WHPE

www.whpe.us

Our mission …

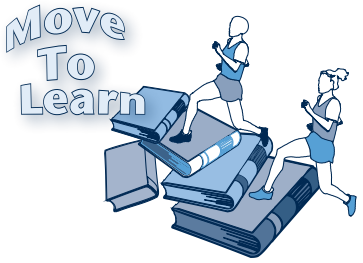
is to provide members with professional development opportunities and be advocates for our profession.

Wisconsin Health and Physical Education

NEWSLETTER

Volume 43, Issue 3 Fall 2014

2014 WHPE Convention …



The convention is being held this year at the Kalahari Resort, 1305 Kalahari Drive, Wisconsin Dells, WI 53965. Mark your calendars for this excellent professional development opportunity, October 29-31, 2014. Convention schedule and pre-registration information are included in this special convention edition of the WHPE newsletter. SAVE $15 by pre-registering by October 6th.

Mike Doyle …

Mike Doyle is in his ninth year as the Adapted Physical Education teacher at Wayzata High School and Wayzata East Middle School in Plymouth, MN. He previously taught physical education at Patrick Henry High School in Minneapolis for 7 years. Mike received his Bachelor's Degree in Exercise and Sports Science-Teaching with an Adapted Physical Education emphasis from the University of Wisconsin-La Crosse in 1998 and a Master's Degree in Exercise Sports Science-Teaching with Adventure Education emphasis from the University of Wisconsin-La Crosse in 2009. Mike is currently the President-Elect for MNAHPERD and is a member of the MNDAPE Leadership Committee representing region 11W. Mike was named the AAHPERD Central District Adapted Physical Education Teacher Of the Year in 2014.

Joey Feith …

"Joey Feith is the founder of ThePhysicalEducator.com. He currently teaches physical education in Montreal, Canada.

Joey believes that every child should have access to a world class physical education experience, and that teacher professional development is the key to that. That is why, between lesson planning and helping kids improve their running, he has dedicated thousands of hours to creating a site that helps inspire fellow physical educators.

Joey has presented his ideas at the local, provincial, national, and international levels through various speaking and training events. He is a recipient of Physical and Health Education Canada's Dr. Andy Anderson Young Professional Award and was an Education finalist in the 6th Annual Shorty Awards, an awards ceremony honouring the best in social media.

When not teaching, blogging, or developing new teaching resources, Joey enjoys spending time with his family, longboarding, and drinking tea."

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Rebecca Hamik …

- Rebecca Hamik, BA from Hastings College Hastings NE major in K-12 PE and coaching
- MAT from Doane College Crete NE Masters in Curriculum and Instruction
- Named Nebraska Elementary PE teacher of the year in 2002
- Named Hastings Public School Teacher of the Year in 2003
- Author of " Singin, Sweatin and Storytime" published by Rowman and Littlefield
- Teach K-5 PE at Alcott Elementary for 30 years
- Hastings College adjunct instructor for 10 years
- President of Nebraska AHPERD
- Have presented several times at the state, district and national level

Patty Kestell …

Patty Kestell, 2013 National Elementary PE TOY, has shared her love of teaching and coaching for the past 24 years. She currently teaches at Thorson Elementary School in Cedarburg, WI, and also serves as the district Employee and Student Wellness Coordinator. Patty has a passion for integrating a quality physical education program which fosters lifelong physical activity and wellness habits with her students and families, and provides a variety of educational activities focused on building a strong, healthy, and fit school community. Patty has presented at SHAPE America, the National Wellness Conference, and at state and district PE conferences across the nation, and has been an active member of the WHPE Board as the WI State JRFH/HFH Coordinator and as a former VP of Elementary PE.

Charla Tedder Parker …

Charla Tedder Parker, 2013 NCAAHPERD HS PE TOY, Southern District TOY and 2013 NASPE National HS TOY. Charla has just retired after 31 years of teaching and coaching. Charla presents state conferences and Pipeline workshops on Assessment Strategies, Instructional Models (Sport Education, Hellison's and Tactical Model) and PEMetrics. Charla is an advocate for the Sport Education Model. She feels the self, peer and teacher assessments of this model work for high school students and will be an asset to adding common core to the curriculum.

WHPE Convention ... October 29-31, 2014 ... Wisconsin Dells

Let's Celebrate...the Presidency of Jo Bailey at an all convention President's Social on Wednesday, October 29th from 8-10 p.m. at the Kalahari Resort, Suite 4. Come meet with friends old and new, and congratulate Jo on her 2-year term as WHPE President.

ZUMBA® fitness

All Convention Zumbathon

– led by Kelly Bullard

International Zumba® Education Specialist (ZES) and licensed Zumba® Instructor on Thursday, October 30th from 3:40-4:40 at the Kalahari.

Wisconsin School Health Award Ceremony and Social

Please join the Department of Public Instruction, Department of Health Services and other state partners as we celebrate the recipients of the 2014 Wisconsin School Health Award. The Wisconsin School Health Award program encourages and inspires schools to strengthen their efforts in creating a healthy school environment that combats childhood obesity and contributes to increased student achievement and closing the achievement gap. This is a great opportunity to network with peers and discuss what award winning schools have done to deliver a more coordinated school health program with an emphasis on nutrition and physical activity. Attendees will also learn more about how their school can participate for the 2014-2015 school year. The ceremony and social will take place on Wednesday, October 29, 2014 from 6:45-8:00 p.m. in Suite 3, at the Kalahari, in Wisconsin Dells.

Earn One Graduate Credit at the 2014 WHPE Convention

Course Description: ESS 560 section (730) Clinical Forum: 2014 WHPE Physical Education Workshops

Start date: October 30, 8 AM – 5 PM

End date: October 31, 8 AM – 5 PM

Tuition: $250 (credit course registration and payment are separate from Convention registration and payment)

Students enrolled in this course will attend 8 WHPE sessions. Students must complete a reflection paper (1-2 pages) for each session and collect signatures of presenters to document attendance.

Registration: Contact Briana Meuer at bmeuer@uwlax.edu or 608-785-6513

Materials due: November 8, 2014

Send to: Jeff Steffen, Director of Graduate PETE and Adventure Programs
University of Wisconsin-La Crosse
218 Mitchell Hall • La Crosse, WI 54601
608-785-6535 • jsteffen@uwlax.edu

No Registration will be available on-site at the Kalahari.

WHPE Convention ... October 29-31, 2014 ... Wisconsin Dells

~ Kalahari Resort ~ Water Park and Conference Center

1305 Kalahari Drive,
Wisconsin Dells, WI 53965
(877) 253-5466

Reservation deadline
October 6, 2014

When making reservations ask for the "Wisconsin Health and Physical Education" room block

Rates:

Wed/Thurs Room Rates
1-4 persons $99;
Add'l guests $20/person
(includes waterpark pass)

Fri/Sat Room Rates
1-4 persons $129
(based on availability)

Follow us on Facebook and Twitter

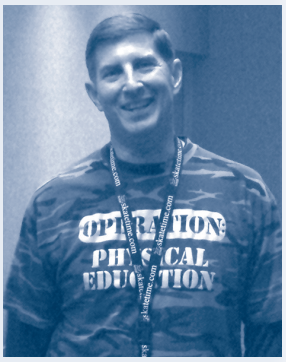
WHPE Convention Dates

October 28-30, 2015
Kalahari Resort & Waterpark, Wisconsin Dells

October 26-28, 2016
Wilderness Resort & Waterpark, Wisconsin Dells

October 25-27, 2017
Wilderness Resort & Waterpark, Wisconsin Dells

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 October 1, 2014.

