



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 **WINTER 2018**

VOLUME 47, ISSUE 1



WHPE
WHPE President
Patty Kestell

**Building Strong Connections:
Educate. Engage. Advocate.**

Greetings to all WHPE Physical and Health Educators and Colleagues! I hope that you are enjoying a great year with your classes, students and colleagues. This is a busy time of year for all. Be sure to take time for your own valuable self-care during this busy time so that you will be able to be at your best for your students, colleagues, and school communities!

Educating and Engaging Our WHPE Members

To those that were able to attend the WHPE Convention at the Wilderness Lodge this past fall, we hope that you came away rejuvenated and full of new ideas to implement into your curriculum, individual lessons, and HPE work. Sessions were jam packed with participants ready to learn, share and network!

Thank you to those participants who shared their feedback on the convention survey, letting us know how we can better serve you as our WHPE members, and how we can improve professional development at our convention. We heard your voices, and at our December WHPE Board of Directors meeting, many new ideas were shared to address how we plan to approach the 2018 WHPE Convention.

Suggestions and comments shared about convention room size, types of presentations, convention facilities, the General Assembly, usage of time throughout convention, and other concerns were taken into consideration. Thank you for your feedback!

WHPE has contracted out until 2030 where our conventions will be held, based on availability when contracts were being negotiated. The 2018 WHPE Convention will again be at the Wilderness Lodge, and in 2019 will be back at the Kalahari Resort.

Thank you to Nicole Popowich, Keith Bakken, Brett Fuller, Wendy Wiesjahn, Brian Marx, Lisa Strauss, True Yang, Ryan

Berndt, Kris Fritz, Brenda Erdman, Penny Kroening, and all of our convention volunteers, exhibitors, presenters, and awards committee for the work they did, behind the scenes, to make our 2017 WHPE Convention a great professional development experience for our members.

Thank you, also, to GOPHER for sponsoring our Keynote speaker, Irene Cucina, and to US Games and Skatetime for sponsoring our Featured Presenters, Brian Devore and Melanie Lynch. Our WHPE Convention attendees really appreciated their presentations, so thank you for helping us bring their innovative sessions to our convention!

2018 WHPE Convention Proposals

The call for 2018 WHPE Convention session proposals is open! We encourage and invite you to submit a proposal to present at our next convention! Convention proposals will be accepted until March 16th, 2018.

Submit convention proposals, using this link:
<https://goo.gl/rZqF23>

Some potential professional development sessions that our WHPE members are interested in for 2018 are:

- Standards Based Health or Physical Education: Report Cards, Assessment, Curriculum
- Innovative Technology Use in Health/PE
- Skill Based Health Education Lessons
- Tips, Tricks, and Tools for Time Management as a Health/Physical Educator
- Adapted Physical Education Strategies and Tools
- Educator Effectiveness in Health or PE
- Advocacy of Health/PE in Your School District
- Social Emotional Learning In Health and PE
- Integrating Mindfulness into Health and PE Classrooms

Continued on page 2

IN THIS ISSUE

Elementary Teaching Ideas	2-3
2017 Awards	6-7
APE Teaching Ideas	9
New DPI Consultant.	16

WHPE President continued from page 1

- Teaching Games for Understanding
- Using Technology to Create Educator and Assessment Resources
- Developing Student Centered Learners
- Integrating Whole School, Whole Community, Whole Child Model in Your HPE Program
- Secondary PE Assessments and Activities
- Family Fitness or Wellness Night Activities
- Health Related Fitness Component Activities

WHPE Awards Nominations and Grant Proposals - Due February 1st, 2018!

**Nominate a deserving HPE colleague today!
Be sure to read the requirements for each award.**

WHPE Awards Information <http://whpe.us/awards/>
Awards Nomination Form <https://goo.gl/dxojit>

**Need funds for an innovative PE project?
Apply for a WHPE grant!**

WHPE Grant Proposals <http://whpe.us/whpe-grants/>

ELEMENTARY TEACHING IDEAS

Outside the Box Fitness Station Ideas

– by Michael Beringer

When you think of fitness stations, you likely think of stations involving a piece of fitness equipment, like dumbbells, jump ropes, resistance bands, or medicine balls. Sometimes you need to switch it up to keep fitness and fitness stations fresh!

