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*Our mission ...*

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

VOLUME 41, ISSUE 2

WISCONSIN HEALTH AND PHYSICAL EDUCATION  
**NEWSLETTER**

SUMMER 2012

## ***Building the Foundation for A Healthier Generation - Awareness is the Key!*** ***A Message from your President, Crystal Gorwitz***

I am writing this article on the last day of my spring break and have spent some time today thinking about the lessons that I am going to teach this week in my middle school physical education and health education classes. I have found myself thinking about how I can raise awareness of leading a healthy lifestyle to my students, staff, parents and my community. At the National AAHPERD convention in Boston I met an amazing teacher named, Debra Pinto who teaches at Hopkinton Middle School in Hopkinton, MA. I was going to attend her session; 5K Training: A Comprehensive Wellness Unit for Middle School Physical Education but of course the convention was cancelled. I was with Jo Bailey and she suggested we use the AAHPERD app and contact Debra to see if she would share her presentation with us. Jo sent her an email and within a couple of minutes she responded and asked where we wanted to meet. Jo, Marcia Schmidt and I sat in a dark hallway of the Sheraton Hotel and Debra showed us her entire power point presentation and talked to us about how she teaches this unit. It was so great to talk to her and she inspired an idea in me. Next year in my physical education classes I am going to create my own wellness unit on training for a 5K. I am going to spend the end of this school year and this summer planning how I can raise awareness of leading a healthy lifestyle by teaching this wellness unit on training for a 5K. I want to include not only my students but also their parents and community members. By teaching this unit I can include so many building blocks for leading a healthy lifestyle. Some healthy lifestyle building blocks examples are healthy eating and training for a 5K, the use of pedometers and heart rate monitors, setting up a course at home to train with your family, and strength training for students, parents and community members.

I think that one of the major building blocks in building the foundation of leading a healthy lifestyle is awareness. Without an awareness of what a healthy lifestyle is no one can set the goal of making healthy choices. By teaching the wellness unit on training for a 5K I have found one way of building awareness in my community. I hope this idea can inspire the WHPE community to concentrate on how each and every one of you can raise awareness of leading a healthy lifestyle. Have you thought of a new idea? If yes please share it with all of us on our WHPE Facebook

page or send it to me at [cggymteach@aol.com](mailto:cggymteach@aol.com). I would love to hear about your ideas on building the foundation for our next generation!



## ***Passionately Pink for the Cure*** ***5K at the WHPE Convention***

***By: Crystal Gorwitz***

In 2012 I am celebrating 20 years of being breast cancer free!!!! I wanted to celebrate by raising awareness about breast cancer research and early detection by hosting our first 5K at the WHPE convention on Thursday, Oct. 25<sup>th</sup>, 2012. I have set up a Passionately Pink website for information about our 5K and also a way for you to donate money to the Susan G. Komen Foundation. Here is the website: [http://www.info-komen.org/site/TR/PassionatelyPink/HeadquartersSite?team\\_id=209005&pg=team&fr\\_id=2263](http://www.info-komen.org/site/TR/PassionatelyPink/HeadquartersSite?team_id=209005&pg=team&fr_id=2263)



100% of the money raised on the WHPE Passionately Pink website and at the WHPE Convention will be donated to the Susan G. Komen Foundation!!! Foundational Fitness is the sponsor of the Passionately Pink t-shirts that will be available on a first come first serve basis at convention to people who give a donation. So lace up your walking/running shoes and participate in our Passionately Pink 5K at the WHPE Convention!

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# WHPE Convention ... October 24-26, 2012 ... Waukesha



## Robert P. Pangrazi ...

Robert Pangrazi is a Professor Emeritus at Arizona State University and an Educational Consultant for Gopher Sport and The U.S. Tennis Association. He began his career as a 5<sup>th</sup> grade teacher and was an ASU professor of physical education for 32 years. Dr. Pangrazi's physical education textbooks have sold more than 750,000 copies. Pangrazi has published over

50 textbooks and 100 research and professional articles. He has been a keynote speaker for 39 state and district conventions and an invited speaker at nearly 400 national and international conferences. He regularly conducts training sessions for schools and universities and is regarded as a motivational speaker. His approach to elementary school physical education has been used worldwide and is used in hundreds of public, private and charter schools across the U.S.

Pangrazi has received numerous awards including the **Distinguished Service Award** from the President's Council on Physical Fitness and Sports, the **National Distinguished Service Award** presented by the AAHPERD Council on Physical Education for Children, and the **Curriculum and Instruction Emeritus Honor Award** from the NASPE Curriculum and Instruction Academy. He is a Fellow in the American Academy of Kinesiology and Physical Education and an AAHPERD Honor Fellow. WHPE is proud to announce that Dr. Pangrazi will be the featured speaker at our General Assembly, sponsored by Gopher Sport.

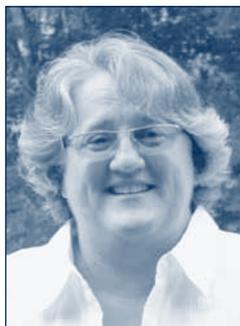
# GOPHER

## Sandra Sims ...

Sandra Sims is an associate professor at the University of Alabama at Birmingham. At UAB, she teaches undergraduate and graduate courses involving methods of teaching in physical education and coaching. She is also the Major's Club advisor.

Sandra has been a member of AAHPERD, Southern District AAHPERD and Alabama AHPERD since 1980. She loves to serve her professional organizations by working on committees or being a member on the Board of Directors. For AAHPERD, she has served as the Chair of the Public Affairs and Legislative Committee and Chair of NASPE Public Policy committee. For Southern District, Sandra is currently serving as President Elect. In Alabama, she has served ASAHPERD in many capacities, including serving as their President. Sandra is currently serving as the ASAHPERD Director of the Advocacy, the position she has held for almost 20 years.

Sandra has published many articles and has had the privilege of speaking nationally and even internationally. WHPE is excited to announce that Sandra Sims will be speaking at our convention on the subject of Advocacy and speaking personally to our Future Professionals at their luncheon.



## Kristen Okura ...

Kristen Okura teaches middle school Physical Education (what else is there?) at Don Juan Avila Middle School in the Capistrano Unified School District in Southern California. Kristen Okura is in her 13<sup>th</sup> year teaching at Don Juan Avila Middle School in southern California. She is currently department chair, master teacher, BTSA Support Provider and PEP Grant Coordinator. She is a member of CAHPERD, AAHPERD and NASPE. Okura received the Governor's Council of Physical Fitness and Sports Teacher of the Year Award in 2005, the CAHPERD Region 46 Teacher of the Year Award, as well as receiving PEP grants from 2005-2008. Okura has presented locally, statewide and nationally beginning in 2006. WHPE is pleased to announce that Okura will present two activity sessions at this year's convention.



## Tammy Brant ...

Tammy Brant has been teaching middle school for 18 years; the last 9 have been at Selma Middle School in Selma, Indiana. She achieved her bachelors and masters degrees at Ball State University. Tammy has completely revamped the middle school physical education curriculum at Selma Middle School. Her program was evaluated and awarded NASPE STARS distinction in 2008. She has also been awarded grants to help bring new fitness equipment and technology in the form of heart rate monitors, and fitness assessment software into the curriculum.

Physical fitness must be a focus everyday in class. Increasing physical activity in the physical education classroom can be done by modifying the activity, small-sided games, more equipment, and teaching the kids how to get and keep themselves moving.

For all her time and efforts working with state, district, and national associations, as well as her teaching, Tammy was awarded the 2009 Indiana Middle School Teacher of the Year, 2010 Midwest District Middle School Teacher of the Year, and 2011 National Middle School Teacher of the Year.

Tammy's presentations help the participants in her sessions incorporate fitness and nutrition in their classroom. The sessions are high activity, high paced, and very informative. Participants will come away with ideas that can be Personally, Tammy currently resides in Selma, Indiana with her husband, David, of 19 years. They have a 15 year old son, Drew, and a 12 year old son, Nathan. Everyone in the family is very involved in numerous sports and activities which keep this family on the go 365 days a year.

WHPE is thrilled to have Tammy presenting her exciting activity sessions at our convention!



