



www.whpe.us

Our mission ...

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

From your President Brett Fuller

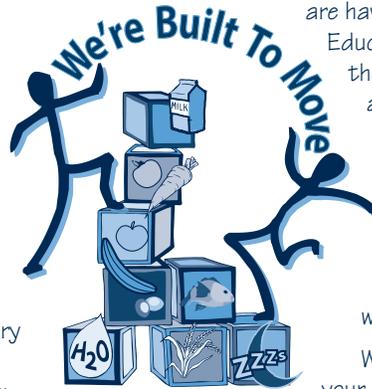
End of a Long Year and a Start of a New Year



As I write this article I am reflecting back on this last year. It has been a long year but some of the highlights included having the Wisconsin Elementary PE teacher of the year, Gail Milbrath, named as the 2015 Midwest PE teacher of the year. We had an attack on education in the state legislature as part of the state budget. Members of the legislature tried

eliminating the requirement for most subject areas to have college degrees to teach their subjects. I am proud to say that WHPE had positively impacted the outcome. A large number of you made the calls and sent emails to help in the fight. You made the difference. In October we reinstated the Jump Rope for Heart Task Force which is going to help recruit more schools for this great program. WHPE had our first Health and PE Hot Topics spring conference, we continued to support Best Practices, helped support the Building the Heart of Successful Schools conference and we had a hugely successful state convention.

When you look at all we have done and all we continue to do, can we keep up with this level of work? The answer is YES! We start with Penny Kroening, the WHPE 2015 Elementary PE teacher of the Year has been named the 2016 Midwest Elementary PE teacher of the Year! The Jump Rope for Heart Task Force is off to a great start! We are planning an Adapted PE workshop this February and this year we



are having stand-alone best practices in Health Education in March. We are continuing to support the Best Practices conference in the summer and have committed to helping with the Building the Heart of Successful Schools conference next December. Keith Bakken has now become a licensed "Lobbyist" so we have great access to the members of the state legislature when things get busy at the state capital. AND we are well on our way to planning the 2016 state convention.

With all that we are doing I need to thank your peers who have stepped up to be board members for the next year. Finishing their final year on the board are your "Division Vice Presidents": Penny Kroening, Darci Mick-Beversdorf, Maureen Vorwald, Deb Szama, and Jonah Campbell. We also need to thank the new District Coordinators as they start their two year term: Will Westphal, Mary Jo Wentland, True Vang, Matt Pomeroy and Tim Swenson. We could not do the work without the members of the Executive Committee: Patty Kestell, Jan Kunert, Brian Marx, Khyl Berndt, Brenda Erdman, and Wendy Wiesjahn. The board recently approved Penny Kroening as the new Jump Rope for Heart Coordinator for WHPE. Last but not least we need to thank our CEO, Keith Bakken and Program Manager, Nicole Popowich for all that they do every day to support us.

The reality is that we still need more help. For example, we are starting a new ad hoc technology committee. We are also looking for help with our membership committee. We can always use the help. Contact one of the board members if you are able to help out. Let us know what you can help out with. Maybe it is helping at one of the workshops or conferences. Maybe it is doing something with technology. Maybe, it's writing for the newsletter. It could be posting on the WHPE Facebook or Twitter accounts. Make it part of your professional growth as part of your educator effectiveness professional growth plan. We are here to help you out but we can always use help as well. I am looking forward to another great year, I hope you are as well!

Brett Fuller, WHPE President



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, 2017. You may contact is WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.

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Advocating for Health and PE at the Local, State and National Level!

President-Elect, Patty Kestell

Thank You for your support of JRFH/HFH! It has been a pleasure to serve WHPE as the WI State JRFH/HFH Coordinator for the past six years. I have had the incredible opportunity to work with, support, and recognize so many wonderful physical and health educators who have embraced the educational component of Jump Rope and Hoops for Heart and made it their mission to help students understand the importance of living a heart healthy lifestyle. To all of you that have held JRFH/HFH events at your school, I say "Thank you!" YOU have made a significant difference in the lives of your students, as well as in the fight against heart disease! At the 2015 WHPE convention JRFH/HFH Coordinator luncheon, the number of years of service of those who attended the luncheon totaled 507 years. That is simply amazing and speaks to the high level of commitment you have given to this partnership!

Stepping into the role of WHPE President-Elect As I step away from the State JRFH/HFH Coordinator role and begin serving in the WHPE President-Elect role, I am excited for the journey, work, and connections that lay ahead! I have just finished my 25th year of teaching in Cedarburg School District and am grateful to have had the opportunity to teach at all three levels within my school district, as well as teach both health and physical education. I have served as the District Health Coordinator and District Wellness Coordinator for my district, and have been actively involved in Health and PE at the state, Midwest district, and national level, presenting and continuing to advocate for our profession as the 2013 National Elementary PE TOY. In my free time, I enjoy hiking, nature photography, yoga, kayaking, swimming, camping, and visiting National Parks. I am my happiest when I can spend time outdoors!

WHPE Strategic Plan The WHPE Board of Directors has been busy working to update the Strategic Plan for our association. One of the action plans that we are currently working on addresses advocacy and what we are doing to advocate for our profession, and what resources WHPE has available to help health and physical educators promote our areas at the district and local level. We will keep you posted with new resources as they become available. In the meanwhile, the best way to advocate for your school's Health and Physical Education programs is to be proactive and share what you are currently doing with your administration and school boards. It is an exciting time in our profession, and now is the time to share with others all the positive advances we have made to improve student's health, physical activity and wellness. I look forward to working with you to become "50 Million Strong By 2029" and advocating for strong Health and PE programs throughout WI in the coming years!



ESEA Act has passed! With the recent passage of the Elementary and Secondary Education Act (ESEA), and health and physical education being added as part of a "well-rounded education" (what was formerly called "core" classes), there will be Title IV funds available to support Safe and Healthy Students. We will continue to keep you updated on the changes that this new ground breaking legislation will help to bring about. Keep your eyes and ears open to advocacy efforts and up to date information that is shared by SHAPE America on Twitter, Facebook, and the SHAPE America website. www.shapeamerica.org

Advocacy Efforts...



Senator Mark Marklien visited Westside Elementary school last October. I invited the Senator into my classroom to have a conversation about how important it is for children to receive physical education and for him to see PE in action at my school. He was excited about visiting and participated in throwing activities with the kindergarten students. How did I make this happen? I emailed him and he emailed back and we set it up. Easy. It was a great opportunity to speak with an important person that makes decisions at the capitol, but do so in an educational environment with children being active and engaged in learning. I am in the works to invite another special visitor.

**- Brenda Erdman
Westside Elementary School
Reedsburg WI**



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

Book Review

"David vs. Goliath" ...

Underdogs, Misfits, and the Art of Battling Giants by *Malcolm Gladwell* - This was a very interesting book that looks at how perceived advantages can be disadvantages, and vice versa. Through research and stories of personal triumph, Gladwell provides inspiring and surprising stories of individuals who would be considered 'underdogs' yet were very successful or victorious.



- Timothy G Swenson, UW-Platteville



Great Link Ideas! Must-See P.E. Websites!!!!

Professional development doesn't have to only be at the beginning of the year, or during staff meetings, or before or after school. This is especially true when most Professional Development seems to be geared toward the classroom teacher.

In today's world of the internet, Professional Development can happen 24 hours a day, seven days a week, 365 days a year. It can occur WHENEVER YOU NEED IT! Let's say you're lesson planning and you need a new Five Levels of Fitness instant activity, or a new movement activity to fit a certain skill you're teaching, or maybe you're looking for a new assessment tool like Plickers to help formatively assess your students. All you have to do is use the internet! But why spend countless hours looking for good quality resources when I've done it for you. I have been a Physical Education Specialist for 17 years, and during this time I have seen some good, some bad, and some awesome PE. So I have created my very own TOP Physical Education Websites that you can actually use!!!

- | | |
|----------------------------|------------------------------|
| 1. PEUniverse | 7. Movement Matters or |
| 2. ThePhysicalEducator.com | PE-4-KIDS – Michael Beringer |
| 3. Physedreview.com | 8. Bart Jones Youtube |
| 4. Physedgames.com | 9. Ben Pirillo Youtube |
| 5. Gopher Blog Posts | 10. Pecentral.com |
| 6. Teachphysed.weebly.com | 11. Pelinks4u.com |

Bonus – This list was shared by someone on Facebook and was not created by me. I highly recommend <https://drive.google.com/file/d/OB4inRpgwd2orWVRfTnliLXpkYIU/view?usp=sharing>

All the sites here that I have listed either offer materials for free, free with a purchase, or not free and you have to purchase everything. Of course, I prefer the free materials. However, if you don't mind spending a few dollars for something you really like, go for it!!!

I hope this is useful and thanks for reading my blog posts!!!