Below are four creative fitness stations that I have used. These unique and easy-to-use stations have really motivated my students to be more physically active and get their sweat on. To get started, simply divide your gymnasium or physical education space into 4 quadrants.

Station 1: Fidget Spinner PE Spin Boards

As we all know, fidget spinners are popular right now. Why not jump on-board and be the “cool teacher” that actually lets students use them in class? I’m a firm believer in building relationships with students and this will help you do just that.



While searching twitter, I came across these cool pre-made Fidget Spinner PE Spin Boards. All you need are a bunch of Fidget Spinners (I bought mine at the Dollar Store) and these awesome Fidget Spinner PE Spin Boards, created by Pete Charrette AKA @CapnPetesPE on twitter.

Station 2: Fitness Puzzles

My next station combines teamwork, cooperation, fitness, and literacy all into one station. All you need to do with these Fitness Puzzles is print, cut, laminate, and you are done. Put the puzzle pieces on the floor and let the students solve the fitness puzzles. When the group solves a puzzle, have the students perform the exercise and how many reps it says until it's time to rotate to the next station.



Station 3: Themed Fitness Workouts

Switch your stations up using themed fitness circuits or workout routines. Darebee.com allows you to pick from a variety of themed circuits and workout routines, all you need to do is print, laminate, and display the workout.



Station 4: Fitness Tic-Tac-Toe

This activity can be used for 2 vs. 2 or 3 vs. 3, depending on how much wait time you want. Use the ACTION! Quick-Tac-Toe Set or use hula-hoops for a DIY version.

The objective is to have your team get three in a row like in tic-tac-toe. If all the objects have been played and there is no tic-tac-toe, the next player in line will run down and move one of their own objects into an open hoop.

How to Play:

Each player has one scarf (or any object they can carry).

On the signal, the first person in each group runs as fast as they can down to the tic-tac-toe board and places his/her object into

one of the nine hula hoops.

After he/she places the object, he/she runs back to the team line and high fives the next player in line.

The next player will then run down and place their object in an open hoop.



Michael Beringer,
Physical Education Specialist, Fairview
<http://fairviewpe.blogspot.com/>
2013 WHPE Elementary Physical Education Teacher of the Year
2015 WHPE JRFH/HFH Coordinator of the Year

PE Standards Self-Assessment Grades K-5

– Tammie Fick

Students in my elementary classrooms are learning the PE standards by a self-assessment of the standards at the end of each class period. The self-assessment is done with standards 2-5. I read to the students who can't read them and the students who can read them take turns. My students really enjoy reading to their classmates. I have written them in student friendly terms and use skills they are responsible for on a daily basis. Each standard is a point. Students then give a high-five to the poster that reflects them: 4 points "WOW", 3 points "GOOD JOB", 2 points "KEEP ON TRYING", and 1 point "NEED MORE EFFORT". The posters are from Ben Landers, the PE Specialist. I added a point value to his posters.

School Newsletter

Do you add information to your school newsletter? If not, think about using the school newsletter as an advocacy tool for your PE class! I use google docs as a way to communicate. I put the link to my class information in every newsletter that goes home; our's go electronically. Then I make sure to update my document once every month. I currently support two schools so I have two separate documents that I manage. I add things like ways to stay active, fun things to do in the winter months, why activity is so important for everyone, the benefits of activity, as well as updates on what we are learning in class. This is an efficient way for me to communicate with families and to advocate for PE in my school. If you have any questions or comments, feel free to contact me!

Submitted by Darcy Mick Beversdorf
Elementary Division VP

Jump Rope Ninja

Gamify jump roping by introducing your students to this Jump Rope Ninja program. Each student gets a jump rope tracking sheet, created by Bob VanDeBoe. Each level presents a mission challenge that the students have to complete before moving onto the next problem. Jump rope ninja can be used during your PE class or an incentive program during recess to keep student's active outside of your class. Jump rope ninja was initially shared on Twitter and has been modified by Ryan Armstrong, myself, along with the use of Joey Feith's jump rope ladder visual. My addition to this resource are the certificates. Once students complete a level, they sign their certificates and take it home. All resources mentioned can be found at the link below or by scanning the QR code. The folder has all the documents ready for you to start using Jump Rope Ninja at your school. Enjoy and don't forget to follow these excellent teachers who contributed to the program to get more powerful resources on Twitter.