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, 2015. You may contact is WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us .

Did You Know ... You can now renew membership and register for the WHPE Convention online at www.whpe.us

2014 Convention Schedule of Events

WEDNESDAY, OCTOBER 29, 2014

7:00-9:00 p.m. Exhibitor Set, Suites C/D/E/F
5:30-8:30 p.m. Registration, North Atrium
6:45-8:00 p.m. Wisconsin Health Award Ceremony/Social, Suite 3
8:00-10:00 p.m. President Social/Reception, Suite 4

THURSDAY, OCTOBER 30, 2014

7:00 a.m. - 3:00 p.m. Registration, North Atrium
9:00 a.m. - 4:30 p.m. Exhibits Open, Suites C/D/E/F

Session 1 ➤ 8:00-9:00 a.m.

1 Exploring Space-Creating Better Movers – *Kristi Mally*
2 Hip Hop Dance Fun – *Linehan/DuRose*
3 Ballet Bar or Chair Exercises – *Pam Connolly*
4 What Does Barbie, Tonka Trucks & iMovie w/promoting JRFH – *Penny Kroening*
5 Sport Stacking w/Speed Stacks: Teach the 3-3-3, 3-6-3, Cycle Stack – *Roger Washburn*
6 How Milwaukee Reduced Teen Pregnancy by 50% – *Fuller/Rothwell*
7 Physical Literacy – *Bieszk/Wentland/Wilhelm*
8 Are You a Good Teacher? Prove It! – *Ron Malm*
9 Digital Textbooks for Teaching Personal Fitness, Health & Dance – *John Klein*
10 Inter-Rater Reliability of Standardized Motor Assessments – *Mike Doyle*
11 Climb On! Everything you need to bring climbing to school – *Marcus Dalton*

9:10-10:30 a.m. – General Assembly
Announcements/Elections/Award Recipients
Joey Feith

Session 2 ➤ 10:40 a.m. - 11:40 p.m.

1 Fun, Fitness and Frisbee – *Charla Tedder*
2 Prepare the Brain to Learn – *Becky Hamik*
3 Zumba Fitness motivates students to move in the schools – *Kelly Bullard*
4 Be a PE Champ! Creative Health Related Fitness Activities w/My Plate – *Patty Kestell*
5 Be Smart, Eat Smart, Play Smart – *Homman/Cappozzo*
6 Adventure Education for All Ages – *Bartel/Wehde*
7 Learn how to create a bully-free school with Act Now! – *Clay Anton*
8 A Collaborative Journey toward a Standards-Based Curriculum – *Mally/Smith/Mick/Sullivan*
9 The Power of Technology in Physical Education – *Amanda Rezny*
10 Developmentally Appropriate Goal Writing – *Monson/Happel*
11 Health Unit Plans, Lessons, and One to One Computing – *Struck/Nolan*

11:50-1:00 Convention Lunch
12:00-1:00 Future Professional Lunch
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 Everyone Can Dance (continued at 2:20) – *Reid/Zweifel*
2 Teaching Goal Ball: Cost-effective solutions for secondary PE – *Happel/Laughlin*
3 edTPA Process and Product (continued at 2:20) – *LaVine*
4 Rolling with the Core – *Sazama/Lovering/Genrich*
5 Bringing Games and Movies to Real Life – *Wentland/Brady*
6 Health Literacy Circles – *Randy Green*
7 Objective Assessment in PE using you iPad – *Jeff Gagstetter*
8 Building a Staff Wellness Program – *Michael Hodel*
9 How to Train Your School Board – *Bakken/Sikich*
10 Using Google Forms for assessment & data collection – *Matt Pomeroy*
11 Creative Hoops for Heart Activities – *TBD*

Session 4 ➤ 2:20-3:20 p.m.

1 Designing Games for Learning – *Joey Feith*
2 Everyone Can Dance (continued from 1:10) – *Reid/Zweifel*
3 KIN-Ball: A Non-Traditional Action-Packed Game – *Terry Gooding*
4 Health Related Fitness in Adventure Education – *Scott Ringgenberg*
5 edTPA Process and Product (continued from 1:10) – *LaVine*
6 Jumping Rope for heart, Exercise and Fun – *Katie Mulloy*
7 Disability Sports for the Inclusive Class – *Swenson/Andrews*
8 Assessing to the Standards – *Becky Hamik*
9 Bike For Life – *Jessica Binder*
10 No Excuses: A Film About Quality Education – *Fuller/Frank*
11 Healthy Apptitude – *Gorwitz/Wentland*
12 Net Games For Everyone – *Maureen Vorwald*

3:30-9:00 p.m. ENJOY THE WATERPARK!!!!
3:40-4:40 p.m. ALL CONVENTION ZUMBATHON
7:00-9:00 p.m. WHPE Awards Ceremony
9:00 p.m. - 12:00 a.m. All Convention Dance - DJ

FRIDAY, OCTOBER 31, 2014

7:00 - 8:30 a.m. Brett's Board at Kalahari
7:30-10:00 a.m. Registration
9:00 a.m. - 1:00 p.m. Exhibits Open

Session 5 ➤ 8:30-9:30 a.m.

1 Grab Your SQAIR and Go – *Jade Ng*
2 Team Building in PE - Bringing Core Standards to Real Life – *Tim Mueller*
3 Focus on Safety (continued at 9:40) – *Russ Peloquin*
4 Updated Assessment & Fitness Programming (continued at 9:40) – *Schroeder/Klika*
5 Eclipse Ball Games – *Donald Benson*
6 K-2 Dance Party – *Birr/Kroenig*
7 Using Literacy in Elementary PE to enhance common core – *Zack Berg*
8 Learning to be Creative Instead of Reactive to Stress – *Lori Reichel/UG Student*
9 Writing SLO's to Demonstrate Student Learning (continued at 9:40) – *LaVine*
10 Fuel Up to Play 60 MVPs – *Edge/Schaefer*
11 Uniting Your District - Relay for Life – *Steve Walsh/Kiel Staff*
12 JRFH/HFH Coordinators Recognition Breakfast Social – *Patty Kestell*
13 An Apple for the Teacher - in 2014 – *Julie Frank*

Session 6 ➤ 9:40-10:40 a.m.

1 Digital Tools for Assessment – *Joey Feith*
2 Making a Difference in PE - Always Never the Same! – *John Thomson*
3 Focus on Safety (continued from 8:30) – *Russ Peloquin*
4 Updated Assessment & Fitness Programming (continued from 8:30) – *Schroeder/Klinka*
5 Camping - the Linsoln Way – *Brian Marx*
6 21st Century Train is Leaving the Station - Engaged Authentic Learners – *Penny Kroening*
7 Common Core and You: Making Connections – *Patty Lanier*
8 Yoga for PE – *Victoria Otto*
9 Writing SLO's to Demonstrate Student Learning (continued from 8:30) – *LaVine*
10 Going Deeper: Using Performance Tasks to Help Student Critically Think – *Caravella/O'Flanagan*
11 Feasibility of Using Video Monitoring to Assess & Evaluate Physical Activity – *Nelson/Simenz*
12 Writing Standards-Based IEP's in APE – *Mike Doyle*
13 Tai Chi F.I.T. – *John Burns*

Session 7 ➤ 10:50 -11:50 a.m.