– Michael Beringer

Twitter -- PEberingmx PE Website: Movement Matters!

Would like to join a community of professionals to talk about teaching related ideas and subjects, or share comments and questions in a professional setting? You should check out the links included to join the google plus community for great physical education and health discussions with other professionals.

<https://plus.google.com/u/0/communities/105591338038322247750>
<https://plus.google.com/u/0/communities/100201470659917243346>

– Brenda Erdman

Reedsburg School District

Here are some excellent professional resources that health educators must be receiving if we are staying on top of the subjects we teach in health classes.

The best updates on HIV/AIDS that relates to our teens and young adults – <https://www.blackaids.org/index.php>

This is a must sign up for updates on all health issues our students deal with. Great for reading articles we need to supplement units with and help teach annotation or writing lessons. – <http://healthfinder.gov/>

– Paul Zettel

Milwaukee Public Schools

Looking for some great professional development?

Would you like to learn from SHAPE America teachers of the year? The SHAPE America podcast is a perfect way to get health and physical professional development for FREE on the go. You can listen at work, in the car, while you are out for a run or walk, while cleaning, or anywhere that works for you. The podcast will showcase teachers of the year best practices, ideas, and thoughts on all things health and physical education. Check out all the different things that you can learn about while listening like; how to become a school champion, classroom management techniques, standards based grading, assessment, using technology in health and physical education, and adaptive physical education. Download the SHAPE America Podcast on iTunes or Podomatic for FREE on your mobile device or computer.



The #PhysEdSummit 4.0 is coming on February 27th in the morning hours.

The #PhysEdSummit is an online health and physical education conference that is live streamed to your computer for free professional development that you can watch and learn from in the comfort of your own home. This #PhysEdSummit will focus on models of instruction in physical education like; teaching games for understanding, teaching dance for understanding, fitness education, outdoor education, sport education, and many more. There will also be roundtable discussions on topics about overcoming obstacles in health and physical education. There will be a roundtable for each level of education (elementary, middle, and secondary). Each session will be an hour long webinar that you can watch live and chat with other educators watching or you can always watch the recordings at a later date. Materials will all be posted online for your reference. If you are interested in joining the conference, then check www.physedagogy.com/physedsummit or email physedagogy@gmail.com for more details.

A Great Program for Professional Development...

I would like to say that UW-Whitewater has a great MSE-PD program in PE/Coaching/Health. They have revamped the program and brought in many new professors and specialists in the field. There are many classes to take singly or the program as a whole has been a great way to get a masters in the content area.

– Alison Krick, Big Foot Union High School

2015 WHPE Convention ...

This year's WHPE convention at the Kalahari Resort in Wisconsin Dells drew over 700 attendees! There were over 80 breakout sessions, including 8 featured speakers and 36 different companies exhibiting their products. Enjoy a brief look at all the exciting things that happened at convention this year!

Mark your calendars for next year's convention being planned at the Wilderness Resort, Wisconsin Dells, October 26-28, 2016. Check out our website at www.whpe.us for up to date convention information.



An Idea from the 2015 WHPE Convention....

Wade Wentland (Minocqua JI School District) and I presented together about "Glow-in-the-Dark" and black light games. Our session included taking old favorite games and spicing them up by playing them in the dark. Capture the Flag, Badminton, Relay games, parachute games are just the few ideas that are so much MORE fun in the dark! You will need enough glow necklaces for every student, any glowing items depending on the games, and a bunch of glow sticks taped to the walls and anything else that may be hazardous. The possibilities of glow-in-the-dark games are endless!!! Try it out for yourself!

Want to try PE in the dark but don't feel confident or safe about it?? OR if you have any questions or need help finding glow sticks or black lights, do not hesitate to e-mail me at bradya@bdusd.org or Wade at wwentland@mhl.org.

- Anna Brady





*Thanks to all who sponsored a student to the 2015 WHPE Awards Banquet:
Brenda Erdman, Kris Fritz, Patty Kestell,
Jan Kunert, Jeff Sikich and Scott Sponholz.*



Great thing I learned at this year's 2015 WHPE Convention...

- DrumFit; Polar GoFit This was an awesome session that was presented with POLAR. IT showed not only how great of an activity DrumFit is for cardiovascular endurance but also stress relief (who wouldn't want to bang on a stability ball!!), but also how the Polar GoFit system works as well. Awesome session. Learned so much about both! It really was a one stop shop!

- Steven Walsh



"Awards Presented at WHPE Convention"

President Brett Fuller's theme, 'We're Built to Move' was clearly in evidence during the Award portion of the WHPE Banquet that was held on Thursday evening Oct. 29 during the annual Convention. A wide variety of both members and non-members were recognized illustrating multiple activities in which recipients have been engaged that contribute to the WHPE Mission.

The program began with Karen Cain, presenting the **Larry Cain Memorial Scholarships** to: **Jonah Campbell**, UW-River Falls Future Professional, **Tim Mueller**, Erin School District and **Brenda Wenzel, Sherry Hintz, Lisa Haberli and Carol Tyriver**, Janesville School District and all colleagues of Larry prior to his death. Immediately following, President Fuller gave Karen surprise recognition in the form of a Paid for Life WHPE Membership and a plaque acknowledging her recent retirement as a Nurse in Public Health for over 34 years.

I would like to thank my WHPE "family" for the kind recognition at the WHPE Convention of my retirement. I appreciate your thoughtfulness with the lifetime WHPE membership and for your continued support of the ideals Larry (and many others, of course) worked to achieve. The WHPE Convention is always a hard time for me, but it brings back many happy memories and I look forward to it each year.

I am especially grateful to Keith Bakken, Kris Fritz, Nicole Popowich. Larry loved his affiliation with WHPE and each of you and I am forever grateful to you for your help with helping me get the scholarships to happen each year.

*Thank you everyone!
Karen Cain*



Larry Cain Memorial Scholarship Recipients



**Karen Cain
Life Membership**



**Advocacy Award
SPARK-Leticia Gonzalez**

The **Advocacy Award** was presented to SPARK for their partial sponsorship for WHPE's involvement at the 2015 WASB Conference. It was accepted by Leticia Gonzalez, a 15 year SPARK employee based in San Diego.

Others receiving awards were:
JRFH/HOOPS - Michael Beringer

Retirement Recognition - Polly Bigler, Bruce Dreyer, Dale Garman, Karen Hilleren, Pam Lahmann, Mary Mikich, Mike Seiler; Jeff Steffen

WHPE Membership Longevity (20 yr.) - Keith Bakken, Brenda Johnson, Patricia O'Brien; Victoria Raddatz

Future Professional - Zack Berg

Promising Professional - Eric Bieszk; Anna Brady

Health Education Teacher of the Year - Kathleen Dreyer

Physical Education Teacher of the Year - Penny Kroening (elementary); Kyra Neumann (middle school)

Honor Award - Brenda Erdman; Dan Timm

Lifetime Award - Scott Frazier

Outstanding Service - Bruce Dreyer; Dave Braby

Past President Award - Jo Bailey



**Retirement
Bruce Dreyer**



**JRFH/HOOPS
Michael Beringer**



**Retirement
Karen Hilleren**

Dr. Dan Timm, UW- Madison and Midwest Representative for WHPE, recognized **Gail Milbrath, Midwest 2014 Elementary PE Teacher of the Year** and **Penny Kroening, 2015 Midwest Elementary PE Teacher of the Year**. The evening was concluded with summary remarks and congratulations to all awardees by President Brett Fuller.



**Brenda Johnson
20 year Member**



**Keith Bakken
20 year Member**



**Future Professional
Zack Berg**



**Promising Professional
Anna Brady**



Promising Professional
Eric Bieszk



Health Educator TOY
Kathleen Dreyer



PE TOY - Middle School
Kyra Neumann



PE TOY - Elementary
Penny Kroening



Honor Award
Brenda Erdman



Honor Award
Dan Timm



Lifetime Membership
Scott Frazier



Midwest 2014 Elementary
PE TOY, Gail Milbrath



2015 Midwest Elementary
PE TOY, Penny Kroening



Outstanding Service
Bruce Dreyer



Outstanding Service
Dave Braby



Past President
Jo Bailey



Health and PE Consultant - Eileen Hare

For FREE Membership in WHPE

Raise \$2,000 or more through your Jump Rope For Heart or Hoops For Heart event at your school and receive a one-year FREE JUMP membership to WHPE!!

By joining WHPE, you become connected to the benefits and tools to support your profession. Empower yourself to WHPE health, habits, policy and programs all year!

ONCE YOUR SCHOOL HAS RAISED \$2,000 OR MORE

- Simply complete the portion below.
- Have your school principal sign it.
- FAX to 608-785-8172 or drop it in the mail to: WHPE, 145 Mitchell, 1725 State St., La Crosse, WI 54601 to activate your FREE WHPE JUMP membership.