Bob VanDeBoe: @vandeboe
Ryan Armstrong: @RArmstrongPE
Joey Feith: @JoeyFeith

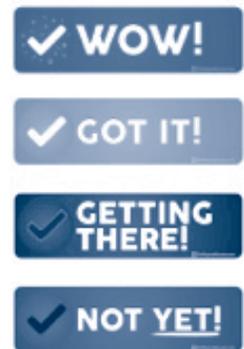
Link to Resource Folder: <https://goo.gl/ZHHLBr>



Learning Magnets for formal assessment

Purposeful instruction starts at the beginning of each class by introducing students to your visible learning targets. Your lesson should be filled with evidence-based practices that reiterates those learning targets. Before I begin, I just want to acknowledge that this is not my original idea but instead borrowed from thephysicaleducator.com. One instructional strategy I use to reiterate student learning is by using magnets and a visual scale of understanding. Each student is assigned a magnet with a number on it. The idea behind using numbers instead of names is to avoid connecting a student to their level of learning. The visual scale of understanding includes phrases such as not yet, getting there, got it and wow. Depending on your learning targets you can have students identify where they believe their learning is that day by moving their magnet to the corresponding section. For example, one of my learning targets is for my second graders to throw overhand demonstrating two of the five critical elements of a mature pattern. (SI.E14.2). I would show them this learning outcome, go over the five critical elements of overhand throw and use learning activities that allow for many repetitions for students to build mastery. At the end of the class, I would ask students where they feel they are regarding demonstrating two of the five critical elements of overhand throw and use their magnet by placing it to the corresponding learning outcome scale. Since using the learning magnets as an instructional tool, I have found myself to be more efficient in my instructional approach to make learning purposeful for my students. Click the link or scan the QR code for a short video on using learning magnets.

Youtube Link: <https://youtu.be/oFikhGyHQLo>



My Academic Classroom

Do you consider your physical education learning space an academic classroom? What evidence would need to be in place to be considered an academic classroom? I didn't have the answer to this question but I figure I would start by copying what a general education classroom looks like. Below is a video showing my academic space. Enjoy.

Link: <https://goo.gl/JEdvKY>

True Vang
NW District Coordinator



2017 WHPE Convention ...

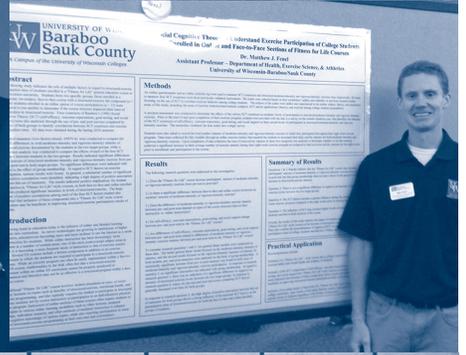


This year's WHPE convention at the Wilderness Resort in Wisconsin Dells drew 800 attendees! There were over 80 breakout sessions, including 4 featured speakers and 40 different companies exhibiting their products. Enjoy a brief look at all the exciting things that happened at convention this year!

Mark your calendars for next year's convention being planned once again at the Wilderness Resort, Wisconsin Dells, October 24-26, 2018. Check out our website at www.whpe.us for up to date convention information.



*Photos taken by:
Brenda Erdman*



Thanks to all who sponsored a student to the 2017 WHPE Awards Banquet: A.B. Culver, Kris Fritz, James Gostomski, Patty Kestell, Jan Kunert, John Rabe, Jeff Sikich and Scott Sponholz.



Benefits from Professional Development

This year at the WHPE convention I took the time to take part in Crystal Gorwitz & Mary Wentland's health presentation: **Learning on the Move in Health Ed.**

Going through college I had no desire to be a Health Educator, and as a professional I have not been to closely tied with what happens in that curriculum area based on how the districts I've been in operate. I came away with a greater appreciation for what quality, modern Health Education should look like. That may seem like a "no-brainer", but it was a good reminder to keep learning from people outside of my area. It can make you better, and help you gain appreciation for other areas too.

Submitted by Will Westphal, Central District Coordinator

“WHPE Recognizes Past Presidents and Other Members”

During the annual Convention, Thursday Oct. 26, 2017, approximately twenty Association Past Presidents were engaged in a social with BOD members as part of the Association’s 120th Anniversary celebration prior to the Awards’ Banquet. It was amazing to see the living history of WAHPERD/WHPE through the eyes of so many who have served as Presidents. These Presidents were formally introduced with a power point presentation by President Kestell, immediately following the formal escort by a Future Professional into the Banquet room.