1 Turning Video Games Into a Workout – *Jarred Altfillisch*
2 Making Sense of state Standards, CCSS and QPE! – *Ron Malm*
3 APPS in Motion – *Hagenbach/VanCaster*
4 Assessment and Programming Tools for Impacting Obesity (continued at 12:00) – *Schroeder/Klika*
5 Energize Brain & Body w/Speed Stacks: Maximize Fitness Fun – *Roger Washburn*
6 Ballroom Dance w/o Partners: LineDanceSport (continued at 12:00) – *Blaskowski*
7 Operation Fitness Detective: Decoding Health Related Fitness Comp – *Patty Kestell*
8 Let's Talk About Sex ...& the National Sexuality Educ Standards (continued at 12:00) – *Reichel/Splendorio*
9 WHPE Grants Session – *Hans Fester*
10 New Research & Best Practices: Bridging the Theory-Practice Gap – *Kristi Mally*
11 Why Understanding Dementia Is Important to Kids – *Felten/Hare*
12 Universal Adventure & Outdoor Pursuits: Inclusion Strategies for Students – *Steve Eggerichs*
13 Maximize Effectiveness of Team Building & Your Challenge Course! – *Ben Herland*

Session 8 ➤ 12:00 -1:00 p.m.

1 Taking Archery to Another Level – *Wade Wentland*
2 Common Core & PE: PE's role in the common core – *Charla Tedder*
3 Sharing My PE Closet – *Erin Sabyan*
4 Assessment and Programing Tools for Impacting Obesity (Continued from 10:50) – *Schroeder/Klika*
5 Elementary PE: Mind, body, Spirit – *Brenda Erdman*
6 Ballroom Dance w/o Partners LineDanceSport (Continued from 10:50) – *Blaskowski*
7 Hiking Hoga – *Pam Connolly*
8 Let's Talk About Sex ...& the National Sexuality Educ Standards (continued from 10:50) – *Reichel/Splendorio*
9 What Do Current HE/PE Programs Look Like Today? – *Gostomski/Glover*
10 Young Athletes – *Krysten Kirsch*
11 Wisconsin Army National Guard – *Bill Dawson*
12 Flipping Out in Health Education – *Brad Troeger*

WHPE MEMBERSHIP

You must be a current member through 11/14 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 2014 to Month 2015 Current ❑ New ❑ Renewal of Expired Membership ❑

LAST NAME _____ FIRST NAME _____

STREET _____ HOME PHONE (____) _____

CITY _____ WORK PHONE (____) _____

COUNTY _____ STATE _____ ZIP _____

E-Mail Address: _____

*Students-School attending Year: Fr So Jr Sr Grad

AREA

- ❑ Health – H
- ❑ General – G
- ❑ Physical Education – P
- ❑ Student – S
- ❑ Sports & Athletics – A
- ❑ Recreation – R
- ❑ Dance – D

OFFICE USE ONLY

EXP. DATE _____

Date Rec'd _____

CK # _____

Amt. PD _____

- ❑ SE – Southeast District - CESA District 1 & 2
- ❑ SW – Southwest District - CESA Districts 3 & 4
- ❑ C – Central District - CESA District 5, 6 & 7
- ❑ NE – Northeast District - CESA Districts 8 & 9
- ❑ NW – Northwest District - CESA Districts 10, 11 & 12

TEACHING LEVEL

- ❑ E – Elementary
- ❑ M – Middle
- ❑ S – Secondary
- ❑ U – University/College
- ❑ O – Other _____

Mail to:
WHPE
145 Mitchell Hall • 1725 State St.
La Crosse, WI 54601-3788

Makes Checks payable to: WHPE

For further information go to our website:
www.whpe.us

TYPE OF MEMBERSHIP	
Lifetime ($500)	❑
Professional ($60)	❑
JRFH/Hoops Coord. ($30)	❑
Associate ($60)	❑
Student ($30)	❑
Retired ($20)	❑
5yr Undergrad ($99)	❑

2014 WHPE CONVENTION PRE-REGISTRATION

Deadline: October 6th, 2014

You must be a current member of WHPE through 11/14 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 10/6)	ON-SITE
❒ Professional	$85.00	$100.00
❒ Retired	$0.00	$0.00
❒ Student (Lunch included)	$35.00	$45.00
❒ Non-member	$145.00	$155.00
❒ Past President	$0.00	$0.00
❒ Awards Banquet (Thursday evening)	_____ @ $25.00 each	n/a
❒ 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): ❒ Prosciutto Chicken Fontana ❒ North Atlantic Haddock ❒ 2 Cheese Ravioli

Complete and send this form along with a check for WHPE Convention Pre-Registration Fees to:
WHPE, 145 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.

From your President . . .

Jo Bailey

As the 2014-15 school year starts I would imagine quite a few of us feel like we are stepping into the unknown. Everyone will be writing student learning objectives and professional practice goals. Everyone will be collecting artifacts demonstrating how they meet the various elements within either Danielson's 4 domains or Stronge's 6 standards.

While I am, like many, a little bit nervous about this foray into unknown territory, I am also very excited. Excited that administrators, principals, and school board members will become more educated about what constitutes high quality Health Education and Physical Education. Excited that this might be the tipping point that helps both Health and Physical Education gain more prestige and importance in education and the wider community. Excited that we will all grow as educators by examining what we do and how we teach. Excited that our students and our children are going to benefit from this practice. Excited about the collaborative possibilities both within our school departments and across the state - the more we work together and share ideas, challenges, and solutions, the more we will learn.

As a WHPE member you are already one step ahead - Danielson's domain 4 and Stronge's standard 6 both address professionalism and recognise that being a member of and participating in a professional organization demonstrates professionalism. Contributions to newsletters, presentations, responding to email help questions, or sharing resources all highlight your commitment to your profession.

As this is my last President's message I cannot say enough about how much I appreciate the opportunity I have had to serve as president of WHPE, the connections I have made, the people I have had the pleasure of meeting, and how rich of an experience it has been to serve as a district coordinator, president elect, and president. I hope I have done a worthy job.Thank you and I can't wait to see everyone at the WHPE convention in October - it promises to be as outstanding as usual (plus you can use it as an artifact!).

I hope you all have a wonderful start to the school year!

Jo Bailey

Exciting News for Jump Rope for Heart and Hoops for Heart Coordinators

In July of 2014, the WHPE Board of Directors voted to give a 1-year complimentary membership to each Jump Rope for Heart or Hoops for Heart Coordinator who raises $2,000.00 or more in one school year. All other event coordinators will continue to receive a 50% discount on their WHPE membership. Many thanks to Patty Kestell, State Coordinator and her statewide team.

WHPE President-Elect

Brett Fuller

Summer Inspiration!