## WHPE Convention Dates

**October 24-26, 2012**

Country Springs Hotel/Waterpark, Waukesha

**October 23-25, 2013**

Country Springs Hotel/Waterpark, Waukesha

**October 29-31, 2014**

Kalahari Resort/Waterpark, Wisconsin Dells

**October 28-30, 2015**

Kalahari Resort/Waterpark, Wisconsin Dells

# WHPE Convention ... October 24-26, 2012 ... Waukesha

## Country Springs Hotel – Water Park and Conference Center

2810 Golf Road, PO Box 2269, Waukesha, WI 53187

**Reservations** – (800) 247-6640 or (262) 547-0201

**Reservation deadline** – October 8, 2012

*When making reservations refer to the WHPE group*

### Rates:

**Standard Deluxe Non-Smoking -**

**\$94 Single/Double** (without water park passes)

**Standard Deluxe Non-Smoking -**

**\$114 Single/Double** (with water park passes)

**Executive Suite - \$129 Single/Double**

(without water park passes)

**Executive Suite - \$139 Single/Double**

(with water park passes)

**Governors Suite - \$179 Single/Double**

(without water park passes)

**Executive Suite - \$189 Single/Double**

(with water park passes)

*Water park rate includes up to 4 passes to*

*The Springs, our 45,000 sq ft indoor water park.*

*Rates include Continental breakfast each morning*

## Larry Cain Memorial Scholarship

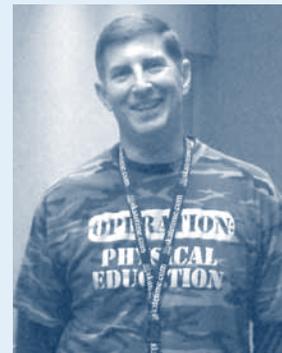
Larry Cain was a physical education teacher in Janesville, and a past-president and leader within the WHPE organization. He made a significant difference in the lives of his students and fellow colleagues and professionals.

Larry's family and colleagues have established a Memorial Scholarship to remember and honor his contribution to the lives of the people he served.

The Larry Cain Memorial will provide financial support for one student and one professional to attend the WHPE convention (registration & hotel) and one year's membership to WHPE. A committee from Janesville will represent the memorial and will help Mrs. Karen Cain choose the recipients. All WHPE members and non-members state wide are eligible to apply for this scholarship. 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 WHPE website for application information. The deadline for applications is September 15, 2012.*



# Teaching Ideas

## Health Lesson Idea

### 8th Grade Health - Stress Management Video

Students work in groups of three and use the website Epals/Learning Space. On the website I have listed four stress management categories: school stress, social stress, family stress and sports stress. Under each category I have placed reliable websites for the students to research eight coping strategies that they would use in their everyday lives to fight stress. The students write a script (that I must OK before they start making their video) and then using a digital camera take pictures of themselves using the eight different coping strategies. The students open up Movie Maker and download their pictures, they also insert slides with descriptions of their coping strategies and finally use a voice recorder to record their script. The finished videos are then downloaded onto Epals/Learning Space for their classmates and also fifth and sixth grade students to watch the videos and provide comments. If your school is a member of Epals/Learning Space you can check out my students videos at [hasd.epals.com](http://hasd.epals.com) and log in.

*–Submitted by Crystal Gorwitz*

## Laughter Yoga

Silly exercises that may start as fake laughter but then leads to sincere laughter for a positive effect on one's health ([laughteryoga.org](http://laughteryoga.org))

*–Submitted by Pam Connolly*



## Elementary Teaching Idea

When teaching tumbling skills I have "skill sheets" for my first, second, and third graders by each mat. When I teach a new skill they can find which category the skill is from (balance, jump, roll, stunt) and see how the skill is spelled. These same skill sheets are also used when the students create and write their own personal routines for their tumbling performances. I also use picture cards of each of the skills I teach. I draw a picture of each tumbling skill and have the cards laminated. These picture cards are used in several ways: for Kindergarten students (they can not read the skill sheet, but can identify the skill as a picture), for students' routines-if the student has a disability the pictures can be put on the floor by the mat in the order of their written routine, for station cards, and for drawing a card from a pile and then performing the skill at their mat.

*– Submitted by Brenda Erdman*

## Middle School Teaching Idea

Have students do the Pacer and/or mile (or any "test") at the beginning and end of the year, but at the end of the year, do it twice (in 2 separate PE classes) and have students see if they can do better for self-improvement, and, against their peers for fun, friendly competition!

*–Submitted by Pam Connolly*

## High School Teaching Idea

My adventure education class recently completed their canoeing unit and one of objectives of this unit is for all students to understand and demonstrate a variety of canoe paddle strokes. After practicing each stroke and working in groups to complete a series of maneuvers around the pool, the students had to create a synchronized canoe routine consisting of forwards, backwards and sideways moves, and a 360 degree turn. This was all performed to the Blue Danube Waltz! I videoed each routine (two canoes/ groups worked together at a time) using the iPad which gave me an opportunity to show the students their work and also give them feedback on their performance.

*–Submitted by Jo Bailey*

# 2012 Convention Schedule of Events

## WEDNESDAY, OCTOBER 24, 2012

**4:00-7:00 p.m.** Exhibitor Set up at Country Springs Hotel/Water Park, Waukesha

**5:30-8:30 p.m.** Registration at Country Springs Hotel/Water Park, Waukesha

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

## THURSDAY, OCTOBER 25, 2012

**7:00 a.m. - 3:00 p.m.** Registration at Country Springs Hotel/Water Park, Waukesha

**9:00 a.m. - 4:30 p.m.** Exhibits Open at Country Springs Hotel/Water Park, Waukesha

### Session 1 > 8:00-9:00 a.m.

- 1 30 Minute K-8 Lesson with 10 Minute Fitness Circuit – *Spector*
- 2 Get up and Dance! A 6 Day MS Dance Unite Made Easy! – *Maly*
- 3 GYMSTICK: Systematic approach to Strength Training Education – *Griffin*
- 4 Mad for iPad (Don't be a sap) – *Sjoerdsma*
- 5 Peaceful Playgrounds – *Flint*
- 6 Fuel Up to Play 60 – *Andrae/Losee*
- 7 Active Schools Eval: Active Kids are Fit Kids – *Hisgen*

### 9:10-10:30 a.m. > General Assembly

Announcements/Elections

Keynote Address – *Bob Pangrazi*

### Session 2 > 10:40 a.m.-11:40 p.m.

- 1 Standards-Based Activities and Assessments – *Blask/Campbell*
- 2 Experience Gliding – *Forsythe*
- 3 Just Beat It - Heart Disease Dance – *Kitty Erdman*
- 4 Playgrounds to PE: Make it Matter – *Schultz*
- 5 Wikis in PE – *Mulloy*
- 6 Using Technology to teach AODA prevention education – *Anton*

**11:40-1:00** Convention Luncheon

**12:00-1:00** Future Professional Lunch – *Speaker, Sandra Sims*

**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 Creative Basketball Activities – *Slade*
- 2 Kin-Ball Skills and Drills – *Omnikin*
- 3 Health Entertainment Part 2 – *Wentland*
- 4 The Keys to a Healthy Student: Fitness and Nutrition – *Brant*
- 5 Measuring Your "Value-Added" - Assessing Student Progress in PE – *Wheeler*
- 6 Many level of Indo Board Use – *Groshek*
- 7 2013 Graduates and beyond, what do they need? – *Ringennberg*
- 8 Student and Teacher Perceptions of Bullying in PE – *O'Connor*

### Session 4 > 2:20-3:20 p.m.

- 1 Teaching the Components of Fitness through Games & Activities – *Carlson*
- 2 BCAW - in School Bowling – *Hildebrand*
- 3 C'motion – *Skatetime*
- 4 Adventure Education – *Okura*
- 5 GREAT Jump Rope Tricks Broken Down for YOU! – *Brenda Erdman*
- 6 Creative Dance – *Rumbelow*
- 7 Connecting the Pieces: Round Table for PETE Faculty – *Petersen*
- 8 Teaching PE PreK-12 Using the Sport-Ease Teaching System – *Pruchnicki*
- 9 How Can I Use Twitter as a Professional Development and Teaching Tool – *Caravella/Handel*

**3:30-5:00 p.m.** 5K Pink Walk/Run - registration and run

**3:30-9:00 p.m.** ENJOY THE WATERPARK

**7:00-9:00 p.m.** Award's Banquet

**9:00 p.m. - 12:00 a.m.** All Convention Dance - Dueling Pianos

## FRIDAY, OCTOBER 26, 2012

**7:00-8:30 a.m.** Jo's Board/RA at Country Springs

**7:30-10:00 a.m.** Registration

**9:00 a.m. - 12:00 p.m.** Exhibits Open

### Session 5 > 8:30-9:30 a.m.

- 1 Fitness Finesse - Fitness and iPad technology – *Roth/UWSP*
- 2 Let's Move with Let's Move in School Skillastics – *Slade*
- 3 Advocacy – *Sandra Sims*
- 4 Jump Rope and Hoops for Heart Coordinators Breakfast Social – *Kestell*
- 5 Dance and Fitness: Bringing Dance Back to PE – *Blanchette*
- 6 The Nuts and Bolts of a Comp Middle/HS Fitness Based Pe Program – *Scharbarth*
- 7 Kin-Ball Initiation and Cooperative Games – *Omnikin*
- 8 Untying Your Hands; Helping You Help Students Who Need It – *Lybert/Nielsen*
- 9 Combat Obesity and Promote health and Wellness Online! – *Anton*