Neil Koeneman and E. John Rabe were recognized as having been members for sixty years. Bob Bowen, who at age 84 and still certified ‘fit to fly’ has reached 59 years while A. B. Culver and John Kading were acknowledged for having reached the fifty year membership mark. WHPE has indeed built ‘Strong Connections’ . . . for many years!

Other program awards followed:

ADVOCACY: Ken Carlson, Sandy Hagenbach, Tim Mueller; Mary Paluchniak



Sandy Hagenbach



Tim Mueller

JRFH/HOOPS: Chris Behrens, Karen Petermann; Dave Weidenbach



Karen Petermann



Dave Weidenbach



Autumn Miller

After members and guests finished eating, it was once again time to remember the life and work of Past President, Larry Cain, with the awarding of his scholarship to Future Professional, Autumn Miller.

RETIREMENT RECOGNITION:

Dana Berns ; William Kirsch

20 YR. MEMBERSHIP:

Shannon Goers, Megan Hiller, Danelle Ley, Angie Maternowsky, Tom Murray, Lori Petersen, Scott Ringgenberg; Mary Wentland



Lori Petersen

Mary Wentland

Scott Ringgenberg

FUTURE PROFESSIONAL LEADERSHIP:

Molly Wistl



30 YR. MEMBERSHIP:

Jan Kunert; Chris Rumbelow



Jan Kunert



Chris Rumbelow

PROMISING PROFESSIONAL:

Alexis (Campbell) Mashak; Will Westphal



Alexis (Campbell) Mashak

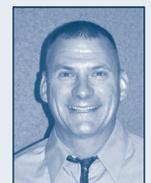


Will Westphal

PE TOY: Katie Mulloy / Elementary; Keith Barton / Middle School



Katie Mulloy



Keith Barton

HONOR:

Patty Kestell



LIFETIME:

Marcia Schmidt



President Kestell recognized **True Vang, Irene Cucina and Karen Noel** with **Outstanding Service Awards**.

Brett Fuller was given the **Past President Award** and recognized for having been elected to the **SHAPE Board of Governors**.

Kris Fritz was acknowledged as having been elected **SHAPE – Midwest President-elect**.



True Vang



Irene Cucina



Karen Noel



Brett Fuller



Kris Fritz

The following individuals were also acknowledged for achievements they were awarded during the Boston SHAPE last spring:

Janet Fendos; Tim Mueller: SHAPE JRFH Grant winners

Brett Fuller: SHAPE Channing Mann Award

Karen Petermann: SHAPE National Elementary PE Teacher Of the Year

Dan Timm: SHAPE Midwest Presidential Citation



Janet Fendos



Tim Mueller



Brett Fuller



Karen Petermann



Dan Timm

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.

As evidenced by those receiving state, district; national recognition, Wisconsin is again on the leading edge to 'build strong connections' via education, engagement; advocacy! Congratulations to all who received awards and recognition at the WHPE Convention. Please nominate deserving colleagues by Feb. 1, 2018 deadline so WHPE can maintain its strong history of leadership and recognition of those who lead and serve our HPE profession.



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.

MIDDLE / SECONDARY TEACHING IDEAS

Take Your Parent to PE Week

– by Kalise Horst

This year, Activeschoolsus.org launched a “Take Your Parent to PE Week” in September. Just because the week was in September, doesn’t mean you can’t have your own TYPTPEW anytime! This is a wonderful and easy way to gain support for your PE program, make connections and have fun! Bring parents in to see what PE is like today. If a week is intimidating to you, try for a day or two. Any time you have people coming to see how powerful PE is, you’re making an impact.

Here’s a simple template you could tweak and send promoting the event to families:

We’re excited to host “Take Your Parent to PE Week” from January 22-25, 2018. When your child has PE during that week, we invite you to join us for learning, movement and fun! Please arrive five minutes before class starts to the main office. You will sign in, receive a visitor badge, and then make your way to the fieldhouse (large gym). Wear comfortable clothes and shoes so you’re ready to participate.