Everyone talks about how we all need to recharge their batteries during the summer. For some, it is completely unplugging and heading out into the wild, for others it's a sitting by the pool or lake getting some sun, others, it's spending time with family, reading books, playing sports, maybe a little of all. Well this summer there were about 170 health and physical education teachers who added going to a convention to help recharge their batteries. I am of course talking about the DPI's Best Practices Conference held in Stevens Point in late July. This conference has been a long standing gem and it gets better every year. We had standing room only sessions and constantly heard people struggling with which presentation to go to because they were all so good, relevant and needed. Best Practices started with a pre-conference. There were three options for the preconference: Navigating Educator Effectiveness, Clearing the Hurdles of Sex Ed, and Active Schools: Core 4+. All were well attended but the Educator Effectiveness continued to grow all day. By the time we were done, we had over 130 people in attendance for that session alone!

Obviously Educator Effectiveness is on everyone's mind right now, especially working on Student Learning Objectives. My bit takeaway from that day was that most people realized by the end of the day that they were already gathering standards based data in one form or another. They just need to have it in a way that they can track and monitor. Eileen Hare, the DPI Health and Physical Education Consultant, did an excellent job of putting together the Best Practices conference. She has also updated and upgraded the DPI health and PE website. Now, we have a great resource on the DPI website for educator effectiveness. If you have questions that are health and PE specific on educator effectiveness including SLO's then you should check out: http://www.livebinders.com/play/play?id=1225721 . This link is for educators who are teaching in "unique roles and content".

We all need to recharge our batteries at some time. Hopefully you were able to do so this summer and also grow professionally. Remember the school year is more like a marathon than a sprint! Have a wonderful beginning of the school year and see you all at the Convention in October at the Kalahari!

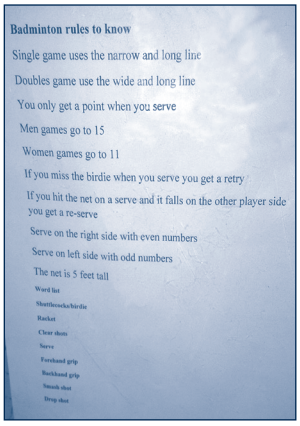
Everything I Learned in Life I Learned in PE

Play by the RULES.
BEHAVE or you'll not get to play.
Lock up your stuff.
Dress out properly.
Be POLITE.
Warm-up.
STRETCH a lot.
Take Turns.
Share.
Make friends.
Tolerate DIFFERENCES of others.
Consider the FEELINGS OF others.
Give everyone a CHANCE.
Get along.
Be humble.
COOL DOWN.
Put stuff back where you got it.
Cheaters never really win.
Winners never cheat.
Don't tear up the equipment
Show SPORTSMANSHIP
Shake hands.
Practice to get better at anything.
Know the score.
NEVER GIVE UP!
TRY YOUR BEST always and in ALL ways!

– Submitted by Jackie Clark. Unknown Author.

TEACHING TIPS

(Submitted by Brett Fuller on behalf of Freddi Nelson of Milwaukee Public School's James Madison Academic Campus)



When teaching a net game, clip the simplified rules of the game onto the net. That way, when students disagree over a rule or a call, they meet at the net to discuss the rule/call and they have a copy of the rules right there instead of calling the teacher over. It speeds up the play and has students read for information.

Exer-Jenga

Using 2x4's, I cut out 54 blocks to build a jenga tower. On each block I have written an exercise for the students to perform once they have pulled that block from the tower, for example complete 10 jumping jacks, do 7 burpess or perform 4 Pushups. I look forward to using the exer-jenga tower during the upcoming school year as a possible warm up activity or as a station by itself.

Chuck Brehm, West DePere School District

I will be trying a new class procedure this year to incorporate questioning called "End and Send" At the end of class an essential question of the day will be asked then students will be asked to "walk & talk" with a friend, discussing the answer to the question (pair/share) on their way to line up. Once in line a random student will be picked using the app Team Shake to answer the question of the day.

Sandy Hagenbach, DePere School District

Best Practices Dances on YouTube – *Jackie Clark*

We Are One https://www.youtube.com/watch?
v=8HuTfagGvq0&index=1&list=UU6GoCU0aFVOTWeHNvlemOJw

Waka Waka ... https://www.youtube.com/watch?v=0iZiGGgY0uw&index=2&list=UU6GoCU0aFVOTWeHNvlemOJw

Move Your Body ... https://www.youtube.com/watch?v=1EgY07FO9xg&list=UU6GoCU0aFVOTWeHNvlemOJw&index=3

Happy Dance ... https://www.youtube.com/watch?v=Wg2QboonNlw&index=4&list=UU6GoCU0aFVOTWeHNvlemOJw

YMCA ... https://www.youtube.com/watch?v=HABQ5Qr4EQk&list=UU6GoCU0aFVOTWeHNvlemOJw&index=2

Something for the DJ's ... https://www.youtube.com/watch?v=Gc7lAHgHVQY&list=UU6GoCU0aFVOTWeHNvlemOJw&index=4

Country Girl Shake It For Me ... https://www.youtube.com/watch?v=zqFZt8GyuJQ&list=UU6GoCU0aFVOTWeHNvlemOJw&index=2

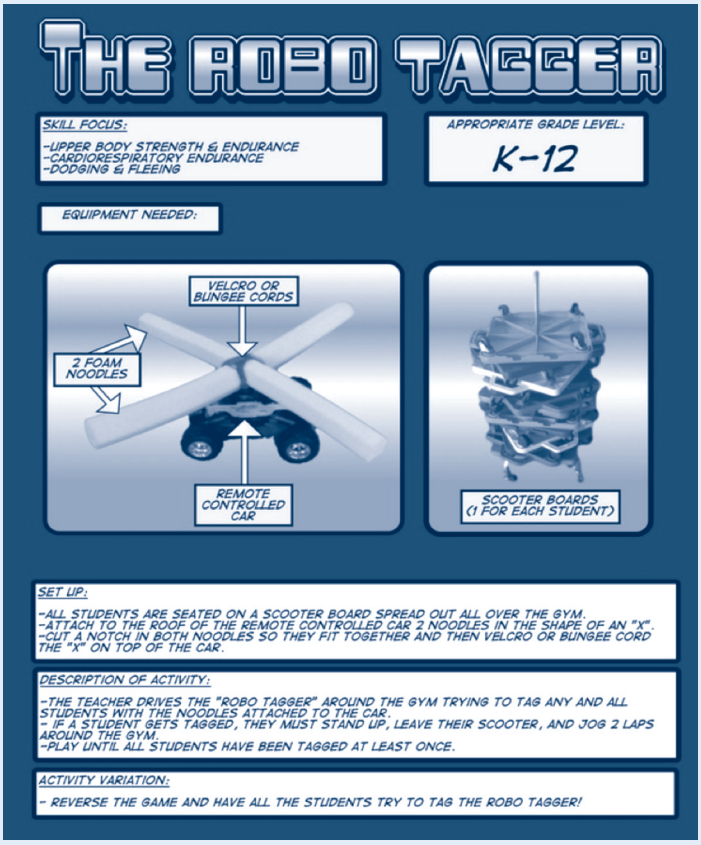
Best Practices Playlist – Jackie Clark Dances ...
https://www.youtube.com/playlist?list=PLkeOufgjEKwFaZvVFyzohj3XqVOYkXnOr