### Session 6 > 9:40-10:40 a.m.

- 1 Eclipse Ball/co-ed games designed for students of all abilities – *Benson*
- 2 Dance in Your Pants – *Sjoerdsma*
- 3 Cooling Down Your Classroom: Just 1,2,3 Breathe (2 hour) – *Tantillo*
- 4 The Keys to a healthy student: Fitness and Nutrition – *Brant*
- 5 Tips and Tricks that MOTIVATE! Skills and Drills that THRILL – *Thomson*
- 6 Training to Play; Maximizing Movement Potential Key to Athletic Success – *Ditter/Meeteer*
- 7 The "How To" of Approaching Your School Board – *Bailey/Erdman*
- 8 Preparing for the Teacher Performance Assessment Requirement – *Trilling*
- 9 How can your University help you? – *Ringgenberg/Swenson*

### Session 7 > 10:50-11:50 a.m.

- 1 Games, Mini Activities: Brain Breaks – *Fritz*
- 2 Meet me in the Middle - PE Program on an iPad – *Sjoerdsma*
- 3 Cooling Down Your Classroom: Just 1,2,3, Breathe (cont) – *Tantillo*
- 4 Adventure Education – *Okura*
- 5 K-2 Dance Party – *Birr/Koenig*
- 6 Texas Two Step - The Basics – *Carlson/UW Superior*
- 7 Creating Leaders – *Pflieger/Farrell*
- 8 Sports Medicine & Athletic Training Course for HS Students – *Klein*
- 9 Creating a Family Activity Resource Library – *Kwilinski/Demunck*

### Session 8 > 12:00-1:00 p.m.

- 1 Innovative Scarf Activities for PE and the Classroom – *Slade*
- 2 Lead Up Games/Activities for a Wrestling/Combative Unit – *Peloquin*
- 3 Getting to the Heart of it – *Hintz/Wenzel*
- 4 Standards-Based Activities and Assessments – *Blask/Campbell*
- 5 Floorball In School - A Global Out-look – *Borg/Gnewikow*
- 6 Texas Two Step - Part 2 – *Carlson/UW Superior*
- 7 How Can I Use Twitter as a Professional Development and Teaching Tool – *Caravella/Handel*
- 8 Untying Your Hands; Helping You Help Students Who Need It – *Lybert/Nielsen*
- 9 Combat Obesity and Promote Health and Wellness Online! – *Anton*

### Session 9 > 1:10-2:10 p.m.

- 1 30 Minute K-8 Lesson with 10 Minute Fitness Circuit – *Spector*
- 2 Mad for iPad (Don't be a sap) – *Sjoerdsma*
- 3 Fitness Can Be Fun! – *Flint*
- 4 Measuring Your "Value-Added" - Assessing Student Progress in PE – *Wheeler*
- 5 GREAT Jump Rope Tricks Broken Down for YOU! – *Brenda Erdman*
- 6 Get up and Dance! A 6 Day MS Dance Unit Made Easy! – *Maly*
- 7 Student and Teacher Perceptions of Bullying in PE – *O'Connor*
- 8 Wikis in PE – *Mulloy*
- 9 WHPE Grants Sharing Session – *Milbrath*

**1:00-3:00 p.m. – Post Convention APE  
Workshop - Carroll College**

**Did You Know ... You can now renew  
membership and register for the  
WHPE Convention online at [www.whpe.us](http://www.whpe.us)**

# WHPE MEMBERSHIP

*You must be a current member through 11/12 or return a new/renewal membership form with membership dues to preregister for the convention.*

## Wisconsin Health and Physical Education Membership Form.

**PRINT ALL INFORMATION**

**CHECK APPROPRIATE BOX IN EACH SECTION**

Month	1	2012 to Month	2013	1	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____		FIRST NAME _____		<b>AREA</b> <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		<b>OFFICE USE ONLY</b> EXP. DATE _____ Date Rec'd _____ CK # _____ Amt. PD _____	
STREET _____		HOME PHONE (____) _____					
CITY _____		WORK PHONE (____) _____					
COUNTY _____		STATE _____ ZIP _____					
E-Mail Address: _____							
*Students-School attending		Year: Fr So Jr Sr Grad		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">                     Mail to:  <b>WHPE</b>                      24 Mitchell Hall • 1725 State St.                      La Crosse, WI 54601-3788                      Makes Checks payable to: WHPE                 </div> For further information go to our website: <a href="http://www.whpe.us">www.whpe.us</a>		<b>TYPE OF MEMBERSHIP</b> Lifetime (\$500) <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"/>	
<input type="checkbox"/> SE – Southeast District - CESA District 1 & 2		<b>TEACHING LEVEL</b>					
<input type="checkbox"/> SW – Southwest District - CESA Districts 3 & 4		<input type="checkbox"/> E – Elementary					
<input type="checkbox"/> C – Central District - CESA District 5, 6 & 7		<input type="checkbox"/> M – Middle					
<input type="checkbox"/> NE – Northeast District - CESA Districts 8 & 9		<input type="checkbox"/> S – Secondary					
<input type="checkbox"/> NW – Northwest District - CESA Districts 10, 11 & 12		<input type="checkbox"/> U – University/College					
		<input type="checkbox"/> O – Other _____					

# 2012 WHPE CONVENTION PRE-REGISTRATION

**Deadline: October 8th, 2012**

*You must be a current member of WHPE through 11/12 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 WHPE 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 WHPE convention?**       Yes       No

**WHPE District (check one):**     NW     C     NE     SE     SW

CLASSIFICATION (Check all that apply)	PRE-REGISTRATION (must be received by 10/8)	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):**     Vegetarian Lasagna     Sliced Roast Beef     Marinated Grilled Chicken Breast

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

# A Message from your Past President

By Brian Marx

It's been an interesting start to the year. Nothing was more interesting than the AAHPERD convention. Once again Physical Educators demonstrated what we do best – ADAPT. We took the best of a bad situation and did the best we could with it. Nothing wakes a person up more than finding out that the reason for the fire trucks outside your hotel was that a transformer blew up and was on fire right next to your room. That fire caused a blackout to the area around the convention center and in turn caused the convention to be canceled. Due to this cancellation I was able to connect with a lot more people that I would have been able to talk to if I had been in sessions all day long. One of the things I learned was that WHPE truly is a leader when it comes to state associations. Arizona is changing the name of their state association to AzHPE. This change is a direct result of the change we made last year. I had many discussions with other state leaders about our Future Professionals. Everyone wants to know how we get our students so involved. The leaders of AAHPERD even are considering changing the name of our national organization to something resembling the change we made. Change can be scary but if we want to stay a leader in Physical Education we must continue to explore new ways to get our message out to people. One of the best ways we have done this is by having a strong presence at the state convention for school boards and school administrators. Our WHPE leadership has talked to many of your administrators and school board members. Please consider talking to them on your own behalf. We all know how important Physical Education and Health are to our students. Let your school board know how important it is as well. If you are a little uncomfortable talking to your school board please use WHPE as a resource. We are one of the only states that have a position paper posted on our organization website. Look it over. There are some great talking points for you. It is a wonderful foundation for you to build upon. As we continue to change, WHPE is considering a big change in our current structure. The board of directors is considering having the president serve a two year term. This will allow each president to develop projects and create a vision for WHPE that is currently not possible in the course of a single year. As always if you have any concerns or suggestions that

may help move WHPE forward please let one of our leaders know. We are always looking to build on the foundation created by our past leaders while moving WHPE forward as a leader to the rest of the nation. Thank you for all of the passion you have demonstrated through this school year. Have a relaxing summer and I hope to see many of you at Best Practices in Stevens Point.



## Necrologist Report

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

Necrologist ... c/o WHPE

24 Mitchell Hall 1725 State Street • La Crosse, WI 54601  
800-441-4568 • 608-785-8175 • whpe@uwlax.edu



## 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 • whpe@uwlax.us**

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.



## WHPE / 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 WHPE, you might be interested in funding through a WHPE/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, 2013. You may contact the WHPE office for more information or check out the grant guidelines on the WHPE web page at [www.whpe.us](http://www.whpe.us).