Come and see what we do in Physical Education, take away ideas to be fit at home, and see our bulletin board with ways of being active within our community. We can’t wait to see you!

For more resources from Active Schools, take a look at their website here: goo.gl/ISMuRg.

Health Education Ideas

As health educators, we want our students to learn life skills. Recently, when teaching stress and anxiety, my students put together their own self-care kits. These self care kits were to be placed in their backpacks/lockers. These items might help students reduce stress, anxiety, or panic attacks but more importantly, empower students to take control of their lives. The bags could include, but aren’t limited to the following items:

- | | |
|---|-------------------------------------|
| Journal and Pen – Writing thoughts down | Chocolate |
| Essential Oils – Lavender scent | Stuffed animal to squeeze |
| Bubbles – Breath control | Stress ball |
| Notes to Self – positive sticky notes | Menthol Throat Lozenges |
| Fidget Toys | Music play list |
| Ice pack – tends to help with panic attacks | Ear buds – block out noise |
| Adult coloring book pages | Chewing gum-peppermint |
| Lotion – scented | Silly putty/slime |
| Tea – peppermint | Hot Hands |
| A book/audiobook | Photos of those we love |
| | Water Bottle – reduce caffeine/soda |

List of 5 things you are thankful for

What else could be added to the list?

Mary Wentland
NE District Coordinator



Restaurant Menu - Reality Check

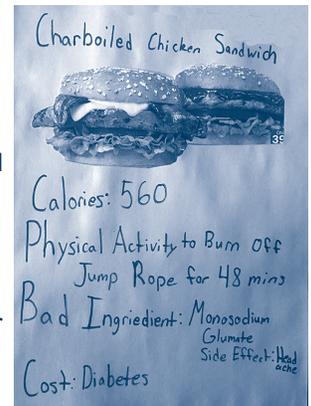
Pam Klein - Deerfield Community Schools - WHPE High School VP

Have you ever wondered if fast food restaurant customers would make healthier menu choices if they were presented with how much time was required and what specific physical activity they had to participate in to burn off the calories from their food selections?

Well, Deerfield 7th Grade Middle School students created Fast Food Menu’s that displayed just that! Students were put into groups and through lottery, selected one of the restaurants above. Next, using the attached lesson plan (<https://goo.gl/bBryfP>) students began to research and create Reality Fast Food Menu’s. Everyone was very surprised by just how much physical activity goes into burning off a McDonald’s Cheeseburger!

Food/Beverage/Dessert	Calorie	Physical Activity/Time
McDonald’s Cheeseburger	300	Shovel Snow for 50 Minutes

In order to use this lesson as an advocacy tool, students hung them in our cafeteria for our 7-12 students, staff, and community members to see. The amount of conversation generated by students after they realized how much physical activity they actually had to do to burn off some of their food choices was incredible. Feel free to tweak this assignment/project however you see fit. Good luck!



APE TEACHING IDEA

HOLIDAY LETTER TO RELATIVES TO PROVIDE INFORMATION ABOUT YOUR CHILD AND AUTISM

"Dear Family and Friends:"

This was written for the purpose of it being sent to relatives, friends, and hosts of holiday gatherings that might need a crash course in what to expect from their guest with autism. This letter is written as if the autistic individual person is writing it personally.

Dear Family and Friends:

I understand that we will be visiting each other for the holidays this year! Sometimes these visits can be very hard for me, but here is some information that might help our visit to be more successful. As you probably know, a hidden disability called autism, or what some people refer to as a Pervasive Developmental Disorder (PDD), challenges me. Autism/PDD is a neurodevelopment disorder, which makes it hard for me to understand the environment around me. I have barriers in my brain that you can't see, but which make it difficult for me to adapt to my surroundings.

Thanksgiving & Christmas is one of the roughest holidays for me. With large crowds and holiday shopping it can be very overwhelming, even a bit scary. When planning a party remember that with my over sensitive hearing and eye sight, Christmas trees and holiday smells can cause me mild to severe pain or discomfort. If the noises are impossible to control a personal stereo with headphones set to a safe level for children may help drown out background noise and ease my discomfort.

Sometimes I may seem rude and abrupt, but it is only that because I have to try so hard to understand people and at the same time, make myself understood. People with autism have different abilities: some may not speak, some write beautiful poetry, others are whizzes in math (Albert Einstein was thought to be autistic), or may have difficulty making friends. We are all different and need various degrees of support.