Visit:
www.whpe.us
to learn more about our programs for JRFH & HFH Coordinators.



Name _____

Job Title _____ School _____

Address _____ City/State/Zip _____

Phone _____ Email _____

As principal, I confirm that my school raised \$ _____ in our Jump Rope For Heart or Hoops For Heart event in School Year _____.

Principal Signature: _____

* Incomplete forms will not be processed.

WHPE Board of Directors, Past Past President - Brenda Erdman

My name is Brenda Erdman and I am currently serving the WHPE board of directors as the past past President. I was President of WHPE in 2009-2010. I am married and have three daughters, all teenagers! I am an elementary Physical Education teacher in Reedsburg, WI and teach K-3. I have taught health and PE at all levels and love teaching the "little ones!" I have been teaching for 23 years, and boy have times changed! One thing that has become more and more important is establishing and maintaining a love of movement in children. TV, video games, electronics seem to have the most power now days, so teaching children that video game tennis or basketball, or bike riding is not the same as putting on a pair of tennis shoes, getting outside and doing the REAL thing! As a PE teacher we need to be continuous role models and show them the love and joy that comes from being active! Keep moving everyone...we are built to MOVE!!!



WHPE Treasurer - Khyll Berndt

Hello to all my fellow WHPE members! My name is Khyll Berndt and I am now serving in my sixth year as WHPE's treasurer. You may have seen me around at the past conventions as a greeter, handing out and collecting our fancy ballots at general assembly, or at one of my presentations. Either way, I know I have met many amazing members through my involvement in WHPE. A little bit about me: I am in my ninth year of teaching at the elementary level in the School District of Holmen. The past nine years have been very crazy as I have a full time position but I bounce between three or four of our elementary schools; splitting time between regular P.E. and S.D.P.E. Needless to say, I am a busy person balancing life between teaching, working with student teachers and clinical students from my alma matter UW-LaCrosse, coaching the varsity girls soccer team, spending time with my husband Ryan (another fellow member and elementary P.E. teacher), raising very busy and active kiddos – Ramsey Jo 3 ½ yrs., Reed 15 mo., and our red lab Calla! I wish you all a happy, healthy and active new year!



Elementary Division VP - Penny Kroening

My name is Penny Kroening and I am the Elementary Division Vice President of WHPE. This year I had the honor of being recognized as WI WHPE Elementary Teacher of the Year as well as SHAPE America Midwest District Elementary Physical Education TOY. I have had the opportunity to spend my entire career teaching regular Physical Education and Adaptive PE at the elementary level (K-5th grade) in the School District of Waukesha. The opportunity to work with students as they develop from a little 5 year old up through a budding 11 year old is an amazing journey. These formative years are so important to engage the students and instill the pure joy of moving into every lesson. I have the pleasure of working at a Summit View Magnet school which is focused on Integrated Arts, Creativity and Design. For me this means I have to ability (and challenge) to think outside of the box and to teach physical education differently. Integrating physical education/activity/literacy into young children's lives is essential for creating a foundation of movement and activity that will carry them throughout the rest of their lives. Along with Integrated Arts, my school also is a one to one school meaning every child is equipped with an iPad. The ability to have such a powerful tool available for every child is mind blowing, forever changing the way I teach and the way students learn.

Of all of the years I have taught, teaching is still a joy. I love those moments when kids burst into the gym with joy and excitement because they can't wait to get moving. I am always trying to make a positive impression on my students so when they leave my classroom they are taking those learning moments home and sharing out with their parents. Kids making the choice to be active in their life outside of school is my end goal.

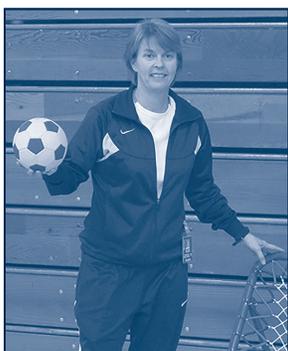
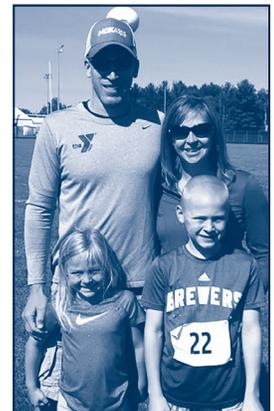
Middle School Division VP - Darci Mick Beversdorf

My name is Darci Mick Beversdorf. I live in rural Wausau with my husband, Mark, and two children, Bodee and Adee. I serve on the WHPE board as the middle school vice president, however, I currently teach elementary physical education. This is my 17th year in education. The majority of my time has been spent teaching middle school with three years directing our PEP grant and the last two years teaching elementary. I truly have a passion for physical education and working with my students.

My professional goal for the 2015-16 school year is to complete a daily reflection on my lessons. This has been a useful practice thus far. It has allowed me to evaluate my lessons and improve them or throw them in the trash. I am also implementing Pickers as a way to formally assess my students.

I look forward to another year of work for WHPE. If you are interested in getting involved in our wonderful organization contact a board member for help. We are always looking for people to join our team.

If there is anything I can do to help you, please do not hesitate to contact me!

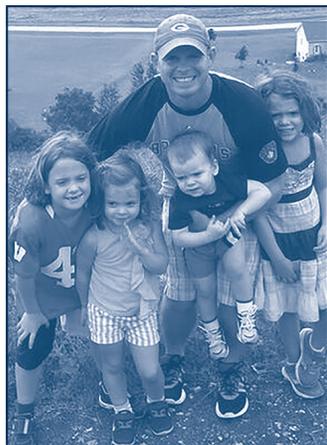


WHPE Board of Director - Maureen Vorwald

Maureen Vorwald - I am a physical education teacher at Platteville High School and this year I am also teaching at Platteville Middle School. I am honored to serve on the WHPE Board of Directors. This is my 2nd year serving as the High School Vice-President. I love the joys and challenges of teaching physical education. I cherish the opportunities to learn from our professional community and to implement new teaching strategies to address the ever-changing needs and interests of our students. I am very passionate about providing them with the knowledge and skills to become physically literate adults. I enjoy participating in many lifetime activities with my family, Dr. Colleen McCabe, Isaac, and Jonah, and look forward to the day when our so-called "non-traditional activities" become the norm in secondary physical education.

Southwest District Coordinator - Tim Swenson

My name is Tim Swenson and I am the Southwest Wisconsin Representative for WHPE. I have been teaching for 15 years. I began as the district APE teacher in the Black River Falls District and now instruct within the Health and Human Performance Department at UW-Platteville where I am lecturer within Adapted Physical Education. I received my undergraduate degree from UW-Platteville in Physical Education and Health Education and my master's from UW-LaCrosse in Adapted Physical Education. My family and I reside in Mineral Point.



My wife, Danielle, is an elementary special education teacher for the Mineral Point School District. I have four children; Bree (7), Brynn (5), Kinley (3), and Jacoby (1). I am also involved in coaching wrestling with Mineral Point high school, along with my children's softball, soccer, and tennis programs. Please contact me if any concerns or needs you may have regarding strengthening the PE and health needs in SW Wisconsin!

Northwest District Coordinator - True Vang



My name is True Vang and I am the Northwest district coordinator for WHPE. I teach grades K-5 in the Eau Claire Area School District. This will be my 6th year teaching at Sam Davey Elementary School. I also serve on many leadership committees within my district. Some committees that I am involved with are district leadership wellness committee, elementary PE leadership committee, and district IPAD leadership committee. I have two girls, 10 and 8 years old, who attend my school. One of my biggest passions is using technology in the gym to be more efficient and improve the engagement level for my students.

News from the WHPE Northeast District



Greetings! Do you need an artifact for "My Learning Plan" or a pay for performance model? Would you or your classroom like to be featured in our WHPE newsletter? Do you have a health, physical education or adaptive physical education nugget of knowledge you would like to share with our organization? Let me help you. I would love to hear the great things that are happening in your program and put together a little piece for our Northeast District corner in the newsletter. Please email me at wentland@luhs.k12.wi.us so we can connect.

College/University Division VP - Deb Sazama

My name is Deb Sazama and I am currently serving as the Vice President of the University level. I started my teaching career at Wittenberg-Birnamwood High School teaching 9-12 physical education and then moved to Shawano Community High School where I taught 9th grade health, 9-12th physical education, and coached volleyball, basketball, and track and field at both schools. Following this, I taught and coached at the collegiate level before returning to teaching full time as the Physical Education program coordinator at Loras College in Dubuque, IA. I am so happy to be home in Wisconsin as a faculty member at the University of Wisconsin La Crosse and to be rejoining and working with all of the great physical educators in the state.