# Joy of Effort Awarded to one of our own!

Congratulations to Kris Fritz for being the recipient of this year's NASPE'S Joy of Effort Award. This award is given to those individuals who by performance and style, have personified the concept that the effort made to enrich the goals and objectives of physical education and sports is a labor of love, inspired by commitment and dedication.

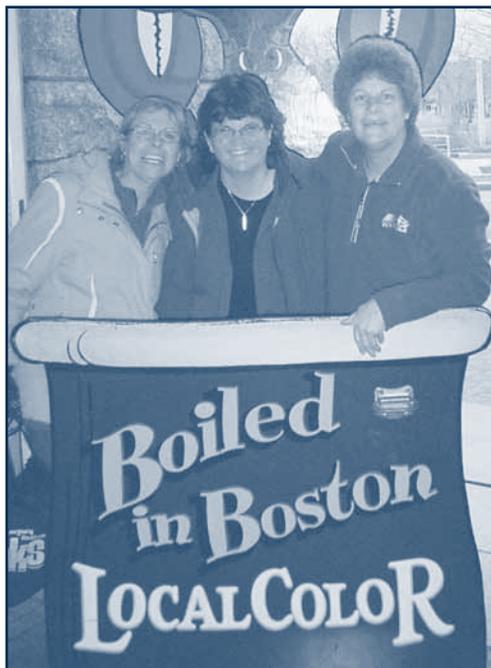
Kris has been a WHPE and AAHPERD member since her college days. She has willingly served in a variety of elected and appointed positions at the state, district and national levels. In recognition of her exemplary contributions she has received every award that WHPE presents as well as Midwest's Honor and Meritorious Service Awards plus AAHPERD's Honor Award. In her school district she helped develop an adaptive program and created a special physical education program for the early learning center where she continues to volunteer teach two days a week even though she is retired. Throughout her career she has written numerous grants that provided state of the art equipment for her students. She has always gone over, above and beyond challenging herself to provide great experiences for her students and staff. In appreciation for her efforts she has been recognized by her district and community for chaperoning and coaching with the World Athletic Tour for High School, her work with Special Olympics and Coalition for Active Kids, plus was inducted into the Sheboygan Softball Hall of Fame.

Kris has touched many lives during her 34 year teaching career but continues to dedicate her time and talents by living the mission of WHPE and AAHPERD being a great role model. She does what she does because it brings her "JOY" and she always puts forth whatever "EFFORT" is needed. WHPE and Midwest District are proud of you.



## 2012 AAHPERD Highlights / 'Lights Out in Boston'

'United We Move', AAHPERD National Convention 2012, began just like many other years with members arriving in Boston anticipating the excitement of another National Convention offering professional development opportunities, venues for meeting old and new friends, exhibits of new products and networking activities for connecting and collaborating to help all improve and move forward within our profession. Organizational change was anticipated resultant of the work of the OPC (Organizational Planning Committee) and recommendations were to be brought forth and voted upon. However, no one could have predicted the dramatic and drastic change in the configuration of what



many have come to know as the format of our annual National Convention.

Unfortunately, just as the Convention was about to begin on Wednesday, a Tuesday evening car fire and subsequent electrical transformer explosion near the Hilton occurred. Boston Fire & Police responded quickly but the

effects on the AAHPERD convention were tremendous. Wednesday came and it was learned that the Hynes Convention Center was completely without power and eventually the entire day and week sessions there were cancelled.

No one knows the effect this chaotic event will have upon the AAHPERD Convention in Charlotte 2013, but as professionals we still have work to do to improve what we offer our clients. It will only happen by 'Moving United' as we continue to serve in our individual roles within a profession we all love.



# WHPE'S NORTH EAST DISTRICT PRESENTS COMPONENTS OF ADVENTURE EDUCATION



## **Facilitate – Collaborate – Process - Empowerment**

Join us for a day of learning and fun while experiencing our 56' outdoor Tango Tower with an attached zip line!

**Saturday June 23, 2012**

**at Lakeland Union High School in Minocqua, WI**

**10:00 am - 4:30 pm**

**Cost is \$35**

*Featuring: Kim Neal Wasserburger M.S.W*

*LUHS Journey Instructor / Experiential Creations Consulting*

## **Workshop Schedule**

- 9:30 – 10:00** On site registration
- 10:00 – 10:15** Introductions and Expectations
- 10:15 – 11:15** Group process, facilitation with purpose, and tools to build knowledge and skills
- 11:15 – 11:50** Group Initiatives – cooperative and trust building activities
- Noon – 12:45** Belay School-includes belaying, tying in, ground skills/commands/procedures



- 12:45 – 1:15** Lunch
- 1:15 – 2:15** Practice ground, command, and belay skills, on our indoor high ropes course and prussic ropes
- 2:15 – 3:55** Climbing Tango Tower – Multiple individual and partner routes that get you to the top of the tower and then a chance to zip line or rappel down.
- 4:00 – 4:30** Group processing including a rubric addressing State Standards

*Who should attend? Anyone who wants solid information, time proven techniques, and procedures for offering a safe stimulating high ropes type of experience. Elementary, middle, high school and college teachers, college students, school administrators, school board members are all encouraged to attend.*



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**Workshop Registration Form - All participants need to pre-register so we can plan for facilitators**

Name \_\_\_\_\_ Cell # \_\_\_\_\_

School District \_\_\_\_\_

Position \_\_\_\_\_

**Send a check made out to WHPE for \$35 and mail to:**

**Lakeland Union High School • Attn: Don Scharbarth • 9573 State Highway 70 • Minocqua, WI 54548**

**Scharbarth@luhs.k12.wi.us 715-356-5252 ext. 3405**



## Patty Kestell Elementary Division Vice President

Planning for the 2012 WHPE Convention at the Country Springs Hotel, Water Park-Conference Center in Waukesha is currently underway, and I can't wait to see some of the sessions that will be offered! Mark your calendar now to attend convention from October 25-27<sup>th</sup>! You won't want to miss it!

It's hard to believe another school year is coming to an end! So little time left, so much to do, right? As you wrap up the school year, don't forget to promote the Summer Olympics in London which will be held from July 27<sup>th</sup>-August 12<sup>th</sup>. Find a creative way to use the Olympics as your theme for your school's end of the year Field Day or track and field activities to help pique your student's interest in watching some of the events this summer and participating in some activities on their own as well!

While attending the AAHPERD convention in Boston in March, which was "blacked out" by a major power outage in the convention area, I enjoyed some exceptional opportunities to network with other Physical Education and Health Education professionals. Despite the unfortunate turn of events in which the convention was cancelled, I was grateful for the opportunity to meet and learn from so many wonderful educators as we networked and chatted throughout the week. Glow sticks were a hot commodity, as well as warm showers, but even in the worst of it, we were safe, we got a little extra exercise climbing up escalators and stairs to our rooms at night, and we had a chance to spend a little more time engaging in great conversations with colleagues. The day of the black out, while exploring Boston with Crystal Gorwitz, Jo Bailey, and Marcia Schmidt, Crystal and Jo found a geocache! Shh, we're not telling where we found it, but this picture could serve as a small hint!



## Central District News By Andrea Brehm, Coordinator

The WHPE Central District Workshop "Grading in PE" was a success! It was held on Saturday, March 3<sup>rd</sup> at Hemlock Creek Elementary School in De Pere. In attendance, there were a total of



twenty-five elementary, middle and high school educators along with university students as well. Participants began the morning by learning more about how to run a successful Jump Rope for Heart program from Neil Seering and Kori Coffeen. Next, Mallory Lindert,

high school physical educator at Beaver Dam High School, led us in a session on Grading in PE. The session started out by reviewing the appropriate aspects of grading followed by small breakout groups which focused further upon grading in specific grade levels. The morning concluded with raffle prizes. Overall, it was a fun morning filled with professional improvement.

Thanks to all who attended!



## SE District News Laura Stefancin and Lisa Strauss

Greetings from SE District! Many things have been happening this school year educationally and politically. To focus on the positive, some educational initiatives have flooded our programs with the intent to increase physical activity and wellness among our students and teachers. There are many great resources and initiatives available for PE and Health teachers to become leaders and advocates for increased physical activity in schools, especially the days that students don't have their regular PE classes. To name a few:



- Active and Healthy Schools – published by WI Department of Public Instruction
- Fuel Up to Play 60 – sponsored by the NFL, this program has excellent resources, including grant money, and a great support system to help you implement it.
- Red Out Day – as part of your Jump Rope or Hoops for Heart events, the American Heart Association will guide you through how to get your entire school on board by having a "Red Out Day" in your school with red T-shirts and hair pieces.
- Movin' and Munchin' Schools – a program sponsored by WI Department of Public Instruction and WEA Trust that includes grant money.