Sometimes when I am touched unexpectedly, it might feel painful and make me want to run away. I get easily frustrated too. Being with lots of other people is like standing next to a moving freight train and trying to decide how and when to jump aboard. I feel frightened and confused a lot of the time. This is why I need to have things

the same as much as possible. Once I learn how things happen, I can get by OK. But if something, anything, changes, then I have to relearn the situation all over again! It is very hard.

When you try to talk to me, I often can't understand what you say because there is a lot of distraction around. I have to concentrate very hard to hear and understand one thing at a time. You might think I am ignoring you-I am not. Rather, I am hearing everything and not knowing what is most important to respond to.

Holidays are exceptionally hard because there are so many different people, places, and things going on that are out of my ordinary realm. This may be fun and adventurous for most people, but for me, it's very hard work and can be extremely stressful. I often have to get away from all the commotion to calm down. It would be great if you had a private place set up to where I could retreat. If I cannot sit at the meal table, do not think I am misbehaving or that my parents have no control over me. Sitting in one place for even five minutes is often impossible for me. I feel so antsy and overwhelmed by all the smells, sounds, and people--I just have to get up and move about. Please don't

hold up your meal for me--go on without me, and my parents will handle the situation the best way they know how.

Eating in general is hard for me. If you understand that autism is a sensory processing disorder, it's no wonder eating is a problem! Think of all the senses involved with eating. Sight, smell, taste, touch, AND all the complicated mechanics that are involved. Chewing and swallowing is something that a lot of people with autism have trouble with. I am not being picky-I literally cannot eat certain foods as my sensory system and/or oral motor coordination is impaired. Don't be disappointed if Mom hasn't dressed me in starch and bows. It's because she knows how much stiff and frilly clothes can drive me buggy! I have to feel comfortable in my clothes or I will just be miserable. When I go to someone else's house, I may appear bossy and controlling. In a sense, I am being controlling, because that is how I try to fit into the world around me (which is so hard to figure out!) Things have to be done in a way I am familiar with or else I might get confused and frustrated. It doesn't mean you have to change the way you are doing things--just please be patient with me, and understanding of how I have to cope. Mom and Dad have no control over how my autism makes me feel inside. People with autism often have little

things that they do to help themselves feel more comfortable. The grown ups call it "self regulation," or "stimming". I might rock, hum, flick my fingers, or any number of different things. I am not trying to be disruptive or weird. Again, I am doing what I have to do for my brain to adapt to your world. Sometimes I cannot stop myself from talking, singing, or doing an activity I enjoy. The grown-ups call this "perseverating" which is kind-a-like self-regulation or stimming. I do this only because I have found something to occupy myself that makes me feel comfortable. Perseverative behaviors are good to a certain degree because they help me calm down.

Please be respectful to my Mom and Dad if they let me "stim" for awhile as they know me best and what helps to calm me. Remember that my Mom and Dad have to watch me much more closely than the average child. This is for my own safety, and preservation of your possessions. It hurts my parents' feelings to be criticized for being over protective, or condemned for not watching me close enough. They are human and have been given an assignment intended for saints. My parents are good people and need your support.

Holidays are filled with sights, sounds, and smells. The average household is turned into a busy, frantic, festive place. Remember that this may be fun for you, but it's very hard work for me to conform. If I fall apart or act out in a way that you consider socially inappropriate, please remember that I don't possess the neurological system that is required to follow some social rules. I am a unique person--an interesting person. I will find my place at this celebration that is comfortable for us all, as long as you'll try to view the world through my eyes!

***Author, Viki Gayhardt**

EdTPA Resource Website for Physical Education

The edTPA (teacher performance assessment) is an important step in new teacher licensing, completed during the student teaching placement. The handbook that guides the Physical Education edTPA is 59 pages and is often hard for teacher candidates to digest. Every college or university tackles edTPA preparation in their own way, some embed assignments into coursework and others require a mini-edTPA project. At Carthage College, the Exercise and Sport Science Department has taken this opportunity to create a resource website to support all physical education teacher candidates in their preparation for the edTPA.

