set up 10-12 activity stations in your gym - be as creative as you like when deciding what type of stations to use but try to encompass all of the components of fitness in the stations. Make sure the students understand how to perform the activity at each station.

Split your class into teams of between 5-7 students and send each team to a different activity station. It will help to leave at least one station free between teams to prevent multiple teams from working at the same station. All students will complete the activity at each station BUT for each station designate one person from the team as the "baton holder". The baton can take any form you want but I suggest using a jersey or band, which clearly identifies who has the baton at a given station. Each student will be the "baton holder" twice during the relay, at two different stations. The "baton holder" has a goal to achieve - this could be to attain 2 minutes in their target heart rate zone, or reach a certain heart rate or any other suitable heart rate goal. Once the "baton holder" has achieved their set goal, they pass the "baton" to the next member of their team and the whole team moves on to the next station. The relay is complete when the team has completed every goal at every station and the first team to complete all the stations will be the winner!

Not enough heart rate monitors for everyone in your class? Designate members from the team to wear the heart rate monitors or use pedometers - the baton holder has to get a certain number of steps before the team can move on to the next station.

Soccer Pedometer Challenge

This idea was one of the finalists for the Polar Video Contest but it can be adapted for almost any sport. All students in the class wear a pedometer. After a set period of play, the team with the most steps combined wins the game - bonus steps can be awarded for goals. A great way to add some math into Physical Education as well!

The Teaching Equipment We Cannot Live Without!

Sing along with me... "these are a few of my favorite things..."

Submitted by Sherry Hintz

Without even thinking poly-spots popped into my head for the equipment that I just can't live without. I'd love for my elementary classes to be longer than 30 minutes so time is always on my mind. Poly-spots can organize a big group quickly and get the kids going immediately! Shoulder folders are a close second.

Submitted by Crystal Gorwitz

The piece of teaching equipment that I couldn't live without are my heart rate monitors. I have been using heart rate monitors in my physical education classes for the past 13 years! As a physical education teacher the heart rate monitor provides me with invaluable information about my students. Are my students spending at least 50% of class time in moderate to vigorous activity? I can assess this goal by recording the time spent in the specified target heart zone that each of my students have achieved. Spending at least 50% of class time participating in moderate to vigorous activity is one of the teaching goals set out by NASPE.

The heart rate monitors also provide each of my students with individualized information they need in order to get their heart rates in a target heart zone that is specific to them. My students know that everyone has the same goal in class but they can achieve this goal by walking, jogging, running or sprinting. Every one of my students is achieving success because they are exercising in the target heart zone and doing this according to their own heart rate. They are not being compared to anyone else in class and they are feeling successful! I don't know what I would do if I didn't have heart rate monitors to use in my physical education classes.

Submitted by Kitty Erdman

Rhythmic ribbons, music, rocket launchers(wood board that launches bean bag/beanie into air to work on eye hand coordination. Favorite music-Really anything Disney, Radio Disney, Disney soundtracks, Disney Jams, also, Kids Rap Radio volume 1 & 2 (not Disney - find on Amazon and highly recommended!)

Submitted by Kris Fritz

My assortment of beanie babies that I have collected at multiple garage sales..... I use them with my Pre K children for throwing/catching, loco motor movements when they take a 'friend' along for a walk, run, slide, etc. I connect to the curriculum with them when teachers tell me about a specific concept they want me to work on, we count and arrange by color and category such as animal, bird, dinosaur. I also do balance activities with them and they even go to the Beanie Doctor for surgery when the beans come out.

Submitted by Lisa Strauss

I cannot live without my wristwatch that has a timer on it. I use the countdown timer to let students know how much longer they have to do whatever they are doing. They know I am not fudging the time because they always listen to the sound of the timer going off and know they are done. I also use this timer for time-outs in the gym and at home with my kids! Sometimes it is the simple things in life that make a huge difference!

Submitted by Patty Kestell

Favorite PE Equipment I could not live without:

1. They are not equipment, but are awesome people I continually learn from...my great PE colleagues in Cedarburg!
2. Ipod/Sound system
3. My Health Related Fitness cue cards and posters I have made or bought over the years
4. My new push button whistle! :)
5. My pool noodle balls...they don't make them anymore and they are GREAT for catching skills.

Submitted by Sandy Hagenbach

Comet Ball (home made fox tail ball) Take a used tennis ball that has been donated from either the high school or a tennis club and rubber band a light women's scarf to the ball. It is best to use a scarf that is bigger than a juggling scarf. Check out Good Will.