Although these programs are implemented differently, the goals are similar – to get kids moving, healthy, and increase overall achievement. Also, by using some creativity, parts of all of these programs can be implemented simultaneously for an even greater affect!

On April 19, 2012 the SE District held the annual WHPE workshop at New Berlin West High School with the theme of "Active and Healthy Schools." Guests included Jim Taggart from NASCO (maker of innovative health, PE and fitness supplies), Mary Lee Flanagan from American Heart Association, Mary Andrae and Jane Losee from the



WI Milk Marketing Board, and Pamela Bliss from YogAsylum. Attendees were told about success stories with programs such as "Red Out Day" and "Fuel up to Play 60."

Gail Milbrath also shared how a small group of students can get a whole

school motivated to participate in her "Fuel up to Play 60" program. Later on, attendees listened to a presentation by Pamela Bliss, owner of YogAsylum, on the power of Yoga, and how just a few simple yoga exercises can get a whole class settled down in just a few minutes. After trying these exercises ourselves, the entire room was silent, and we were even able to capture a ball of energy within the palms of our hands.

Lastly, we thank everyone for attending our SE District Convention. It is a lot of work to plan and carry out such a task and having two people in charge made it less daunting and way more fun! We hope to see all of you again in Pewaukee for the WI State WHPE Convention!

Sincerely,  
Laura and  
Lisa



## Patty Kestell, State Hoops for Heart Coordinator



### Hello WHPE members and educators,

I hope you have been having a great, fulfilling year working with your students in physical and health education! Many of you have hosted and completed your Jump Rope and Hoops for Heart events this year, and have done a GREAT job helping your students understand the importance of heart health and recognizing the risk factors for heart disease and stroke. **Thank you so much for all of your time and dedication in creating fun JRFH/HFH events for your students!**

### 2011-2012 AAHPERD National Jump Rope and Hoops for Heart Award Winners

Congratulations to Karen Petermann (Rexford-Longfellow Elementary School, Clintonville) and Amanda Knitt (Mosinee Middle School, Mosinee) for receiving AAHPERD National Jump Rope and Hoops for Heart Awards at the national convention in Boston! Despite the blackout in Boston, the AAHPERD Awards Ceremony was held, and Karen and Amanda were recognized for their dedication, commitment, and passion towards sharing Jump Rope and/or Hoops for Heart with the students in their schools. They each received a one year AAHPERD membership, a trip to the AAHPERD National Convention, and a \$1,200 US Games gift certificate to purchase equipment to enhance their physical education program. **Great accomplishment, Karen and Amanda!**

### 2012-2013 AAHPERD National JRFH/HFH Award

If you are interested in applying for the 2012-2013 AAHPERD National JRFH/HFH Grant Award, please use the link below to learn more! All grant applications must be received by October 15, 2012.

<http://www.aahperd.org/jump/awards/grants/loader.cfm?csModule=security/getfile&PageID=172846>



### Jumpin' and Shootin' Hoops for Andrew Thorson Elementary School



I consider each year a special time doing JRFH and HFH at my school, but this year had a particularly extra special meaning to it since it hit home for so many of our students. A big red heart on the wall in the gym held the names of all the students who participated this year in honor of Andrew, a kindergarten student at Thorson. Andrew has an unknown health condition that has triggered five strokes within the past two years.

Mary Lee, our AHA Youth Market Director, helped kick off our event with a great assembly this year, and helped put some personal touches on our event in honor of Andrew. In addition to collecting money for Jump Rope and Hoops for Heart, our school community collected money for Andrew's family to use in the search for

answers to his ongoing health issues.



American Heart Association  
Learn and Live

HOOPS FOR HEART

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](http://heart.org/hoops) to get your school involved.

**WE JUMP. WE SHOOT. WE SAVE.**

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

©2010, American Heart Association. Also known as

The response was outstanding and deeply touching. Our school raised \$3000 for Andrew's family, as well as money for Jump Rope and Hoops for Heart! I wish I could have kept "Andrew's Heart" on the wall forever...it was just simply amazing to look at each day in PE. We created a picture book for Andrew with all of the hearts, pictures, and memories from this year's event, and presented it to Andrew and his family with the donations.

This year, more than ever before, my heart has been touched and deeply moved watching Andrew as he has worked harder than any kindergarten student should ever have to work to recover from his strokes, witnessing those who have contributed generously to help his family in their search for answers and to the AHA for future research, and to losing a cardiologist friend that had dedicated her career to caring for patients with cardiovascular health needs. I have come away from this year feeling extremely grateful for my opportunity to share Jump Rope and Hoops for Heart with my students and having the chance to make a small difference in the lives of others through our events at Thorson Elementary.

**Please contact me if you have any questions about participating in Hoops for Heart!**

[pkstell@cedarburg.k12.wi.us](mailto:pkstell@cedarburg.k12.wi.us)



# Jump Rope for Heart Message

*Neil Seering, State JRFH Coordinator*



Hello! I hope everyone had a great year and had a successful Jump Rope for Heart Event. We had a great year again working with the American Heart Association. It seems more of you are using the on-line feature more and my hope is that it is easier and more user friendly for you and your event. Jump Rope for Heart is a very important part for WHPE and more importantly for the students we teach everyday.

This year our school raised just over \$8000. The American Heart Association offered some great incentives as well. It is important that you as the event coordinator use your imagination and come up with a few to make the experience more interesting and enjoyable. This year, the 6<sup>th</sup> grade students met their goal and I will provide a dance for them in which the Student Council is teaming up with me to sell glow in the dark items for the dance. The kids seem excited and I hope it goes well.

I had the opportunity to speak and present at the Central Wisconsin Workshop coordinated by Andrea Brehm. She did an excellent job and I appreciated her asking me, along with Kori Coffeen, to give ideas on how to implement or make your JRFH event more successful. Thanks again.

If there are questions or if you need some help in any area of Jump Rope for Heart, feel free to contact me and I will be glad to help in any way I can.

**Email:** [nseering@luxcasco.k12.wi.us](mailto:nseering@luxcasco.k12.wi.us) • **Website:** [mrseering.pbworks.com](http://mrseering.pbworks.com)

## University of Wisconsin Oshkosh Jump Rope for Heart and Hoops for Heart Activities

By Ryan Heath

Over the course of the spring semester the University of Wisconsin Oshkosh worked in collaboration with the American Heart Association and area schools to raise funds and educate people on how to run a Jump Rope for Heart and/or Hoops for Heart event, as well as how to simply get involved in any way possible.

UW-Oshkosh along with two Unified Catholic Schools in Oshkosh: St. John Neumann Middle School and St. Elizabeth

Ann Seton, and Heidi Wara: an adapted physical education teacher in the Oshkosh area who travels to numerous public schools, sold Red Out Day t-shirts which led up to a culminating



Red Out day event on Tuesday February 14<sup>th</sup>. This was the first Red Out day that Oshkosh has been a part of, and overall it was very successful. At the university we set up a booth in Reeve Union to help educate students about the American Heart Association and sell t-shirts. All three schools combined sold the newest AHA shirts so that the students, parents, and teachers would be able to continue wearing them for years to come. We hope this will eventually help us to reach our goal of getting the Oshkosh area to spread the event to every school and to try to "Red Out" Oshkosh which we believe is very obtainable.

Selling Red Out t-shirts and holding a Red Out day are not the only things that we were able to do however. Along with these two actions a handful of UW-Oshkosh students put together a Jump Rope for Heart/Hoops for Heart event that they put on for three different classes, two of which were secondary education teachers and one which was made up of physical education majors. At UW-Oshkosh we feel it is important to get everyone involved when it comes to promoting the American Heart Association so we did not want to limit the group we demonstrated to. Also, St. John Neumann Middle School held their own Heart Day which gave the students an opportunity to wear their Red Out shirts and to participate in a number of activities to benefit their hearts.

As a whole the spring semester was very successful for Oshkosh when it came to promoting the American Heart Association and trying to educate individuals about ways to limit cardiovascular disease. We hope that in the future this event can continue to be successful and we definitely believe it will be.

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](http://heart.org/jump) to get your school involved.

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

©2010, American Heart Association. Also known as the Heart Fund. 6/10DS3766

# Great Ideas for Jump Rope for Heart or Hoops Events



## Hearts in the Gym!

I consider each year a special time doing JRFH and HFH at Thorson Elementary, but this year had a particularly extra special energy to it since it hit home for so many of our students. I put a big red heart on the wall in honor of Andrew, a kindergarten student who has suffered five strokes within the past two years and it held the names of all the students who participated in honor of him.