The resource website was created by faculty and students majoring in physical education during the fall of 2017. The goals of the website are to assist teacher candidates in understanding the requirements of edTPA, support teacher candidates in applying the components of edTPA to the unique discipline of physical education, as well as provide a service to current and future students at Carthage College as well as other institutions. The resource website was presented at the WHPE convention in October, "EdTPA – What You Really Need to Know" – a session for future professionals.

Site Pages	Description of Resources
Home	Site Content Descriptions & Quick Access
edTPA 101	Tips, Websites, Timeline for Success
Task 1	Video, Lesson Plan Template, Checklist, Thinking Organizer
Task 2	Video, Technology Resources, Exemplar Commentary, Checklist
Task 3	Video, Tips, Thinking Organizer, Checklist, Evaluation Criteria
Academic Language	Requirements, PE Examples, Videos, Articles
Cooperating Teachers	Tips, Video, Guidelines, Articles
Higher Education	Tips, Teaching Academic Language
Theory	Theory with PE Examples, Articles on Theory in PE
Community Support	Web Forum for Questions, Answered by Department Assistant
Presentations	WHPE Convention 2017 – Presentation Video & Prezi

*Student Editors: Nicholas Brummitt (Senior Editor)
David Fish, Ashley Johnson, and Matthew Swanson, (Assistant Editors)*

The website contains a variety of components to support teacher candidates (table above). When searching the internet for edTPA, physical education resources are few and far between. This resource website houses many of the relevant website links, articles, and exemplars related to physical education. A lesson plan template was designed to assist teacher candidates to plan with the "scorer in mind." Also, user-friendly checklists were created by the website editors to guide teacher candidates through each task in edTPA.

Visit edTPA PE Resources: <https://sites.google.com/a/carthage.edu/edtpa-pe-resources/>

Submitted by Rebekah Johnson, Assistant Professor, Carthage College



College/University Division

The 2017 WHPE Convention is behind us and the College/University Division is looking ahead and planning for 2018.

Thank you to everyone who attended the convention in October. I have been attending the WHPE Convention for approximately 20 years and I think the 2017 convention was one of the best. The College/University Division helped Build Strong Connections by Educating others. There were 14 presentations by 12 different college/university presenters intended for adapted physical education, future professionals, health, K-12, middle school, secondary, or university audiences. Additionally, 12 posters, representing nine institutions, were presented during the poster session.

SHAPE America Past President Irene Cucina joined members of the College/University Division at the Roundtable session. Cucina's insight into professional issues was a valuable addition to the discussion. All the items on the Roundtable agenda were not addressed, so the division will have an online discussion to explore those items not previously considered.

College/University Division members have been providing input into the presence they would like to see the division have at next year's convention. Members have been making suggestions regarding the type/topics of sessions, what would help them do their job, and potential speakers.

In fall, I reached out to over 40 health or physical education professionals at colleges/universities, Advocating the benefits of WHPE. Each individual was contacted personally and encouraged to become Engaged in the organization. I am happy to report several individuals did become Engaged by joining WHPE. This continual process can be helped along by you, talking to your colleagues and sharing what WHPE has to offer. Please let me know if there is a new person in your program and I will contact that person, also.

Have an enjoyable winter!

– **Dan Timm, Vice President**

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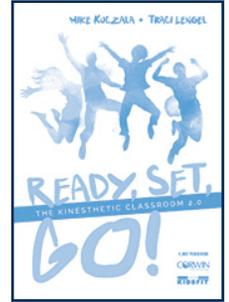
800-441-4568; 608-785-8175; whpe@uwlax.edu

Active Students are Better Learners

As physical education teachers, we understand the connection between being physically active and academic and behavioral success in the classroom. The key is to pass this knowledge onto our colleagues in the the traditional classrooms. A great way to do this is to share with them some resources that they can use to increase their students activity outside our gymnasium.

One of those great resources is the book *Ready, Set, Go! The Kinesthetic Classroom 2.0* by Mike Kuczala and Traci Lengel. This book is an update to their first book *The Kinesthetic Classroom: Teaching and Learning Through Movement*. The book is an excellent resource for classroom teachers interested in creating a more active environment for their students. It is full of great ideas and suggestions on how to get started with brain breaks and how to incorporate movement into their lessons. There are specific lessons for all kinds of subject areas and for all levels.