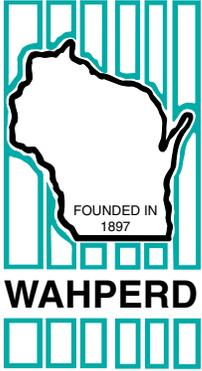
Submitted by Brenda Erdman

A few favorite things come to mind that make teaching much "easier" and would make teaching without them more challenging. They include my IPOD and the DLO home dock station, my pedometers and pedometer pocket chart, my amplification system, and my red exercise mats. Using an IPOD has changed how I teach. I am able to make play lists for anything I need music for and I never have to change a CD (or cassette tape!) Downloading is quick and easy and it saves me time in the lessons I teach. I dock my IPOD on a docking station from Digital Lifestyle Outfitters called HomeDock Music Remote. I have had this for 2 years now and it is my favorite piece of equipment. My IPOD sits in it and the dock is hooked up to my amplification speaker. The best part is that it comes with a remote that has a display window so you can see what song you are playing and you can scan all your play lists! Also, the remote has a 150 ft. radius that does not have to be pointed at the dock station. Sometimes I am in the hall with a teacher when classes are changing and from the hall I can change music without being in the gym. Cool!

Next is my amplification system. It is from Light Speed Technologies (www.lightspeed-tek.com). My system includes a 2 receiver portable amplifier with built in battery (I wanted to be able to take it outside, and it charges when it is plugged in inside), an aerobic headset with transmitter, and I also purchased a hand held mic (I do not use this mic often, but it has come in handy on various occasions!) It is expensive in price, but PRICELESS for saving your voice and being heard all the time! The really great part is I can hook my IPOD dock into the amplifier and go ANYWHERE I want to and have music and voice amplification – even outside.

My pedometers are stored in a pocket chart that has 32 pockets that are all numbered. Students are assigned a number and go to that numbered pocket to get their pedometer, and then return it to the same pocket at the end of the class. What I like about this is that the pocket chart is large and attached to the wall, so several students can get their pedometer at the same time. This pocket chart was sold for heart rate monitors originally, but I thought it would work for my pedometers and it does! Also, if a pedometer is broken or missing I know there are only a small group of students it could be because they are the ones assigned to that pedometer.

I use individual exercise mats that are large enough for each student to use when doing sit-ups, push-ups, yoga, stretching, etc. I have them stacked on top of a large cart that is easy enough for all students to reach. They have a spot cut out at the top for a handle and they are nice and light to move around. If I forget to get them out the students remind me because the mats make working out on the floor much more comfortable!



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Executive Directors Report

Greetings from Mt. Horeb,

Several years ago I started this report with the words, "The Times They Are A Changing". With apologies to the song writer, we are living through profound changes in our profession. Your Board of Directors, fully aware of changes around us took a very proactive step by voting to rename our association to something that more accurately describes all of us. In accordance with our by-laws, the name of the Association will become "Wisconsin Health and Physical Education, Inc." effective July 1st, 2011.

On a somewhat personal note, I look forward to the day when I can introduce myself at a meeting or a public hearing in the Capitol without having to repeat the long title that people from other professions don't understand. The active, young mind of a graduate student once asked me "If we are serious about quality P.E., why do we bury it in the middle of a long acronym?". Last month, I sat on an interview panel to select a new athletic director for a high school. One of the applicants listed the Wisconsin Association for Health, Physical Education, Recreation and Dance (WAHPERD) on his resume. I had to explain to the other members of the panel that it meant Wisconsin's professional association for Health and Physical Education Teachers. Our new name can only lead to quicker recognition and understanding in arenas currently outside of our profession. It will also be attractive to prospective new members. I applaud the Board for bold and decisive move at a time when courage and vision will preserve our future.

Our next big decision that welcomes all ideas is the timing of our annual convention. Each year, more and more school districts are eliminating the paid contract days for the last Thursday and Friday in October. We have convention sites locked in through 2013. (Chula Vista in 2010 and 2011 followed by the Country Springs in Waukesha for 2012 and 2013.). We are now faced with the task of planning a convention that members will attend during a four-day weekend. Please think about your ability and willingness to attend if we moved the convention to a different weekend and perhaps started it on Friday morning and ending at noon on Saturday. In return for this change, many of our current members could enjoy a four day weekend in October when most of the state's schools are closed. Our members in NWEA have been coping with this schedule for many years. This would be another big change in the traditions of our Association. Your comments are always valued.

Peace and Health to all,

Keith



Leadership Conference in Washington D.C.