Another bulletin board outside the gym had all the other names of family members and loved ones that students jumped in honor and in memory of. Mary Lee, my WI Youth Market Director, helped me kick off my event with a great assembly this year, and helped put some personal touches on our event in honor of Andrew. In addition to collecting money for Jump Rope and Hoops for Heart, our school community collected money for Andrew's family to use in the search for answers to his ongoing health issues.

– Submitted by *Patty Kestell*

## GLOW IN THE DARK worked for me for Hoops for Heart!

Glow in the dark lightning. I know it has been used before but it is only the 2nd time I have done it and the students loved it. I lined the free throw lanes and the hoop with glow sticks and gave every student a glow bracelet to wear so they would not run into each other and used 2 glow in the dark balls. I had to disable the safety lights in our gym but it worked well and everyone loved it. Thanks Jan for the Great idea. – Submitted by *Mandi Hendricks*

**JRFH Event idea:** What I love to do is set up multiple jumping stations and contest throughout the gym. It gives the students different opportunities to be successful and keeps their interest level high. I usually have between 6-8 stations and we rotate every 2-3 minutes. – Submitted by *Neil Seering*

**RED OUT!** What is a Red Out? It is the newest form of fundraising for the American Heart Association. Many of you may remember we encouraged convention attendees to wear red to show support for the American Heart Association at our last convention. It is as simple as that. This year my school, Lincoln Intermediate in West Allis, ran a Red Out event instead of the traditional Hoops for Heart. Students were able to purchase official Red Out t-shirts sent to us by the American Heart Association. Any student who purchased this t-shirt was allowed to come to the gym for a big party for the final hour of the week. In addition we held a 3 on 3 basketball tournament, a "What would your teacher do for you?" raffle where teachers donated items or favors for students to enter to win (Starbucks run, cookies, free homework passes things like that), and headphone passes. When we ran a Hoops for Heart event we raised about \$500. Running a Red Out event this year we raised over \$1500 for the American Heart Association. I teach in a low-income area just outside Milwaukee and the increase surprised me more than anyone could imagine. Other events that schools have done have included Redding Out basketball and football games. Schools have competed at these games to see which school can wear more red at the game. The American Heart Association can also provide you with red hair streaks for the students to wear as well. This new even is a lot easier to run. There are no prizes to win and all of the money goes right to the Heart Association and not to purchase the prizes. If Jump and Hoops events have seemed to lose their excitement try a Red Out. We tried it at Lincoln and Red Out day will be back, bigger and better next year!

– Submitted by *Brian Marx*

## Success at the WASB Convention!

Despite the volatile political climate and sub zero January weather, Past Presidents of WHPE were out in force January 18 -20, 2012 in Milwaukee, WI attending and advocating at the WASB

Convention. While staffing a booth in the Exhibits' Hall, they spoke with nearly 300 Wisconsin school district board members and administrators. On Thursday, Kris Fritz, Brian Marx, Marcia Schmidt and Rosie Sylvester conducted a session "Moo've to Improve/Catch Our Energy" where they showcased standards based physical activities developed around a collaborative agricultural theme.

Participation in this conference is now funded by WHPE and by this year's sponsor the Wisconsin Milk Marketing Board.





## Rosie Sylvester Becomes Midwest President

Congratulations to Rosie Sylvester on accepting a leadership role for AAHPERD Midwest District by taking the Presidential gavel during the April Centennial Convention birthday celebration at Indian Lakes Resort, IL. Rosie has selected as her Presidential theme, "Drive 2B Fit : Mind, Body, Spirit" appropriately so as the AAHPERD convention next year is in Charlotte, N.C., home of NASCAR.



## WHPE Members Shine at Midwest

"Honoring Our Past, Embracing Our Present, Looking to Our Future" was the theme of the 100 Year Midwest Convention celebration this past April. WHPE was represented most outwardly our Past President, Rosie Sylvester, who accepted the Midwest Presidential Gavel during the 100 year birthday evening event. Wisconsin Past Presidents who were also Midwest Presidents, A.B. Culver, Mike Davis, Scott Frazier and Connie Stokes were recognized during the 'March of Presidents'. Kris Fritz was presented with the prestigious AAHPERD 'Joy of Effort Award'. Many WHPE members also presented sessions and served as volunteers. Wisconsin did indeed have 'shining involvement' in this convention!



## AAHPERD Midwest District 100<sup>th</sup> Year Celebration

*By Ryan Heath, Council of Future Professionals Chair-Elect*

April 25-28 the Midwest District held their 100<sup>th</sup> year birthday celebration in Bloomington, IL. Wisconsin had good representation from students with 11 from UW Oshkosh, 9 from UW La Crosse, and 2 from UW Madison, along with a number of professionals.



Friday the conference started early and had numerous 50 minute sessions that greatly benefited students and professionals. I was privileged to have the opportunity to put on a "Minute to Win It" session from 4:30-6:00pm on Friday afternoon and felt that it was a great success. All in all there were 13 teams who competed for the crown of "Minute to Win It"

Champion with two UW Madison students coming out on top. A big Thank You goes out to Rosie Sylvester who generously agreed to donate two \$50 prizes which went to Andrew Lakasko and Jake Standiford.

The final day on Saturday the students were able to finish off this excellent conference by hearing from AAHPERD President Irene Cucina and receiving multiple \$100 scholarships which were raffled off.



# Future Professional News

By David Lostetter

Future Professionals Vice-President

This spring was my final semester at UW – River Falls and I am very excited to be student teaching this fall! As my college career comes to a close and I look forward to starting my professional career, I feel fortunate to have had the opportunity to serve WHPE and its student membership. I am confident that with the opportunities and support from WHPE, I will continue to have fantastic opportunities to continue to grow and develop as professional that provides high quality physical education to my students.

It has been a very exciting spring! I am happy to report that this year's Future Professional Conference hosted at UW – River Falls on April 13<sup>th</sup> and 14<sup>th</sup> was a great success! This year we “piggy-backed” our PETE department's professional workshop with the future professionals conference over a two-day period. Over that time we had the opportunity to host over 100 current and future professionals from many parts of Wisconsin and Minnesota!

The first day we enjoyed activity sessions by Kristen Okura (Aliso Viejo, CA), J.D. Hughes (Villa Rica, GA), and Dennis Gild-ehaus (San Diego, CA). All three of these people are some of the most talented and passionate physical education teachers that I have had the privilege to meet. It was a fantastic, very active day. All of our guests were participating in all of the activities and I think it is safe to say we were all tired by the end! What I liked best about the day was the opportunity for so many professionals and future professionals to work together, network, and share ideas. We as future professionals all gained so much from that interaction and I want to thank the professionals in attendance for their kind mentorship! Later that evening, all of us future professionals, and our presenters went to the bowling alley. We all had a great time and it was fantastic opportunity for us to get to know each other better. It was a great time bowling with Keith Bakken and Crystal Gorwitz. Keith is just as impressive in his bowling game as he is with his dancing skills.

The next day was geared more toward future professionals. We again had three sessions from Kristen, J.D., and Dennis, but we also had a few more folks join the fun. Paul Shirilla, who heads up the outdoor education program at UWRF, and his students from his “Outdoor Education Concepts and Skills class, taught us the benefits of implementing outdoor education in to our physical education curriculum and showed us an awesome activity called “letterboxing”. Dana Zimmerman (River Falls, WI) and Jen Heebink (Buffalo, MN) showed us techniques to using the TGMD-2 and BOT-2 assessments. It was really helpful to learn from their experience. Heidi Shah (Mounds View, MN) did a session on sensitive topics in health education, which received rave reviews from the students in attendance. Last, we had a new teachers panel with recent graduates and newly employed teachers. This was very helpful session because we all had the opportunity to learn from their experiences and to know a little better as to what it will be like when we begin our careers. Thank you to Jen Heebink, Storm Harmon (Menomonie, WI), Jill Lambach (Minneapolis, MN), Dan Kellor (Somerset, WI), and Colleen Kopel (River Falls, WI) for all your insight and advice!

This event could not have been possible without all of the help I received from so many different people. Thank you so much to our presenters! Thank you Keith Bakken, Crystal Gorwitz, and the WHPE board of directors. Thank you to our future professionals team, Nathalie Niedorowski, Dan Yeager, Mary Demunck, and Heidi Wara. Thank you James Gostomski, and my fellow students at

UW – River Falls for your hard work in running the event and its preparation. Last, thank you to all of the future and current profes-

sionals who attended. Many of you made long journeys to be able to attend and to help run this event, and all of you demonstrated a great passion and dedication to professional development and improving the quality of physical education everywhere. I really enjoyed coordinating this conference! I met a lot of fantastic people and I feel I really learned and grew as a result of this experience. I am already looking forward to heading to La Crosse next spring as I am sure Nathali Niedorowski, who will be taking over as VP in the fall, and the UW – L students will put on a great future professional conference.