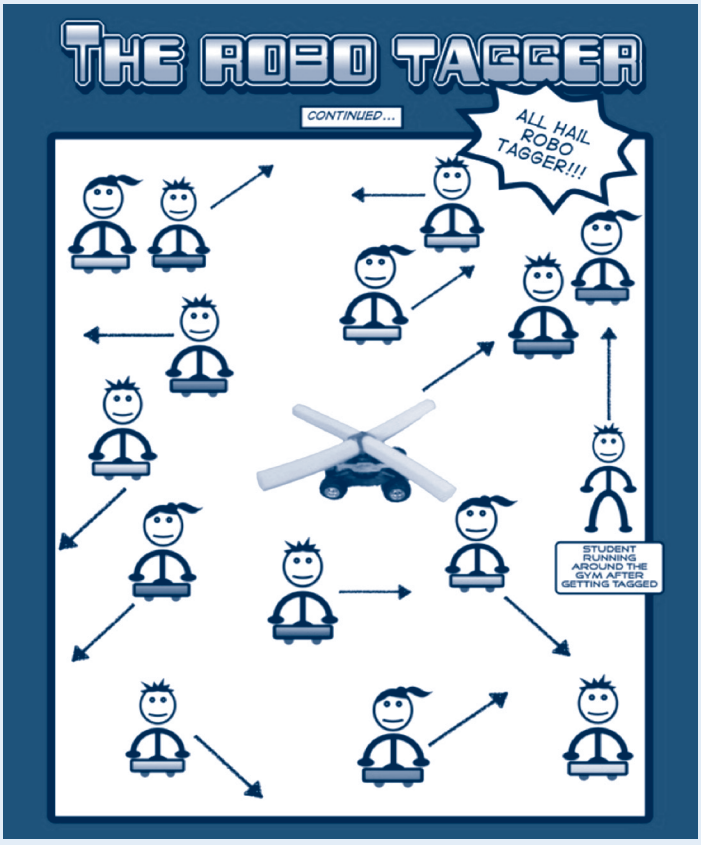
Introvert Vs. Extrovert

Today I listened to a TED talk that a friend linked on Facebook from Susan Cain titled: "The Power of Introverts". The talk that she gave really got me thinking about how we as teachers in general and PE teachers specifically deal with introverts in our classes. There is so much energy put towards how to have students in groups and have dynamic classrooms and everybody working as one autonomous unit, but an interesting point was made that had me thinking about how I want to teach my own classes; are the students we deem as 'bad' at sports actually bad, or are they introverts? Do those students fear being in groups so much that they have a difficult time opening up to the activities that we set forth. In so many classrooms these students sit down and do work, in some of those classrooms that are more progressive, those same students "get" to work in groups. I began thinking about how can I teach to the introverts that I will inevitably come across in every single one of my classes, how do I teach a social class to someone who doesn't like to be social? Susan Cain stated that a third to a half of the people you interact with are introverts, it should be easy to figure the same odds in a class that you are teaching. I see a lot of focus being placed on giving students choices, and most of us can agree that when students have a choice, even if it's a guided choice, they work harder and perform better at that task they were given. If the choice to work primarily alone is given from time to time, do you think that you might see some of those introverts shine and show you the skills that they couldn't when working in the groups? I know that I will be factoring in that added metric of my students to my teaching, every student should have their chance to feel at ease and safe in school and the PE classroom is a great place for it to be a focus.

– Jeremy Hardy, UW-Eau Claire

TEACHING TIPS





This is completely not my idea and all the credit should go to Kevin Tiller the Physical Education teacher at Shawsheen School in Andover, Massachusetts.

First, get a remote controlled car. Next, take two noodles and notch them so that they fit together in the shape of an "X". Then, use small bungee cords to attach the "X" to the top of the remote controlled car. To begin the game, all students should sit on a scooter board. The object: Try not to let the "Robo-Tagger" tag you! The teacher controls the Robo-Tagger off to one side of the gym. If a student gets tagged, they have to stop, leave their scooter board, and run two laps around the gym.

Variation: Have all students get a partner and have them attach their scooter boards together. Object: Have the students try to tag the Robo-Tagger. This is much more difficult when the students have to work together!

SLO Share Time

By the end of the 2014-15 school year, 85% of the 2nd grade students who were unable to successfully perform at least one loco-motor movement (hop, gallop, skip, jump, leap, slide) proficiently during the Fall Locomotor Assessment Checklist will be able to perform all loco-motor movements proficiently by the Spring Locomotor Assessment Checklist.

Chuck Brehm, West DePere School District

Patty Kestell ... State Jump Rope and Hoops for Heart Coordinator

Welcome back to a new school year! To me there is nothing better than starting the new school year, energized and ready to try new activities with my students in PE. We play such an important role in students' lives, helping to get them off to a great start in their physical literacy and health and wellness skills. Jump Rope and Hoops for Heart is a GREAT way for educators to help students understand the importance of being physically active and how to keep their bodies and hearts healthy. JRFH and HFH also helps to foster physical literacy skills that will help students throughout their lifetime and helps students build community service skills that show them what it means to help others.

Thank you to all JRFH/HFH coordinators who have scheduled an event for this school year! If you have not yet offered Jump Rope and Hoops for Heart to your students, and are interested in learning more, please contact me or one of the AHA Youth Market Directors in your area for more information!

2014 WHPE Convention JRFH/HFH Highlights

(Kalahari Resort and Water Park, Wisconsin Dells- October 29-31)

WHPE Convention JRFH/HFH Sessions Preview!

Come check out the great Jump Rope and Hoops for Heart sessions that will be offered at the WHPE convention this year! Don't miss out on Penny Kroening's session, **What Do Barbies, Tonka Trucks, and iMovie Have to Do with Promoting JRFH, or Katie Mulloy's** session, **Jumping Rope for Heart, Exercise, and Fun!**

Thurs, Oct 30, 8:00-9:00am: Penny Kroening *What Do Barbies, Tonka Trucks, and iMovie Have to Do with Promoting JRFH?*

Thurs, Oct 30, 2:30-3:20pm: Katie Mulloy *Jumping Rope for Heart, Exercise, and Fun!*

Jump Rope and Hoops for Heart Coordinators Recognition Breakfast Celebration! RSVP!

All JRFH/HFH Coordinators are invited to attend the JRFH/HFH Breakfast Social on Friday, October 31st! Please contact me by Monday, October 20th if you are interested in attending! We look forward to recognizing you for your efforts and years of service! RSVP required!

Jump Rope and Hoops for Heart Coordinators' Recognition Breakfast Celebration

20th Anniversary Hoops for Heart Celebration!

We are celebrating YOU as JRFH/HFH Coordinators!

WHPE Convention -Kalahari Resort and Water Park, Wisconsin Dells

Friday, 10/31/2014 (8:30–9:30 am)

___ YES, I plan to attend the Breakfast Social

Name _____ School_____

Please check one: Jump Coordinator _____ Hoops Coordinator _____ Jump/Hoops Coordinator _____

How many years have you been a JRFH/HFH Coordinator? _____ years

Who is your Youth Market Director? _____

Please RSVP to Patty Kestell by Monday, October 20th.

Due to a "per person" fee for the breakfast, an RSVP MUST be done ahead of time!

Responses can be returned via fax (262-376-6710) or email pkestell@cedarburg.k12.wi.us

Why Participate in Jump Rope and Hoops for Heart?