Central District Coordinator - Will Westphal

I'm Will Westphal the new Central District Coordinator for WHPE. I currently teach K-5 Physical Education at Brillion Elementary School. I also serve on the Boys' High School Basketball Staff. I am alumnus of the University of Wisconsin-La Crosse and Southern Illinois University-Carbondale. Additionally I'm very passionate about strength & conditioning, where to direct students' attention when they perform movements, and the best ways to plan variability into instruction to aid student learning and performance. Outside of teaching and coaching, I am a proud husband, and father to a 2 month old son, Connor. He's awesome!



I look forward to helping WHPE, and aiding any of you when you think I can be a help.

Future Professional Secretary - Brian Tepp

I am Briar Tepp and I grew up in Appleton, Wisconsin for 14 years of my life and my freshman year of high school I moved to River Falls, Wisconsin. I graduated River Falls High School in 2012. Currently I am a senior at the University of Wisconsin-River Falls majoring in Health and Physical Education with an Adapted Physical Education minor and if everything goes as planned I will be graduating in the fall of 2017. In my free time I enjoy spending time with my little brother from the Big Brother Big Sister program at my university and I am also the assistant head coach at River Falls Middle School. Also in my free time I enjoy working out and keeping myself in shape by doing anything active which might include hiking, swimming, or running outdoors.



Future Professionals VP Elect - Molly Wistl

Elect My name is Molly Wistl. My role in WHPE is the Future Professionals Vice President Elect. I am attending UW-River Falls. This is my first semester at River Falls. I am currently a junior. Since attending River Falls I have had the privilege of working directly with kids in a homeschool setting. The age range I work with is K-6. I enjoy getting the experience as well as seeing the kids grow. I currently work at the Maplewood Community Center in Maplewood, MN. I work in childcare and customer service. I enjoy working with kids as well as helping customers register for memberships and activities. I have four brothers, one being my twin.



Future Professionals VP

Greetings! My name is Jonah Campbell. I am a UW-River Falls senior and the active WHPE Future Professionals Vice President. Outside of school and work I love enjoying the outdoors. Some of my favorite leisure activities include: fishing, hunting, snowmobiling, riding ATV and golfing. My favorite place to be is in northern Wisconsin enjoying the many activities the outdoors encompasses, especially out on a lake. When I'm not enjoying family, friends, and myself, I am working at my hometown's preschool and afterschool childcare program. There I work with children ages 3-11 and lead activities daily to help students stay active away from home and I love it.



ELEMENTARY TEACHING IDEAS

SNOWBALL STRIKES

Appropriate for Grades: k-2

Activity Outcome: Demonstrates the ability to strike an object in various ways

Equipment: Snowball sheet, crayons, balloons, colored posters.

- * Copy the snowball sheet (see next page).
- * Place color-coded posters on the wall. Put several crayons to correspond with the poster color at each of the posters (red crayons at the red poster, etc.). Four posters are needed. Examples of the activities for each poster:
 - **Green** = Tap the balloon from hand to hand 10 times.
 - **Red** = Use a paddle to tap the balloon against the wall 10 times.
 - **Blue** = Tap the balloon to go as high as possible 10 times.
 - **Orange** = Tap the balloon and catch it on the elbow five times.
- * Give each student an inflated balloon and a snowball sheet.
- * Students choose a poster at which to start. Each student completes the striking activity and then colors a snowball using the crayon at that station.
- * Each student takes his/her snowball sheet and moves to a different station.

Be a SUPER HERO



Standard 4: Have students complete one jumping jack in between each tap of the balloon.

Standard 6: Display the snowball sheets in the gym or place them in a portfolio.

Color the snowballs with the numbers 1, 2, 3, 4, 5 GREEN

Color the snowballs with the numbers 6,7,8,9,10 RED

Color the snowballs with the numbers 11,12,13, 14,15 BLUE

Color the snowballs with the numbers 16,17,18, 19,20 ORANGE

Submitted by
Darci Mick Beversdorf
Wausau School District



Harvest Dance Program



Each Fall Viking Elementary (School District of Holmen) provides a wonderful opportunity for our students to connect with parents, family members, and the community through DANCE! The Harvest Dance Program has been part of physical education at Viking for more than 20 years. Our students spend about 3 weeks learning all about the different dance components including: Rhythmic, Dynamic, Partnering, Sequencing, and Spatial. Along with learning the components of dance the students

are working on the concepts of cooperation as well as maintaining focus. This unit is very involved and encompassing as it covers ideas 1, 2, 4, and 5. We could easily add in standard 3 however we thought we were covering enough being that we also needed to have a performance outcome at the end of this unit for the program itself.



Each year we try to highlight and teach a certain style/type of

dance to the different grade levels so that our students walk away from elementary school with a wide variety of dance that they have learned and can use in the future. In **Kindergarten** students use listen and move types of songs to begin learning about dance. These songs are used just as the name says, first you listen to your job in the song then you move the way the song has asked you to move.

First grade the students like to do simplified dances that require listening to the beat and being able to recall and demonstrate about 4-6 different dance movements throughout the song. **Second grade** is one of



our students' favorites! PARACHUTE dance!!! We (Angie Baranowski and Khyll Berndt) have presented in this area at our WHPE state convention



two different years and attendees have really enjoyed it. **Third graders** learn all about square dancing. These dances are done with or without calls as well as with or without props based on the skill level of each class. Next comes **Fourth grade**, this is when WHPE convention comes in real handy in the fall as we generally do "new" or "contemporary" dancing. Every year some amazing presenter pulls through with a great dance session that we snatch dances from for this grade level. Lastly, our **Fifth grade** typically performs line dances and for the most part they are country line dances.

Given the space and time restrictions that we have throughout the school day we put on three separate programs covering 2 grade levels at a time. Each program is planned for about 40-45 minutes to allow enough time for audience in and out and new students for each program. This year's Harvest Dance Programs showcased the following songs/dances:

5th Grade	4th Grade	3rd Grade	2nd Grade	1st Grade	Kindergarten
5,6,7,8	Best Day of My Life	Possum Stomp	Tarzan	The Wake up Song	Singing in the Rain
Shake it Off	Good Time	Thanks God I'm a Country Boy	Fight Song	Monster Shuffle	Happy Dance
Jump Right In	Hot, Hot, Hot	Fiddlin Joe	Lion King	Hip Hop Fast	Singing in the Shower
Dangerous	Whip Nae Nae	Flop Eared Mule	I Like to Move it	Dinosaur Stomp	Listen and Freeze
Whip Nae Nae		My Maria			Turkey Tango

This is such a great community event to get the word out that Physical Education is not just time to play ball. Lots of schools put on Music programs and put on Art gallery walks but what is done in your school to connect with the community to show off all your student's talents in physical education? For more information or help getting started feel free to connect with me or my amazing co-worker (Angie - barang@holmen.k12.wi.us).



- Submitted by
Khyll Berndt - WHPE Board Treasurer
Berkhy@holmen.k12.wi.us

ELEMENTARY TEACHING IDEAS

Linking vocabulary words and skills!



I like to use the physical education vocabulary words as a focus in our day to day lessons about the skill we are focusing on. I love to connect reading, writing, vocabulary words, and physical education skills using small white boards. I have a large white board with the vocabulary words we are using in physical education posted on it.

EQUIPMENT NEEDED:

PE vocabulary words posted, written, projected (however you want, but the children need to be able to see them.)

Small white boards with dry erase markers and erasers for the students to use (If you do not have these use paper, pencils and clipboards.)



The alphabet around the gym. I have the alphabet letters painted on the walls around my gym.

Physical education equipment-one per group. For example, bean bag.



FOCUS: Learning the PE vocabulary words and practicing physical education skills.

WHY? To connect the words we SAY with the movements we DO.

GROUPS: Students should be in groups of 2 or 3.

SKILL: I have used this idea with several different skills including throwing, catching, kicking.

HOW? Students were given the following directions:

1. Each group needs a white board and marker. (erasers were kept in the bin)
2. One piece of equipment, for example a bean bag.
3. You and your partner need to choose one vocabulary and write it on your white board.
4. One partner is the recorder/little teacher and the other partner is the performing the skill.
5. Look at your word on the white board and go to the first letter. The performer throws the ball and tries to hit the letter on the wall. The recorder crosses off that letter. Then switch and continue until all of the letters have been crossed off.
6. When completed go to the main vocab list and choose a different word. Take turns. When you are writing the word on the white board the other partner should be spelling it out loud to help the partner who is writing.
7. If you have a group of three the third person can stand near the performer and say the "focus words" out loud as the performer is doing the skill. For example, "T, eyes, step, turn, throw."