When I am not on the lake this summer, I plan to continue to work hard for our future professionals with the support of my future professionals team and the board of directors. We will continue to work to extend professional development opportunities and represent our student membership in WHPE. If you haven't bookmarked it yet, please check out the website I have created for our future professionals division at [whpefutureprofessionals.blogspot.com](http://whpefutureprofessionals.blogspot.com).

There you will find future professionals news, upcoming events, and my contact information. The website is a means to keep you informed and to build better communication between our future professional membership and us throughout many different universities in the state. I hope everyone enjoys a much deserved summer break!





## Racine Unified School District wins Tennis Award

The Racine Unified School District under the leadership of Mary Jane Carreno, Coordinator of Physical

Education and Health Education K-12 was awarded the United States Tennis Association Midwest Section School District of the Year award. The Racine Unified School District is the fourth largest district in the state serving over 21,000 students. The award was created to recognize a school district that incorporates tennis K-12 through Physical Education classes, offers after school tennis programming and uses tennis as a vehicle to improve the experience of tennis to the students. The association is supplying the schools with a tennis curriculum and tennis equipment. This experience will enable the students with a lifelong sport that will provide and benefit them with growth and development, positive social skills, physical, psychological health and well-being. In addition, the district is currently training all K-12 physical education teachers as well.

Greg Boyd, Junior Recreation and Teams Coordinator for the United States Tennis Association Midwest Section said, "We are very proud to recognize Racine Unified School District with this award. Racine Unified School District is a great example of how a school district facing financial issues can work with community partners to provide tennis programming for their students."

## Gorwitz Awarded Kohl Fellowship

Crystal Gorwitz has been selected to receive the Kohl Fellowship Award. Crystal is currently serving as our WHPE President and serves the students and families of Hortonville while teaching health & PE at the Middle School level. Congratulations Crystal!



*Congratulations to the following WHPE/JRFH/HFH Grant Recipients!*

*Sauk Prairie School District, Hans Fester, for his "Sauk Prairie Middle Schoolers Ski for Health" program.*

*D.C. Everest School District, Karen Wegge, for her "Ski through PE" program.*

## Book Reviews



### Every Day A Friday How to be Happier 7 Days a Week

Author: Joel Osteen

Topic: Mental/Emotional Health great supplement ideas.

Review: Great personal read.....research shows happiness increases 10 percent on Fridays. Book focuses on how we can be a source of happiness to others by being a source of understanding and support.

Prompted discussion with my college students about:

- \* Happiness is a choice.
- \* Happiness is your right.
- \* Most of the time we have what we need to be happy.)

—Submitted by Gail McCormick



I have read two excellent books for teaching and coaching:

Why Gender Matters by Leonard Sax and

Mind Gym by Gary Mack.

The information on gender is really interesting from a teaching, parenting and coaching perspective. It also addresses gender identity issues that most sources exclude. Mind Gym is great for mental toughness and has some great professional athlete examples. —Submitted by Natalie Anderson

The Happiness Project, by Gretchen Rubin. Here's a non-fiction story about a woman who was relatively happy being married and a mother to 2 children. But, she questioned on whether or not she could she be happier. Gretchen decided to make "resolutions" for each month during an entire year, addressing all of the various areas that are in all of our lives, to figure out if she's getting the most out of each area. I think it's a book that anyone can relate to and helps us to slow down and think about living life rather than it passing us by!

—Submitted by Pam Connolly

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# Community Exercise Events

*Try a special event and experience pure satisfaction of completing a challenge.*

## Oregon, WI. Kids Triathlon

www.oregonkidstri.com/  
Sat. August 11, 2012 at 7 am

### **Brief Description**

Now in its 7th year! We will have 6 age groups: 5-6, 7-8, 9-10, 11-12, 13-14, and 15-17. There will be pool swim, road bike course, and in-park run course. We will have participation awards and age-group trophies. This is an opportunity for your young athlete to participate in an enjoyable life-experience through athletics. It is not structured as a highly competitive event. Rather, we want it to encourage self-confidence, good health and community spirit through participation.

**Comments:** My girls have done this triathlon several times and enjoyed it. It is well organized and very safe. Brenda Erdman

## Reedsburg Butter Festival, Run for the Butter

Sat. June 18, 2012 at 8 AM  
WEBB Park, Reedsburg WI.  
2 mile Fun Run and 10K Race

Entry Form: [www.westonwisconsin.org/media/Run\\_for\\_the\\_Butter\\_Reg\\_Form.pdf](http://www.westonwisconsin.org/media/Run_for_the_Butter_Reg_Form.pdf)

## Dances with Dirt - Devil's Lake Half Marathon (and more)

Sat. July 14, 2012 at 7:30 AM  
Devil's Lake, Baraboo WI.  
Half Marathon, Full Marathon, 50 mile Relay, 50 Mile and 50K Ultra <http://www.dwddevilslake.com/>

## Grandma's Marathon

Sat. June 16th, 2012 at 7:45 AM  
Two Harbors to Duluth, Minnesota (I know, not Wisconsin, but this is a highly popular run...registration cuts off after the first 10,000 participants!)

## West Bend \$1000 Cache Ba\$h 2012

Fri. August 10th and Sat. August 11th, 2012  
Regner Park, West Bend, WI.  
Visit the "Geocaching Capital of the Midwest™". With over 800 caches within a 10-mile radius of the city, you'll never run out of caches to find!

## Triathlons and 5K's

Want to try a triathlon or a 5K run or race?  
Google WISCONSIN TRIATHLON and WISCONSIN 5K  
You will see a long list of events across the state.  
Give a special event a try - it is a very rewarding experience!

## A SENTENCE or WORD THAT HAS HELPED YOU THROUGH THE YEAR THIS YEAR.

- "WHPE!"
- "WHPE Convention ideas"
- "Lunch break exercising."
- "Being able to meet with my fellow PE teachers during inservice time. It was valuable and meaningful."
- "Writing curriculum that was personal to the needs of my students."
- "A school board member thanked me for an activity I did."
- "One day at a time."
- "Happy comments from my students after a lesson!"
- Positive attitude! It is contagious and even if you have to fake it once in a while, it often lifts you right back into a positive frame of mind!
- "Workshops - sharing and networking."
- Make the most of everyday! Roll with the differences that each and every day brings!

# NATIONAL PE INSTITUTE

**What is It?** The National PE Institute is a new "grassroots" conference for K-12 PE teachers with a strong focus on linking State PE Standards to student assessment.

**Who is Presenting?** We have secured the foremost K-12 physical education experts, noted researchers, and distinguished authorities for this unique event!

**When is It?** July 30 - August 3, 2012.

**Where is It?** The National PE Institute will take place at the Sherrill Center on the campus of the University of North Carolina Asheville, 227 Campus Drive, Asheville, North Carolina 28804.

**Lodging?** Individuals are responsible for their own lodging needs. A listing of recommended hotels can be found on the website: [www.NationalPEInstitute.com](http://www.NationalPEInstitute.com).

### **How Do We Register?**

Visit the website: [www.NationalPEInstitute.com](http://www.NationalPEInstitute.com),  
or Call us at (800) 927-0682.

**Fees:** \$250/person; \$200/person for groups of 4 or more.

**Save \$25/person off the above price when you register before June 30, 2012.**



### **Certificate of Completion:**

All attendees will receive a "Certificate of Completion" stating they participated in 30 contact hours of physical education professional growth.

# Recipe's from WHPE Members ... Enjoy!

## Orange Syrup Cake

Submitted by Marcia M. Schmidt

### Ingredients

Dairy free margarine for greasing the pan  
6 eggs, separated  
1 c. granulated sugar  
grated rind of 3 oranges  
1 1/2 cups ground almonds



### Topping

juice of 3 oranges  
3 T honey

Preheat oven to 350 degrees. Grease the 8" pan and line the bottom.

Beat the egg yolks with sugar, orange rind and almonds in large bowl.

Whisk egg whites in separate bowl until large stiff peaks form. Fold a spoonful of egg whites into almond mixture, then fold in remainder. Carefully pour batter into pan.

Bake in oven for 45-50 minutes until toothpick inserted comes out clean.