- Jumping, jump rope, eye hand coordination and basketball skills, as well as health related fitness and heart health concepts, connect with the National and WI State PE Standards.
- JRFH and HFH build positive, social interactions between students.
- Promotes the importance of keeping heart healthy, and how to prevent heart disease and stroke.
- Teaches students great community service skills and is a great way to invite parents, alumni, and other community members into your school to see what you are doing in your PE program.
- For participating in JRFH/HFH, receive equipment for your physical education program through US Games. Talk to a Youth Market Director for more details!
- Participating in JRFH/HFH supports AHA in their efforts to fund heart health research projects, and supports WHPE as our state organization.
- JRFH and HFH allows students to honor and remember loved ones in their lives who have been affected by heart disease and other heart or stroke related issues.

SHAPE America JRFH/HFH Grant Proposal Being Accepted

Are you a Jump Rope for Heart or Hoops For Heart coordinator who would like to take your program to the next level? The Joint Projects office is currently accepting applications for the 2015 SHAPE America JRFH/HFH Grant Program.

SHAPE America Society of Health and Physical Educators
health. moves. minds.

All 2015 grantees will receive:

- $1,300 professional development stipend to attend the 2015 SHAPE America National Convention & Expo in Seattle, WA from March 17-21, 2015. The stipend may be used towards convention registration, travel, lodging and/or per diem.
- One-year SHAPE America membership (if you are not a current SHAPE America member) and (1) copy of the 2014 National Standards & Grade-Level Outcomes for K-12 Physical Education.
- $1,200 US Games gift certificate redeemable for equipment to enhance your school's physical education program. The gift voucher will be presented at the 2015 SHAPE America National Convention & Expo in Seattle, WA.
- Invitations to special events where you will meet physical education and JRFH/HFH leaders from around the country.
- Opportunity to share what makes your program special by contributing to The Pulse, JRFH/HFH national newsletter.

Download the application

The SHAPE America Jump Rope For Heart & Hoops For Heart Grant is available only to individuals who have completed a JRFH or HFH event in the prior school year. If you have questions about the application, or grant program, please contact the Joint Projects office.

SHAPE America
Society of Health and Physical Educators
1900 Association Drive
Reston, VA 20191
Phone: 800-213-7193 | Fax: 703-476-9527
Visit our website | Privacy policy | Unsubscribe

SHAPE America Society of Health and Physical Educators
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Meet Your American Heart Association Youth Market Team

Welcome to the 2014-2015 School Year! I am so excited to announce that last year was our BEST YEAR EVER in WI Youth Market thanks to all of our dedicated volunteers, outstanding students, some very innovative new ideas, and an amazing group of AHA staff. We are all looking forward to saving even more lives with you this year. Please contact me, or any of WI Youth Market Team to set up a Jump or Hoops event at your school.

With Heartfelt Thanks for all you do!

Kori Coffeen

VP Youth Market-American Heart Association

Nate Schorr *is in his first year at the American Heart Association. After graduating from the University of Wisconsin – La Crosse, Nate moved back to his hometown of Madison, WI where he currently lives. He covers most of Southwest Wisconsin, specifically in Dane, Rock, Green, Iowa, Lafayette, and Grant counties. Having spent a number of years working in the school system, Nate is excited to continue working with such passionate educators and volunteers who are dedicated to helping children grow into healthy and well-rounded adults. Nate is incredibly proud to be working on behalf of the American Heart Association and to help spread its life-saving mission.*

Hi, my name is **Kristine Lange** and I am looking forward to starting my third year as Youth Market Director working with our wonderful volunteers! I have the privilege of working with schools in the counties of: Adams, Clark, Crawford, Dodge, Fond du Lac, Green Lake, Juneau, Lincoln, Marathon, Marquette, Oneida, Outagamie, Portage, Richland, Sauk, Shawano, Taylor, Waushara, and Wood. Thanks again to everyone who participated in Jump Rope/Hoops For Heart and Red Out last year! Our Best Year! Your dedication and volunteerism is truly incredible! I look forward to working with each of you this school year. Your support of the American Heart Association is greatly appreciated! If you have not coordinated an event in the past and would like more information, please contact me at 920-410-9656 or kristine.lange@heart.org. Thanks again for making a difference in the lives of your students and communities!

This is my 4th school year with the American Heart Association. Last year was just ducky and I look forward to working with your schools again. I cover the following counties: Brown, Waupaca, Outagamie, Marinette, Oconto, Kewaunee & Door.

Korren Jewitt

Korren Jewitt and Kori Coffeen

Hi! My name is ***Justine Warner*** *and I am a Youth Market Director. The Wisconsin counties I cover are: Ashland, Brown, Florence, Forest, Iron, Langlade, Menominee, Price and Vilas.*

I am very excited to get to work with you this year. If you are not registered for a Jump Rope for Heart or Hoops for Heart event for the 2014-2015 school year; please reach out to me via phone or email. I would love to get your school signed up and ready to go. Justine. warner@heart.org OR 715.418.9351.

Thank you for supporting the American Heart Association. Together, we are saving lives.

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:

Brenda Erdman
145 Mitchell Hall • UW-La Crosse
1725 State St. • La Crosse, WI 54601
800-441-4568; 608-785-8175
berdman@rsd.k12.wi.us

Deadlines for publication are: December 15 for the Winter issue; April 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.

Core 4+: Tools to Get Kids More Active in Schools

By Jen Walker, Wisconsin Clearinghouse for Prevention Resources

When I attended the Best Practices in Physical Education and Health conference last summer in Stevens Point, I was inspired not only by current innovative programs to provide students with high quality physical education, but also educators' dedication to providing kids with the foundational skills needed to lead healthy, active lives. As a public health professional, I was equally concerned to learn about trends that have diminished the availability of quality PE in schools, especially when research shows the link between physical activity, health and academic performance. That's why the Wisconsin Clearinghouse for Prevention Resources has been thrilled at the opportunity to partner with the Wisconsin Department of Public Instruction, Department of Health Services and WHPE to create a new web-based tool to help teachers and schools implement Wisconsin's Active Schools Core 4+ strategies (www.wiactiveschools.org).[1]

The Active Schools Core 4+ strategies are designed to help schools and teachers build more opportunities for physical activity right into the school day, helping students get the recommended 60 minutes of daily physical activity. The Core 4+ was developed in Wisconsin, based upon what Wisconsin schools say works best for them. The strategies reflect the results of DPI's 2010-2012 Active Schools field test, which looked at 17 strategies to increase student physical activity. The Core 4+ were the five most feasible, impactful and cost effective strategies for schools to implement. They include:

1. Active Physical Education (PE) Minutes
2. Active Classrooms "Brain Gain Energy Breaks"
3. Active Recess
4. Active Before and After School

\+ Family and Community Physical Activity

[1] The Wisconsin Clearinghouse for Prevention Resources at UW-Madison, through Community Transformation Grant from the Centers for Disease Control, developed the website in support of the project as part of a larger effort to implement solutions for better health where Wisconsinites live, learn, work and play.