This activity is valuable for the students because it helps the students see, hear, spell, and write the vocabulary focus words for the skill that is being performed. Sometimes I give the PE vocabulary lists to the classroom teachers so the students can use the words in their writing in the classroom. The students like doing this activity and I enjoy seeing them work together and use the focus/vocabulary words while performing. I have used it with a variety of different skills and grade levels. The students still get a lot of practice, learn to work together, support each other, and incorporate reading and writing.

- Brenda Erdman, Reedsburg School District

Let's Move! Active Schools

Today, youth physical inactivity and childhood obesity have reached epidemic proportions in America. Research shows that an astounding 2 out of 3 kids aren't moving enough. So, Let's Move! Active Schools - part of the First Lady's Let's Move! initiative - is on a mission to reverse that trend.

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If you have any questions, please contact me at ksmith@wausauschools.org.

Ken Smith

Let's Move->Active Schools - State Coordinator & PAL Trainer

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ELEMENTARY TEACHING IDEAS

Name of Activity:

Tiny Town Game

Created by: [Tim Mueller \(Mueller@erinschool.org\)](mailto:Mueller@erinschool.org)

Purpose of Activity: For students to improve their locomotor skills, special awareness, understanding of boundaries, and fitness level.

Prerequisites: Basic knowledge locomotor skills and special awareness, and boundaries.

Suggested Grade Level: K-3

Materials Needed: 8 Cones and large safe playing area (basketball court works well)



Description of Game

Anticipatory Set: Discuss with the students that we are going to be driving today and that we will need to learn to stay inside the town (boundaries) as well as to drive safely (no collisions). Explain how drivers would need to drive

“defensively” to make sure they do not have an accident. Explain that today the students will become cars that must travel safely around in each town, staying away from other cars. Also, inform them that a police officer (the teacher) would be watching to make sure they drive safe. Any car that does not follow the rules of the road, or that drives unsafe, will be issued a ticket and may lose their license.

Set-Up: The 9 cones are place around the large area to help form boundaries (basketball court works well for big city).

Directions: Staying inside the first city (big city - Milwaukee), students must move around safely while following the driving conditions that are called out by the teacher. After a few minutes at the big city with many different driving conditions being called, bring the cones in to the next smaller area (volleyball court). Have students do more driving condition in this town, making sure to stay in the coned boundary lines and not touching any other student. Continue to move to new towns that are smaller until you reach “Tiny Town”. (Pick towns around the school that students may know.) Tiny Town is an area that the class barely fits into, so they must be very careful in order to move without bumping into other students or going out of bounds. Using specific lines on your gym to help form the towns helps students to understand the boundaries better. Usually 4 – 7 towns are visited (gradually getting smaller) before going to Tiny Town.

Driving Conditions: **School Zone** = Walking, **Express Way** = Safe Running, **Flat tire** = Hopping, **Speed Bumps** = Two Feet Jumping, **Snowing** = Galloping, **Raining** = Sliding Sideways, **Pot Holes** = Skipping, **Dukes of Hazard** = Leaping, **Go Cart Track** = Travel on hands and feet like dog walk, Wheel chair – Crab Walk Position, **One Way Street** = Go Backwards, **Parade** = Dance as you travel

Assessment Ideas: Watch for correct locomotor skills and coordination. Observe for body control and special awareness (no collisions). Check for following directions and understanding of boundaries.

Additional Ideas: Teacher can wear a police badge or hat. Teacher can hand out stickers for drivers licenses or rewards for good driving. Could have a repair shop that students must go to if they have an accident (i.e. do 10 push-ups to fix car). Could give a ticket for going outside the boundaries, 3 tickets = lose sticker.

Add music during the different driving times to make this game more fun!!!

Can't Live Without.....

*I cannot live without my Ipad remote. I am lost when I don't have it.
The one I use is made by Satechi. – Rod Holler, Waunakee*

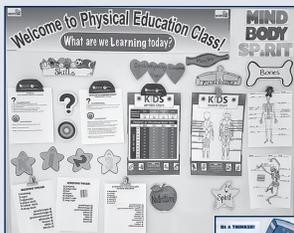


The current item I can't live without in my Health, PE, and Adapted PE classroom is a six sided dice with pockets called differentiated dice. You can place any piece of paper in the pockets to transform the dice into blooms taxonomy cube, place numbers in for a warm up, place photos in for station work, leave them blank and use the colors. The possibilities are endless.

Thanks, – Mary Wentland, Lakeland Union High School

I couldn't live without social media. Being able to stay connected via Twitter has allowed me to learn, share, and grow as an educator. I've been able to build relationships with other educators and create exciting experiences for my students.

– Matt Guth, Genoa City Jt School District



I was finally able to purchase a white board and I LOVE it! One side has important information that we use and the students interact with. The other side is used for talking about the “what, how, and why” of our lesson.

– Brenda Erdman, Reedsburg



“Children say the darndest things!”

At 2nd grade class closure we were discussing why energy & oxygen are so important for our body, especially when we exercise. This led to a little talk about arteries and veins. Arteries take blood away, and veins bring blood back. One of my students thought of a great comparison....”So arteries are like robbers, and veins are like the cops!”

– Will Westphal

1) I was wearing an old pair of tennis shoes to school one day and one my students said to me “Wow, Ms. Brady, those must be your s*** kickers!”

2) I gave a health test that asked a two-part question. The question was “A) Why would teenagers have sex? B) What is a consequence for engaging in sex?” One student wrote down “A) To get closer to your girl friend B) Your OTHER girlfriend will get mad at you.”

– Anna Brady

I taught throwing and catching skills to my third graders and used these skills in flag football mini games. Ava, a third grader said to me at the end of her class, “Wow. I had no idea I was so good at football. I never thought in a million years I would intercept a pass AND score a touchdown. Just amazing!”

She just couldn't stop smiling!

– Brenda Erdman

ELEMENTARY TEACHING IDEAS

Here are two great sport related activities that increase skill practice, offensive/defensive strategy, and maximize participation no matter the size of your class. These types of games are easy to modify for students with disabilities using various equipment or giving them their own color of equipment that they can use only.

Katie Mulloy, Physical Education Teacher

Ronald Reagan Elementary School, School District of New Berlin

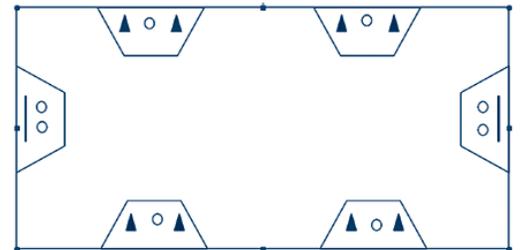
Crazy Soccer

Equipment: 2 soccer goals, 4 large red cones, 4 large blue cones, 8-10 foam soccer balls, red/blue jerseys, something to keep score on

How to Play:

- Divide the class into 2 teams with each wearing a different colored jersey. Each team should have 3 goals to protect and 3 goals to score in. They will know what goal it is by looking at the goalies jersey (or colored cones/goals).
- All students will get at least one chance to be a goalie for their team. Only the goalies are allowed to use their hands (or whatever they can in order to keep the ball out of the goal). Goalies can roll, throw, or kick the balls out of the goal but NO PUNTING.
- Goalies cannot score points for their team. Goalies will start the balls at the beginning of the game.
- All of the other students are considered field players for their team. Field players can only use their body, head, and feet to move the ball around the gym. They should dribble the ball, pass to other players on their team, and shoot the ball into the goal.
- Field players cannot be inside the goal with the goalie but they can try to keep the balls away from the goal by stealing the balls from the players on the opposite team. In order to score, the player must get the ball all of the way into the goal or it does not count (ball may go in and bounce out).
- If a goal is scored, move over to the scoreboard and mark a point under the correct team. That person cannot score on the same goal until they score on the other 2 goals first. This keeps the students from scoring on the same person over and over again.
- The game keeps going on and on until the end of class. All students should be moving and no standing around. Every few minutes, pause the game to switch out the current goalies for new ones.
- Team with the most points at the end of the game wins but the focus is really on getting a lot of repetitive practice in a game like situation. If the points become a large issue you can:
 - Turn the scores back to 0.
 - The team that complains starts back a 0 for being too worried about the points.
 - Take the scoreboards away and have students keep track of their own points in their head.

***Crazy Hockey is the same set up for the gym but using hockey sticks and pucks/mini gator balls. ***



Crazy Paddles

Equipment: 4 pickleball nets, 25-30 plastic paddles (one for every student), 10-16 foam/wiffle balls, 1-2 scoreboards.