To make topping, put orange juice and honey in pan and bring to boil, stir once then cook until reduced thickened and syrupy. Do not stir. Using a fork pierce the cake all over, then pour syrup over cake.

gluten free and dairy free; calories 282;  
fat (of which saturated fat) 14g (2);  
carbs (of which sugar) 30g (30g); salt .2g

## Spinach Salad

Submitted by Dan Timm

### Ingredients

20 oz. spinach  
2 lb. bacon (crisped)  
1 small onion (chopped)  
3 hard boiled eggs

### Dressing

1 cup oil  
2 cup sugar  
1/3 cup ketchup  
1/4 cup vinegar  
1 tbs. worchestershire sauce

Mix bacon and onion with the spinach  
Slice hard boiled eggs on top of spinach  
Serve dressing on the side

## Dreamsicle

Submitted by Mandi Hendricks

1 pkg sugar free orange jello  
1 pkg. sugar free instant vanilla pudding  
1 small can mandarin oranges drained  
1 (8oz) fat free cool whip

Mix Jello with one cup hot water. Use the ice method on the box to thicken. Let stand 10 minutes. add the powder only of the vanilla pudding to jello mixture. Add drained oranges and fold in Cool Whip.

## Pizza on the grill

Submitted by Pam Connolly

Place whatever ingredients you want on a Boboli or similar style crust. Cook for 10 minutes with the lid down, but just keep an eye on it!



## THERE'S AN APP FOR THAT!

### Seek n Spell

This app is great for individuals, friends, and families and it's free! Simply go to an open space (park, field) and open the app. You select how long you want to play for and who you want to play against (it will recognize those around you with the app open and pull their names up) and the app scatters virtual letters around the playing area. Your goal is to collect and make as many words as you can during the playing time - you can collect a maximum of 10 letters before submitting a word and gold letter tiles are worth 2x the number of points. This is a great literacy activity for younger kids as well - my daughter who is 3rd grade wanted to play again and again and again! - Submitted by Jo Bailey

### Thepegeek.com

This has also been a great resource for me this year. I discovered this website after reading through some twitter posts (another great learning tool!) - everything you could possibly want to know about technology, apps, and physical education is located here. - Submitted by Jo Bailey

### MyHeartRate

This is an app for iPad that takes your heart rate based on your face. As you look into the iPad's front facing camera it registers your beats per minute. Free

### Virtual Heart

An app that allows you to view a real beating heart at different heart rates. You can also change the view of the heart (interior, exterior, electrical system, valves) and can have it show labels for recognition of the heart parts. By increasing the BPM you can see what the heart looks like at different heart rates. Free



12<sup>th</sup> Annual



# BEST PRACTICES 2012 IN PHYSICAL EDUCATION AND HEALTH

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Click on "Best Practices In Physical Education and Health"

## Congratulations to the following Fuel Up To Play 60 Touchdown Schools for the 2011-2012 school year!

*A Touchdown school is a school that the Program Advisor has tracked the completion of all Six Steps of the Fuel Up to Play 60 program on their School's Dashboard. 27 Wisconsin schools have been recognized as Touchdown Schools.*

ALMA ELEMENTARY  
COLUMBUS MIDDLE  
ELKHORN AREA MIDDLE SCHOOL  
ELLSWORTH MIDDLE  
FOREST LANE ELEMENTARY  
FRANKLIN ELEMENTARY  
FRANKLIN ELEMENTARY SCHOOL  
GREENFIELD BILINGUAL SCHOOL  
HATLEY ELEMENTARY  
HERITAGE ELEMENTARY  
HORACE MANN MIDDLE SCHOOL  
HORTONVILLE ELEMENTARY  
HUNTLEY ELEMENTARY



INDIAN MOUND MIDDLE SCHOOL  
JEFFERSON ELEMENTARY  
LINCOLN ELEMENTARY  
MARSHALL MIDDLE  
MEADOW VIEW PRIMARY  
OSCEOLA MIDDLE  
PARK VIEW MIDDLE  
PARKVIEW MIDDLE SCHOOL  
PUTNAM HEIGHTS ELEMENTARY  
RIVER RIDGE MIDDLE  
SOMERSET HIGH  
SOMERSET MIDDLE  
WASHINGTON ELEMENTARY SCHOOL

# PE Equipment to LOVE!

**iPad** It's not new but I have started using the video function more and more to quickly give students feedback on their performance. It worked really well during swimming when I needed to show a student how they could improve their kick or body position to become a more efficient swimmer, and again to show students their form when weight training.

- Submitted by Jo Bailey

**Models of a heart and brain.** I love to use models to help teach health and body concepts in PE with my students. Some of the models were purchased out of my budget and some of the models I asked if the hospital had any to donate, and they did! Another piece of equipment I love are shoulder folders. They can be purchased from several different equipment companies. Shoulder folders fit over and hang on cones. They have plastic sleeves to put paper in so students can read what to do.

- Submitted by Brenda Erdman

**USTA** I attended a USTA tennis workshop in February and got a "Prince Play and Stay" 18 foot net that is just super. I sets up and comes apart in 1-2 minutes, packs away in an easy-carry bag and works well both indoors and out. It's quite fool-proof as all of the metal pipes are connected with an elasticized cord strung inside, so you can't mess it up when putting it together. I am thinking of getting a few more to carry through an entire tennis unit rather than just one station. I checked on the internet, and they range from \$129-\$199 in price.

- Submitted by Karen Albert

**Tennis Shoes** I teach a lot of kindergarteners and frequently see kids with their shoes on the wrong feet! To prevent this in the future, I use a permanent marker pen and put a nice size dot on the inside edge of each on the heels of the tennis shoes. I ask the kids to put the dots together... "hey presto" - the shoes are aligned and ready to be put on the correct foot!

- Submitted by Chris Rumbelow



**Rackets & Paddles** To reinforce the correct grip for rackets and paddles, I use a water color marker, (it will wash off easily), and mark a dot on the piece of



web skin between the students thumb and pointer finger. I also put a permanent marker dot on the handle of all our rackets/ paddles - aligned to the top edge. All the kids have to do is "put their dots together" and "ta-dahhhh", they are holding their paddle or racket correctly.

- Submitted by Chris Rumbelow

**Body bars!** A different way to strength train

- Submitted by Pam Connolly

## Promoting Fitness, Health, or Wellness

This year I launched **Challenge Everest** – a monthly fitness challenge program for anyone in the district to compete in. I really enjoyed Brenda Erdman's monthly fitness challenges when she was president and thought it would be great to bring them to my school. Each month we have had a different challenge for both students and staff to work towards – Ironman Triathlon, Activity Bingo, a marathon, 1000 minutes of activity to name a few – and the overall goal for the year is, as a school, for us to log enough activity miles and minutes to reach the moon – 238857 miles to be precise! The feedback I have gotten has been very positive and it's been wonderful to see how proud both students and staff are of themselves upon completing a challenge. I am excited to keep building on what we have started for next year.

- Submitted by Jo Bailey

Each month I send home a "**Fit Families**" monthly exercise sheet for families to work on. At the end of the month the students bring them back and I keep track of who brings them back and use it as extra points for when we do the Movin' and Munchin' activity. This year for Movin' and Munchin' the students are continuing to do the monthly calendars AND also completing weekly fitness challenges. All of these are turned in for points to help each classroom "Build a Body." Every 10 points earns the class a new body part. Each class has a skeleton hanging on the gym wall with new bones being added all the time as the points are turned in!

- Submitted by Brenda Erdman

I'm training for my first 50k in La Grange, WI Saturday, May 12th. I share this with my students to try to motivate them to set their own fitness goal on whatever works for them. We also put on an annual 5K in the spring.

- Submitted by Pam Connolly



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## ***Executive Directors Report***

When Ed Koch was the mayor of New York City, he would walk the streets asking New Yorkers, “How am I Doing?”. Some of his conversations were entertaining to say the least but he often said that some of his best ideas came from people on the street. Your WHPE Board of Directors works diligently to anticipate the needs of all of our members, but if we don’t hear from you once in a while, we might miss an opportunity to serve you better. So.... How are we doing? Do our district workshops meet your professional needs? Does the timing of our annual convention fit your schedule? How about our Web site?

Your Board members are easy to reach, just go to [www.whpe.us](http://www.whpe.us) and click on “Officers”. Each of your elected leaders will have a hyperlink to their e-mail account. Maybe you know a colleague whose membership has expired. Maybe they would be willing to share their reason for not renewing. I’m serious folks, your ideas are always welcome.

Remember, our WHPE convention schedule remains unchanged through 2015. If your school district calendar has been redrawn, you might want to have a conversation soon with your principal to make sure you will be able to attend. We will be at the Country Springs Hotel and Water Park in Waukesha for 2012 and 13 then back to Wisconsin Dells and the Kalahari for 2014 and 2015.

Have a great summer, my friends.

***Keith***