The Core 4+ strategies are meant to augment – not replace – a quality physical education program in schools. The first strategy supports PE teachers with strategies to build more active minutes into existing PE class times, which we know is just one aspect of high quality PE. However, the Core 4+ reaches beyond PE. It offers a comprehensive day-long, school-wide approach to creating a school culture where regular physical activity is the norm for all students. For this reason, it has great potential to help school administrators, classroom teachers, staff, parents and students experience the benefits and feasibility of integrating more active minutes into the school day. As subject-matter experts, PE and health teachers have an opportunity to provide leadership and support to their schools in implementing these strategies.

The Active Schools Core 4+ website is organized in terms of three main action steps: Learn, Do, and Share. The "Learn" portions feature short videos that introduce each of the strategies, providing quick tutorials that can also be shared with colleagues to communicate the ease of implementation. The "Do" portion puts activities and resources directly at teachers' fingertips without having to search through multiple websites for the right tool, making it easy to immediately try the strategies. Finally, the "Share" component makes the site dynamic. It provides a platform to create an interactive community of practice where innovative ideas can spread. Users can share useful tools via social media, and can also upload their own favorite activities to the site.

Physical Education and Health professionals can help to make the Core 4+ strategies and website a success! Please visit the Core 4+ website (www.wiactiveschools.org). Try it out, share it with colleagues at your schools, and upload your own strategies to the site. We all envision a Wisconsin where our children have abundant opportunities to move and be active, before, during and after the school day. We hope that you will find the Core 4+ strategies one impactful way to make that vision a reality, and ask for your help in making that happen.

Book to Read:

The Energy Bus

by Jon Gordon

If you have not been introduced to Jon Gordon I suggest you google him right now. His books are powerful yet fun reads. The Energy Bus is all about getting yourself and your team on the bus and moving in the right direction with a shared vision, focus and purpose. Take a look at his blog http://www.jongordon.com/blog/

The Gifts of Imperfection

by Brene Brown

This book shares Dr. Brown's research on vulnerability, courage, worthiness, and shame; helping the reader move toward a more wholehearted way of living. This is a great book to read before the start of the school year, as it helps you begin the process of letting go of who you think you're supposed to be and embrace who you are.

Learning in the Fast Lane

by Suzy Pepper Rollins

A significant barrier many learners face is not knowing the vocabulary, yet many teachers repeatedly use this vocabulary without checking to make sure their students understand what they are saying - oftentimes leaving their students behind and unmotivated to learn. This book provides many practical ways to not only teach vocabulary but more importantly to support struggling students.

- Submitted by Kristi Mally

Using Google Forms in PE and Health

As teachers we are constantly collecting information and data e.g. what do my students know, what are their needs, when would your group like to present, and how should I group my students? Google forms provide a easy way for you to collect the information you need, submitted by students or faculty, into a spreadsheet. Here are some of the many ways Google Forms could help you streamline many of the daily tasks you do.

1. Student information

Learn more about your students, their current knowledge level, likes and dislikes, and their before and after school responsibilities. This information is crucial in helping you to develop a positive rapport with your students.

2. Class or student polls

Ask poll questions using Google forms and then use the summary of responses section to see a graphical breakdown of responses. This could be particularly useful in Health Education, where many of the topics lend themselves to whole class or small group discussion.

3. Assessment

Create questions pertaining to images or videos, either as a formative assessment or review material for your students. By using Google add-ons (formerly scripts) such as Flubaroo (available in the Chrome app store) you can even set up a simple quiz to self grade and email the student the results.

4. Behavior checks, reflection or tracking

Use a Google form as a student behavior reflection - if a student needs some redirection, have them complete questions regarding their behavior, alternate courses of action, and a plan for improvement in the future. As a teacher, if you record a behavioral incident it will be time stamped, you can describe what happened, and you have a detailed record to refer to should you need to.

5. Student voting for sportsmanship awards etc.

Each team could select one player from each of the other teams that they feel demonstrated sportsmanship during a sport education unit.

6. Fitness testing data

Students enter their fitness testing data - with multiple devices, all data can be entered within a few minutes. Data can then be merged into an individual student record document using the AutoCrat Google add-on.

7. Activity logs

A simple way for students to track their at-home or weekend activity.

8. Parent contact

Embed a Google form into your school webpage for parents to use if they need to contact you. Similarly, create a form for you to use every time you contact a parent - you will have a running record of all contacts you have made.

9. Feedback

Feedback helps us grow, be it from students or parents. A simple post-unit or activity feedback form, or course evaluation can help you continue to move your program forward.

10. IEP's

Set up a form to track a student's progress towards their IEP goals. It could include when you worked on different goals, outcomes, notes, and recommendations as you move from one week to the next.

11. SLO data collection/ Educator Effectiveness

We will all be collecting data this year to help track our progress with our SLO's. We also need to collect artifacts that demonstrate how we have met each of the criteria we are being evaluated on. By keeping track during the school year on what you wish to use as artifacts, the end of year submission process will be much smoother.

12. Peer assessments

What badminton shots did the student you were observing use? Which aspects of performance did you observe? What resources did the student use to create their presentation on stress reduction?

13. Submitting work

A student enters their name, class period, and the URL where their work is located - instead of 30+ emails you have everything saved in a spreadsheet with clickable URLs.

14. Community service

Create a sign-up form for students to enter when and where they would like to complete a community service project.

15. Pedometer steps

Simply enter your name and the number of steps taken (hopefully an honest number!)

Many of the Google form ideas listed above could also be used as artifacts for educator effectiveness.

Not sure how to create a google form? Watch the quick video tutorial by visiting http://bit.ly/googleformstour or by scanning the QR code.

Accomplishments

I have become P90X certified and as far as I know I am the only certified individual in Western Wisconsin, with the added focus on fitness and wellness in PE I think that having certifications like these are going to be instrumental in my finding a job here in a few months or so after I graduate.

Jeremy Hardy
Future Professionals Secretary
HardyJC@uwec.edu

I love competing and this spring and summer so far I have competed in 12 different competitions. It gives me an indescribably great feeling all around. Each one is special and/or challenging for different reasons: running in inclement weather, meeting goals (my goal this spring was to run a 5k in under 20:00 minutes; I ran a 19:59!!), running with family and friends, meeting people, running for a cause, running in someone's honor, spontaneously signing up the day before a race, different distances (1 mile to 1/2 marathons, and a triathalon), the chance to be a role model, and traveling to different places (mostly around Iowa and the Aspen Valley 1/2 marathon in Colorado).

As busy as my racing schedule has been, I try to be as smart as I can and rest and recover properly between races to avoid injury.

Right now, I have 2 Olympic Distance triathalons coming up this month, and the Denver full marathon in October (Got Oxygen?). I'm sure I'll run a couple more this fall, like the Turkey Trot, but just haven't decided yet. So, I encourage everyone, whether you're slow or fast, to get out there and experience the endorphin high and adrenalin rush found by being around others who love to be healthy!

Pam Connolly
UW Platteville

Necrologist Report

If you become aware of the death of a WHPE member, please contact: Necrologist
c/o WHPE
145 Mitchell Hall • 1725 State Street • La Crosse, WI 54601

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

WHPE

The past two summers I have had the pleasure to serve as the Director for the Boys Overall Leadership and Development (BOLD) Camp at St. Norbert College. The week long camp focuses on developing different aspects of leadership in 105 young men who range in age from 9-14 through the learning and playing of a non-traditional game (rugby this year), daily fitness sessions, a hands on building project (this year we built various lawn games), orienteering and geocaching challenges, daily icebreakers, and team building exercises. More information about the camp be be found on our website http://www.snc.edu/bold/ along with a video slideshow of the weeks activities.