Activity:

- Set up the nets end to end dividing the gym in half the long way. Place one scoreboard on each side of the nets in the middle of the back wall.
- Divide the students into 2 equal teams. Give each student a paddle and hand out the balls (there should not be a ball for every student . . . about half or so).
- The goal of the game is to get the most points for your team. But, the game really emphasizes moving your body to get the ball and be able to hit it back over the net. Also great for teamwork and calling your hits.
- The ball must be served from behind the red line (about 10 feet from the net). If a student does not serve correctly they cannot earn a point.
- Your team scores a point if:
 - The ball bounces 2 or more times on the opposing team's side.
 - The ball bounces one time in bounds and then bounces out of bounds.
 - The ball bounces one time and hits a person (not their paddle).
 - The ball is hit on the fly (without one bounce first)
 - The ball is caught by the other team.
- The opposing team can try to block the point or gain a point of their own by letting the ball bounce only one time and hitting the ball. If, when the ball is hit off one bounce, the ball does not go over the net, neither team gets a point it is just a block. But, if the opposing team returns the serve over the net and then the ball bounces 2 or more times the opposing team gets the point and the original serving teams point is blocked. But, again, the other team can try to block or return the hit. This continues until the ball is played out.
- If the ball hits the ceiling, fans, basketball hoops, goes out of bounds, etc it is a DEAD ball and must be re-served to be put back into play.
- As soon as a person scores a point they have to immediately go over to the scoreboard and mark it. There is no marking multiple points at a time.
- The team with the most points at the end of the game wins. I always emphasize that the points are only for practice and students are only concerned with themselves and not what others are doing as far as points go. If the points become a large issue you can:
 - Turn the scores back to 0.
 - The team that complains starts back a 0 for being too worried about the points.
 - Take the scoreboards away and have students keep track of their own points in their head.
- Emphasize to the students that the balls are foam but the paddles are not! So be aware when swinging your paddle or moving to get a ball so nobody gets hit.

*** Crazy volleyball is the same set-up but with volleyball nets and trainer volleyballs. Now the ball only has to bounce one time in bounds to score a point and only proper hits (forearm pass, overhead pass, underhand/overhand serves) can earn you points. Anything else doesn't count. It really gets the students thinking about body position and allows a lot more activity than traditional volleyball. ***



ELEMENTARY/MIDDLE SCHOOL TEACHING IDEAS

Warm-up activity: Luck of the Roll

– Tim Swenson, UW-Platteville

This is a great warm-up and/or fitness activity that be used at multiple grade levels and which can incorporate a variety of exercises to meet various health-related areas of fitness.

Equipment needed: 2 Foam Dice, “Luck of the Roll” Exercise Charts (example provided below), charts labeling the four corners of the gymnasium (if in square gym) or 4 cones numbered 1-4 spread out in a square.

Luck of the Roll

- | | |
|-----------------------------|----------------------|
| 1 = 15 Jumping Jacks | 4 = 10 Steam Engines |
| 2 = 5 Partner Hi-5 Push-ups | 5 = 5 Squat Jumps |
| 3 = 10 second plank | 6 = Corner’s Choice |

Set up: Students are instructed to move using a selected locomotor movements around the gym for 20-30 seconds with music playing. During this time, 2 students chosen to be the dice rollers. After 20-30 seconds, the music is turned off and students need to go to one of the corners/stations labeled 1-4. (There needs to be at least 1 person in each corners.) The first roller will decide which exercise will be done according to the chart. The second roller will determine which corner does the exercise. (1 = corner 1, 2 = corner 2, 3 = corner 3, 4 = corner 4, 5 = all 4 corners, 6 = no corners/free pass). While the chosen corner is doing the exercise/activity, the other students are invited to also perform the exercise or they begin moving using the next locomotor movement. Repeat this sequence 4-5 times (or as many as you want).

Variations: Based on the grade level, the exercise type and repetitions can be modified to meet the developmental level of your students.

Secondary Teaching Idea:

Angleball: A great New Activity; Fun for All

<http://www.angleball.net>

SIMPLE RULES

- Objective: to knock the ball off of the post without hitting the post. One point is awarded for each score.
- When you have the ball you can run with it until you are tagged. If you get tagged, you have 3 seconds to pass the ball because you can no longer shoot. The tagger will count out loud. Failure to pass within 3 seconds will result in a turnover. Players may play defend and intercept passes. Defenders may not knock the ball out of the offensive player’s hands.
- After a score, the opposing team will pass the ball in from their crease. (of if the opposing team hits the pole)
- No player with the angleball may enter the crease.



Modifications: vary the size of the throwing ball; lower the angleball post; can play inside or outside. Shoot a nerf ball into garbage can or knock a stability ball off of a basketball rim if you don’t have the equipment.

Benefits/Purpose:

- ✓ This game is an excellent cardiovascular activity that challenges every age level.
- ✓ This activity allows all students to be successful. Students enjoy being able to run with the ball without having to manipulate it by dribbling.
- ✓ This activity requires teamwork and cooperative play.
- ✓ This activity requires students to explore new strategies on both offense and defense.
- ✓ The playing field is even as any student can play defensively successfully simply by tagging their opponent.

– Maureen Vorwald, Platteville School District

Parent-Teacher Conference Idea ...

Today was parent-teacher conference day for elementary families here in Madison. I have been considering some options to help Specials teachers get involved in this event. Typically I sit in my office for several hours and I’m lucky if I get three visitors. This is what I did today..

I have a short video of each of my classes - taken on an iPad - doing tumbling skills. I created a Private YouTube channel and uploaded the video’s to it. I then used a QR code generator to create a QR code for each video. I shared the QR code with each classroom teacher (basically printed it on a white sheet of paper)... who shared it with the parents before/after their conference. I know they are being looked at because I can see the number of “views” increasing as the afternoon progresses :)

Planning ahead, now I know how to do this, I can increase the amount of video’s I take... ie. one for each unit, combine them together into one 3 minute video for each class; create a QR code for each classroom teacher to give the parents a glimpse into what is going on in their students PE class.

If they are not going to come to me... I’m going to them!

– Chris Rumbelow, Madison Metro School District

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Teaching Tips....

In 5th grade, I begin teaching basic net-wall strategies to my students. In the past the biggest battle I have faced is finding activities that fit a variety of skill levels while helping the kids learn the basics of net-wall strategy at this age. Students striking skills are not in place for volleyball to work as I would wish, and I do not have the wall space to make racquetball or handball work.

Finally, this summer I stumbled into something that I had hunch would work out great! A teacher friend, who is a huge history buff, shared a link on facebook about the history of Hooverball. The game has the basic rules of volleyball or tennis, but is played with a medicine ball most often.

The doctor of former President Hoover invented this game to help President Hoover stay in good health. It became an activity the President would often play on the White House lawn with members of his cabinet. Recently, Hooverball has experienced a revival of sorts, and every year there is a national tournament in President Hoover's hometown, West Branch, Iowa. A nice synopsis of the rules can be found here:

<http://www.hooverassociation.org/newsevents/hooverball/hooverballrules.php>

Here is how I adapted Hooverball to fit my 5th grade students:

1. Everyone started out playing 2v2 games and substitutes would rotate in on every serve. As understanding of rules and strategy progressed. I let students choose if they preferred 2v2 or 3v3.
2. We used badminton courts and badminton net heights.
3. We had 3 different ball types groups could use (giant soft volleyball, regular volleyball, 3 lb pound medicine ball). Early on groups had to prove they understood and used good strategies before having the privilege of using the medicine ball. Even when they earned that right, they did not have to use the medicine ball if they did not want to.
4. If students needed to move up to serve successfully they could.
5. Passes were only allowed if you went to the floor to catch the ball.
6. For my groups who played the game at a high level, I enforced the spike line. In other groups, that rule was left out.

From there it was giving students enough opportunity to play. Once they grasped all the rules, it was a game everyone had a chance to be successful in while learning the strategies. It was also nice to see my students enjoyed it. Out of my 78 5th graders only 2 them said it was an activity they disliked!

If you want to more feel free to email me or search for Hooverball on Google or Youtube.

– Will Westphal, wwestphal@brillionsd.org

Long Jump Rope Tip

When teaching students to jump into the rope “back door” when the rope is coming up at them, use these two analogies to help students learn the timing and jump sequence needed to enter the rope.

1. When the “garage door” opens (rope goes above their head), run as far as you can before jumping over the “garage door sensor” to get to the center of the rope.
2. Have students visualize “waves” of the ocean. When the “wave” goes over your head, run and then “jump” over the wave to get to the center.

– Patty Kestell, Cedarburg School District

Throwing Warm-Up

Equipment needed:

- Different objects for throwing (gator balls, beanbags, koosh balls, yarn balls)
- High frequency words-mine are different colors by grade level and laminated Alphabet flash cards

Set up:

Tape your alphabet flash cards around the gym at different heights for the students to throw at while they are spelling their words. Put the high frequency words into a bucket or something to keep them contained. I position my bucket in the middle of the gym.

How does it work:

If you have already taught how to use the high frequency words, you could hand the students a word as they enter the gym and ask them to get a ball and begin. If you have not taught this, then you would need to take a little time to teach it first. Each student picks a word. Then they spell the word by throwing their object at the first letter. They then move to the second letter, whether they hit the letter or not. After an attempt to hit the second letter, they move to the third and so on. When they have spelled their entire word, they return it to the bucket and pick a new one. This is a great opportunity to teach about and practice their release point if you place the alphabet at varying heights.

I use these letter and high frequency words for many different activities throughout the school year. (locomotor movements, foot dribbling, cardiorespiratory warm-up)

– Darci Mick Beversdorf, Wausau School District

1. Minutes instead of numbers (Elementary Warm Up Idea)

a. I use to have my students come in and start a pre-designed warm up routine immediately. I would have a set number of different locomotor skills along with cardio exercise and muscular exercise as a warm up routine. What I found out was that students started to be dishonest as it become an issue of who would finish first. I removed this system and built in a system that counts the number of minutes instead of laps. This drastically eliminated the issue of competing.

2. Include a compelling “why” to your daily lesson.

a. How many times have your students walk into your learning environment and ask you “what game are we playing today?” This used to be the case during my first few years as I struggle to provide a good and compelling reason why I was teaching the contents. It bothered me that I could not find a compelling reason why we should learn games like basketball. I mean honestly, how many of our kids are going to grow up and call their 10 friends to go play a game of 5 vs. 5? Do you currently do that? For the majority of us the answer is no. We are PE teachers and most of us are not even active movers. Always remember to tell your students why you are teaching what you are teaching. Whether that is to become better movers or to understand the idea that you do not need to be a great athlete to enjoy being active. Write it on your chalkboard (do people still have these?), whiteboards or poster boards. Whatever it is make your content meaningful by add a simple “why” to your lesson.

3. Stretching. At the beginning of class or at the end?

a. There is scientific evidence that static stretching relaxes the muscle. So if you are about to have your students (or even athletes) use their muscles, why would you have them relax their muscles first? Use dynamic stretches at the beginning of class and static at the end.

– True Vang, Physical Education Teacher, tvang@ecasd.us

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It makes a difference in the lives of people.

Ever wonder how your donations help others?

At the WHPE convention this year attendees to the general assembly had the privilege to listen to two youth, Jackson Radandt and Vanessa Weber, whose lives were directly impacted by heart research. Their testimonies were powerful and long lasting. Please take a few moments to view Jackson's story:

Photo of Jackson Radandt giving an in person testimony and thank you to those who have donated as well as coordinated events for Jump Rope for Heart/Hoops for Heart

https://drive.google.com/a/uwlax.edu/file/d/0B2FgZOYfKrr4aFRsd1d2YjFbYVv/view?usp=drive_web



American Heart Association and WHPE Partnership

Every JRFH and HFH event that is held in Wisconsin not only helps raise money for American Heart Association and valuable research projects, but also helps support WHPE. This year WHPE share of the money raised was \$120,083.59. To all of the coordinators, Youth Market Directors and contributors we would like to thank you for all of your efforts! Amazing things can and do happen!



(Jackson Radandt, Kori Coffeen, Brett Fuller, Patty Kestell & Vanessa Weber)

2015 WHPE Jump Rope and Hoops for Heart Recognition Award

Congratulations to Michael Beringer for achieving the WHPE JRFH/HFH Recognition Award! Through his JUMP & HOOPS events Mike builds upon the educational concepts learned and infuses them into many classroom lessons throughout the year. Students learn about heart risks, interrelationships of the heart, lungs, and smoking, as well as excessive junk food consumption. Mike makes learning fun and active, connects to learning and helps raise funds for the AHA. Congratulations, Michael on your award! Thanks for taking the time to offer quality JRFH/HFH events for your students!

 First Donation With a \$5 donation, students receive Super Pooch and a targeted pen envelope for the coupon to tear off and send to school with your child to receive this dog.	 Online With their first online donation, students receive Ninja Star.	 Online With \$55 in online donations, students receive Muttie.	 \$20 When students raise \$20, they will receive Cape 'n Bark after the event.	 \$35 When students raise \$35, they will receive De Bow Wow after the event.	 \$100 When students raise \$100, they will receive Soccer Pup after the event.
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Jump rope for heart had gone to the dogs... Or so to speak. Join in the fun of using the dogs to help raise money.

JRFH/HFH Years of Service Recognition

At the WHPE Convention JRFH/HFH Luncheon. During lunch Jump Rope and Hoops for Heart Coordinators met and ideas/strategies the power of sharing the wealth of knowledge helps empower each and every person in the room. Coordinators were recognized for their years of service Jump Rope and Hoops for Heart events. Wisconsin Physical Educators have a rich history of leading the way with JRFH/HFH events. Becoming a JRFH/HFH coordinator is a great way to become actively involved in community service. The program can be tailored to meet any teaching situation you have.



WHPE Jump Rope and Hoops for Heart Sessions

Thank you to Rene Bibaud. Rene is a five-time world champion, former ESPN commentator for the sport of jumping rope and artist and coach of the renowned Cirque Du Soleil. Rene is an educator, motivational speaker and entertainer with a special focus on fitness and specialty performances. <http://learntojumprope.com/> She excels at sharing the benefits of the single best fitness tool available – the jump rope. Rene offered Jump Rope sessions at the WHPE convention. Rene presented a fabulous jump roping session that gave participants great ideas of a variety of jump roping skill setting participants up for success in the areas of jump rope tricks and long rope jumping Thanks, Rene, for sharing your passion and enthusiasm for rope jumping with us at the WHPE convention!



Rene demonstrating a rope trick.



Session attendees giving it a go.

Jump Rope for Heart/Hoops for Heart rolls out a new program designed to help you create high interest in your event! Check out the new line up. Set up a meeting with your Youth Market Director today or go to www.heart.org/jump and get started today.

US Games gift vouchers are provided to schools that complete a Jump Rope For Heart (JRFH) or Hoops For Heart (HFH) event.

Schools can utilize the vouchers to help offset declining school budgets in physical education and before-and-after school programs. The certificates ensure that schools can have adequate supplies of core PE items such as playground balls, foam balls, jump ropes, scooters, etc. Every item in the US Games catalog and website are eligible to be redeemed with JRFH/HFH certificates- it's all possible by doing a JRFH/HFH event! Your community service pays back in so many ways!

- \$1,500 to 2,999 raises \$100
- \$3,000 to 4,999 raises \$200
- \$5,000 to 7,499 raises \$300
- \$7,500 to 9,999 raises \$400
- \$10,000 to 14,999 raises \$500
- \$15,000 to 19,999 raises \$800



“Connecting Content to Students’ Lives”

Culturally Responsive Health and Physical Education

Dan Timm

Welcome to a new year. I hope the year is off to a good start for you. In the previous two newsletters, I discussed getting to know students through their cultural background and personal background. Now, let’s talk about connecting health and physical education content to students’ lives.

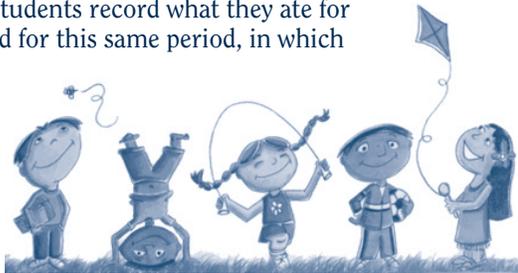
Connecting content to students’ lives can be referred to as building pedagogical bridges. This process is a constructivist approach to teaching in which the teacher builds new knowledge on knowledge students already possess. I grew up on a dairy farm and whenever discussion at school included anything about farming, I could feel myself mentally perk up. I felt my background was important if the teacher was talking about it.

Admittedly, building pedagogical bridges is not the easiest thing to do but the benefits are worth the effort. Gibson, Hastie, and Martin (2008) and Ingram (2006) have found students’ academic performance increased, students’ interest in school increased illustrated by increased creativity and involvement, and discipline problems decreased when teachers connected content to students’ lives.

Four ways to build pedagogical bridges are using culturally relevant examples, place the activity within a cultural context, select activities from students’ cultures, and cultural contributions to a topic. I’ll talk about culturally relevant examples today.

When providing an example to explain something, place the example in the students’ culture rather than in your (the teacher’s) culture. Let’s use the following to illustrate this. New research by Just and Wansink (In Press) indicated the key to addressing the obesity and overweight problem is not to blame junk food but it is what many health and physical educators have known for a long time: calories in vs. calories out.

To help students understand what calories in vs. calories out means, don’t just explain it in general terms; use their lives to illustrate it. Have students record what they ate for a period of time and for this same period, in which activities they participated. Next, have students identify the number of calories they consumed from the various foods they ate, totaling each day’s caloric consumption. Then, have students determine the number of calories they burned up each day from the activities in which they participated.