Chuck Brehm
West DePere School District

"Gestures"

Culturally Responsive Health and Physical Education

– Dan Timm

I hope everyone has had an enjoyable summer. Summers always seem to go fast. Perhaps that is because the three months of summer are often viewed against the nine months of the school year.

Communication has been the culturally responsive topic in recent newsletters, beginning with different aspects of verbal communication. Last time, one consideration of non-verbal communication – physical proximity – was discussed. In this issue, I'm going to present another aspect of non-verbal communication – gestures.

Gestures are frequently used by health and physical education teachers to communicate with students. However, gestures do not have the same meaning in all cultures. Although a teacher may think (s)he is communicating something positive to a student, in that student's culture, the gesture may indicate something totally different. For example, the OK sign and "thumbs up" gestures, which are thought to be positive in European American culture, are considered to be obscene or vulgar in some cultures. Also, nodding one's head does not indicate agreement in all cultures; it may mean respect for the speaker or acknowledgement of what the speaker is saying.

Following is a list of how simple gestures like the OK sign, thumbs up, and head nodding are perceived in some countries. Hopefully, this will help in basic communication with your students who may be from these countries and avoid some embarrassing situations. In addition to these three gestures, Clements and Rady (2012) provide information on numerous other gestures.

OK Sign

- Means Zero: Belgium, France, French Canada (Quebec)
- Rude/Offensive: Germany, Greece, Russia, Turkey, Uruguay, Venezuela
- Vulgar: Argentina, Brazil,

Thumbs Up

- Approval/Appreciation/Agreement: Brazil, France, Germany, Greece, French Canada (Quebec)
- Vulgar: Argentina, Iran
- Obscene: Australia,

Head Nodding

- Indicates acknowledgement rather than agreement in China
- Not considered polite in Greece
- Considered polite for a first meeting in Taiwan

If you're unsure how a gesture may be perceived by students in your class who are from a cultural background different than your background, the best approach may be to engage in a conversation about the differences between your cultures.

Lastly, I would be remiss if I didn't comment about pointing at a student and summoning a student. In many cultures, pointing with one finger is disrespectful. Point using the entire hand with the palm down. To summon a student, curl the fingers with the hand in a palm-down position. Any gesture with the palm up is disrespectful in many cultures because that is how animals are summoned. Also, it is best to use the right hand when pointing or summoning. In many cultures, the left hand is used in toileting and is considered to be unclean.

Enjoy the fall and early winter.

Clements, R. L., & Rady, A. M. (2012). *Urban physical education: Instructional practices and cultural activities*. Champaign, IL: Human Kinetics.

Dan Timm, Faculty Associate, Department of Kinesiology, University of Wisconsin-Madison, Madison, Wisconsin 53706, 608-262-7714, dtimm@education.wisc.edu

Best Practices in Physical Education and Health a success!

Best Practices in Physical Education and Health continues to be a summer professional development favorite. The numbers have been steadily increasing over the last four years with a record high this summer nearing 200 for both the pre-conferences and the symposium. Internationally known keynote, Laurie Frank, addressed a standing room only crowd that included the DPI assistant Superintendent, Carolyn Stanford Taylor. Laurie spoke to creating an environment for active participation. The symposium content was multi-faceted delivered by the most expert state and out of state leaders. The content included: educator effectiveness, assessment in PE and Health, technology, PE and HE literacy, sexual health education, emotional health, coordinated school health and lesson ready fun activities.

"What a great symposium! I don't think I've been with a group so energetic and happy in a long time, it was quite refreshing. Their passion for their work was very evident."

– Carolyn Stanford Taylor,
Assistant Superintendent

"Best Ever! It was an amazing 3 days!" – PE teacher

Mark your calendars for the
15th Annual Best Practices
July 21-23, 2015
It promises to again deliver!

Contact Eileen Hare at
eileen.hare@dpi.wi.gov
with your ideas.

Great School Activities

THIRD GRADERS COMPLETE TRIATHLON

– submitted by Brenda Erdman

Third grade students at Westside and LaValle Elementary Schools experienced a "Triathlon" during their physical education class. Students were in groups of 3 and the motto for the day was, "Work together, stay together!" Each group needed to traverse a bouldering wall, then transition together outside to complete three "TOUGH PLAYGROUND" obstacles, such as climbing over the fence as a team, or going over and under benches, or the whole team making it across the money bars, to name a few. Then the team needed to run a half mile+ together, and then cross the finish line TOGETHER! Each member received a trathlon medal that stood for participation and accomplishment as a team.

I organized a healthy pizza snack taste test at my school this past spring for all students, grades K-5. We received a Fuel Up to Play 60 grant at the beginning of the school year to help fund healthy taste tests throughout the year. With the help of our district dietician, kitchen staff and FUTP 60 student team, we made a pizza snack for each student. Recipe cards were given out along with the snack to take home and share with family members.

Healthy Pizza Snack Recipe

Ingredients
Whole wheat english muffin or bagel
Pizza sauce
Low-fat mozzarella cheese
Your favorite veggies
(ex: diced tomatoes, spinach,
diced green peppers)

Directions
Take half an english muffin and spread pizza sauce evenly on top. Then, sprinkle with cheese and add your favorite vegetables. Bake in oven at 350 degrees for 7-10 minutes. Enjoy!

–Andrea Brehm, West DePere School District

Heritage Elementary will receive a $500 Fuel Up To Play 60 grant. Half of the money will be used to promote the theme of "Eating a Rainbow" of fruits and vegetables and for an all school yogurt taste test. The other half will be used to purchase pedometers for Walking Wednesdays. A walking club on Wednesday mornings will be established. Students will come to school early on Wednesday mornings, put on a pedometer and log the steps that they walked/ran before school November through March.

–Sandy Hagenbach, DePere School District

A few quotes from the day:

"Wow, I have never won anything before. Not even a medal. Do I get to keep this?"

"I could have gone faster, Mrs. Erdman, but I waited for my team. We did it together."

"Wait, don't take the picture yet, I want to pour water over my head."

"I just can't believe I just did that. I did a triathlon! Wow."

Wisconsin Health and Physical Education
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1725 State Street
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CEO's Report

Welcome back!

I truly hope you had a great summer and you are geared up and ready for another year of innovation and excellence. This school year promises to offer several top notch events for our collective professional development. Here are some of the workshops that deserve a place on your calendar. I hope to see you at one or more of them.

- October 29-31 WHPE Convention at the Kalahari, Wisconsin Dells.
- December 5,6, WHPE Leadership Conference and Convention Planning, TBD
- February 4,5, Adolescent Health Symposium, Concourse Hotel, Madison
- March 4th, Hot topics in Health Education, Stoney Creek Inn, Onalaska
- March 4th, Hot topics in Physical Education, Stoney Creek Inn, Onalaska
- April 11th, Future Professionals Workshop, Wisconsin Dells
- April 24th, UW-River Falls Physical Education Workshop, River Falls

Your ideas and input are always welcome. Call me anytime. 608-792-1214

Keith