Foods students ate and activities in which they participated are likely things they enjoy and may be from their cultural background. For students who are consuming more calories than they are burning up, what adjustments could they make in their diets but still be consistent with their cultural background? Are there other (cultural) activities in which they could participate?

If students are eating food and participating in activities which have a cultural connection, this provides an opportunity to build community and discuss the different preferences people have. Different diets and different activity preferences do not mean that a preferred diet or activity, or a student’s culture, is better than

that of another student. They are just different.

Next time, we’ll continue building pedagogical bridges through other means.

Gibson, G. S., Hastie, P. A., & Martin, E. H. (2008). *Teacher candidates and student responses to a culturally relevant curriculum. Research Quarterly for Exercise and Sport, 79(1) [Supplement], A78-A79.*

Ingram, S. (2006). *The gift of IEFA. Phi Delta Kappan, 88(3), 220-221.*

Just, D., & Wansink, B. (In Press). *Fast food, soft drink, and candy intake is unrelated to body mass index for 95% of American adults. Obesity Science & Practice.*



Dan Timm

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American Heart Association
life is why™

JUMPROPE FOR HEART

Jump Rope For Heart is a national education and fundraising event created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students learn to jump rope, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke. Millions of students have joined us in being physically active and in fighting heart disease and stroke by funding research and educational programs. Be a part of this great event and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.

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

It Takes Heart to be a Hero

SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATORS™
health. moves. minds.
SHAPE America is a proud program partner of Jump Rope For Heart.

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Midwest District News and Notes

Dan Timm

Happy New Year everyone! Hope you had an enjoyable holiday season. Midwest District held its Student Leadership Conference on October 1-3, 2015 at Pokagon State park in Indiana. Wisconsin sent 11 of the total 52 students at the conference.



Wisconsin Attendees at the Midwest District Student Leadership Conference

Front row L-R: Morgan Wilson, Katie Thompson, Molly Wistl, Jonah Campbell, Briar Tepp (all from River Falls)

Back row L-R: Dan Roudebush (Whitewater), Molly Hlubek (Madison), Dan Timm (Madison), Katie Huss (Platteville), Maddy Flynn (Madison), Alex Grycowski (Whitewater), Heather Tessendorf (Platteville)

Students participated in sessions in health, physical education, fitness, adapted physical education, dance, and technology led by national, district, and state teachers of the year. The students especially liked that every session had them actively involved. Wisconsin students had a great time, saying the conference was "Awesome!" and "Fantastic!"

Midwest District Executive Director Jim Cook thought this year's conference may have been the best student conference the district has had. He spoke highly of the great group of students who attended the conference.

Congratulations to Penny Kroening from Summit View Elementary School in Waukesha, Midwest District 2016 Elementary Teacher of the Year! Good luck as you move on to the national competition.

Lastly, remember the election of Midwest District officers will take place soon. If you are a SHAPE America member, please be watching for email communications regarding the election.

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



Celebrating Community Partnerships ... Everybody Wins!

Someone once said, "Teaching can either exhilarate or exasperate." Most days are probably somewhere in between. Good teachers will find a way and what follows is a short suggestion to help reach out and find your community partners who will help make teaching easier.

I am part of our Sheboygan County Activity & Nutrition Coalition. It is made up of county health/wellness professionals and when I attend the meetings, I mostly listen, offering physical activity ideas occasionally. This past summer, I was asked to teach a MyPlate & Exercise/Heart module for a joint community partnered activity for the Boys' and Girls' Club.

Fast forward to fall school year—I work with Sheboygan Area School District children and two Head Start classes. The Head Start teacher spoke to me about not having enough bike helmets to enable all children to ride and be active. I spoke with a community partner, the St. Nick Outreach Nurse, Mary Paluchniak, and was able to facilitate the donation of 12 new helmets so all can now ride safely.

Earlier in the year, I was also able to facilitate a no cost positive community partnership with Nemschoff Chairs for the repair of two foam mats our children use for physical activity on a regular basis.

This story is not about me, but rather what any physical educator might do to reach out to their community for help in promoting the joint health and wellness mission. I would suggest that you network, be connected in your community, don't be afraid to ask for what might be needed. Likewise, sending some form of acknowledgement and thank you would be most appropriate.

Thanks to these two positive Sheboygan area community partners, the children at Sheboygan Area School District Early learning Center who are . . . 'built to move' are getting opportunities to do so on a regular basis.

– Submitted by Kris Fritz



WHPE Co-Sponsors the Building the Heart of Successful Schools Conference

Health Education Track

Building the Heart of Successful Schools is an annual conference sponsored by the Department of Public Instruction (DPI) Student Services/Prevention and Wellness Team, and the Wisconsin Safe and Healthy Schools Center. With over 300 people in attendance, the conference was a great success, and provided opportunities to explore best practices in inclusive, school-based approaches that help ensure all Wisconsin children graduate college and career ready.

This year, Wisconsin Health and Physical Education (WHPE) joined us as a co-sponsor of the Health Education track. This new partnership demonstrates DPI and WHPE's commitment to providing relevant sectionals for health educators, while highlighting the collaboration within schools and districts between health educators and pupil services staff.

According to the Association of Supervision and Curriculum Development's "Whole School, Whole Community and Whole Child Framework," health and education affect individuals, society, and the economy and, as such, must work together whenever possible. Schools are a perfect setting for this collaboration. Schools are one of the most efficient systems for reaching children and youth to provide health services and programs, as approximately 95 percent of all U.S. children and youth attend school. At the same time, integrating health services and programs more deeply into the day-to-day life of schools and students represents an untapped tool for raising academic achievement and improving learning.

The collaboration between DPI and WHPE on this outstanding professional development event expands upon previous joint ventures to provide health educators and physical educators with the tools they need to be successful in the classroom. For many years, DPI and WHPE have jointly planned and contributed to the "Best Practices" conference at UW-Stevens Point, the "Adolescent Health Symposium," and WHPE's annual member convention.

"My goal as state superintendent is to have every student graduate ready for college and career. Being prepared for the next stage of life means our students need the knowledge, skills and habits to develop social and emotional competency. Health and physical education teachers play a critical role in helping us realize this vision. The professional development events provided in partnership with WHPE are important opportunities to build and refine the skills teachers will need to work with students across the state." – Tony Evers, State Superintendent, Wisconsin Department of Public Instruction

Please enjoy the pictures from this year's conference and consider joining us in Wisconsin Dells next December.

Demonstrating fertilization during the Teaching Sexual Health Education Accurately, Comfortably and Effectively sectional



Carolyn Stanford Taylor, Assistant Superintendent dancing with conference ending Keynote speaker, Dr. Adolph Brown III.

A Member we will miss...

Tracy Pauer-Jones,

age 46, passed away

Tuesday, December 22, 2015 in Reedsburg.

Tracy was a member of WHPE from 2004-2012, when she became ill. Tracy, previously a Special Education teacher, began teaching Elementary PE in 2001 and then in 2003 started teaching Health and PE at the High School level in Reedsburg. She was a faithful attendee at the annual WHPE conventions.



WHPE sponsorship table. Brett Fuller, Eileen Hare, Keith Bakken



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CEO's Report

Earlier this year, a dedicated group of WHPE leaders met to begin work on WHPE's next strategic plan. This was a continuation of work that began in 2013 with the sole purpose of insuring that our Association remains relevant to our members in the future. We have agreed that we have three strategic goals:

1. Provide professional development and learning opportunities for our members.
2. Increase (Improve) our advocacy efforts.
3. Recruit and retain contributing members of our profession.



At the December 4th meeting of the WHPE Executive Committee, your leaders agreed that the most important thing we are going to do this year is to aggressively pursue our first strategic goal and provide high quality professional development and learning opportunities for our members. To this end, we will continue to collaborate with DPI to support their

Building the Hearts of Successful Schools in December and Best Practices in Health and Physical Education in July. Additionally, WHPE will offer an APE Workshop in February and a workshop for Health teachers in March. All registration information is available on our web site. As always, we want to hear from you. Give us a call anytime at 608-785-8175 or 800-441-4568.

Peace and Health to All
Keith

Tips for Staying Organized ...

I make To-Do lists to remind me to look at my other To-Do lists!! – Anna Brady

I love google calendar! I type everything that I need to do for school, coaching and family activities into my google calendar. This is wonderful because everyone in my family is tuned in to this calendar and if I forget something my children remind me about it, which also helps them be responsible for what is happening on a day to day basis. If they ask a question I will always ask them "did you check the calendar?", so now they have gotten into the habit! I used to spend HOURS writing things on the calendar, so I am very grateful for smart phones and google calendar!

Our school also puts everything on google calendar, so I bring up the school calendar everyday on my laptop so I can see what is happening in the district each day/week/month.

– Brenda Erdman

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

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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.