If you any resources that you have found to be helpful and would like to share, please let me know at ksmith@wausauschools.org



Road to the Super Bowl Contest: challenge students at your school to walk or run to the “Super Bowl”. Organize a walking or running club or a school wide event to reach 550 miles, the distance from Lambeau Field to the 2018 Super Bowl and back. Check the rules and entry at WisconsinDairyCouncil.com/SuperBowl

Go to WisconsinDairyCouncil.com/Summit to learn how your school can enter and be eligible for FUTP60 student leaders to come to the Wisconsin Student Ambassador Summit in late April at Lambeau Field.

For some great resources for the classroom or gym go to: <http://www.wisconsinDairyCouncil.com/fuel-up-to-play60/resources>

Follow the Wi-Fuel Up to Play 60 Facebook page for regular program information and updates.



You don't need to be a quarterback to be a hero.

Change the game.

Tim Mueller
Physical Education Teacher
Hartford, WI

FREE SCHOOL WELLNESS PROGRAM

The atmosphere in Tim's school has changed, and wellness has taken center stage. His students are empowered to make healthy choices through Fuel Up to Play 60. Fuel Up to Play 60's resources give Tim the power to become an advocate for health.

Join at FuelUpToPlay60.com

How Is Your Financial Fitness?

By Bill Kirsch, Retired

As Health and Physical Educators, you are all so expert and skilled in the teaching of attitudes and skills that lead to high levels of physical fitness in your students. You also excel in demonstrating healthy personal lifestyle habits and choices.

But what about your financial fitness?

As caring educators, we are so dedicated to our students, their families, and the communities in which we serve, that often we forget to take care of ourselves financially by establishing a savings plan.

Over 30 years ago, a colleague made a point to ask me, “Do you have a 403b?” At the time, I was wrapped up in creating stimulating and dynamic lessons, coaching 3 seasons, and working fulltime during the summers. I had no idea what he was talking about.

My friend, who was nearing retirement, took the time to explain to

me the importance of saving a little bit each pay period. Now, I am reaching out to you.

Educate yourself about the benefits of a 403b savings plan. Look at sites online like www.403bwise.com and find out what low cost options are available through your school district. Get started saving through payroll deduction, paying close attention to the fees you are paying.

As a recent retiree, I can tell you that I am extremely thankful that I acted on the advice of a trusted colleague and got started saving many years ago. It is never too late to get started.

Besides your own personal health and wellness, be sure to take care of your financial fitness. It is a bit of a commitment, but you will appreciate it later.

“Building Cultural Learning Communities III”

Culturally Responsive Health and Physical Education

In the past few newsletters, we have discussed ways to Build Strong Connections with your students by Engaging them in your health or physical education content through building cultural learning communities. We conclude building cultural learning communities in this newsletter with a few more ways to build those communities.

The first of these aspects is to set and maintain high expectations. What can be a high expectation for one student might not be a high expectation for another student, so expectations can be individualized based on instructional resources. However, students will perform to the expectation that is set for them.



Some students may require assistance in meeting the expectation and that is OK, but the expectation should remain high. One reason students may require assistance in meeting high expectations is language. Students who are English Language Learners may need assistance in understanding terminology before being able to accomplish the task the teacher has set.

Secondly, in helping students attain high expectations, teachers should provide feedback that is instructive and timely (Cohen & Steele, 2002; Hammond, 2015). Instructive feedback is actionable and focused on correcting some aspect of the student’s performance. Timely feedback is delivered while students are still focused on the learning goal. Cohen and Steele (2002) reported students of color frequently received feedback lacking in both aspects because teachers did not want to hurt the

student’s feelings by pointing out errors. This action communicates to students the teacher is not concerned about their performance or ultimately, their education.

Feedback should also be wise (Cohen & Steele, 2002) which differs from the typical sandwich feedback model. Wise feedback communicates faith in the student’s potential while being honest about the student’s performance. The teacher reiterates the expected high standards, assures the student they are capable of attaining the expectation, and provides actionable steps to improve performance.

Lastly, is the concept of respect. Respect is a construct that cannot be mandated; it must be earned. Treating students with respect and earning their respect begins with listening to them. Listen to what students say verbally, nonverbally, and to the emotional content of their message. Attentive listening communicates a teacher’s interest in the student as a person and in the cultural characteristics that make each student a unique individual.

Teachers should not attempt to have a continual tight grip on their students. Set and enforce parameters regarding student conduct, but allow students to enjoy being in class. Teachers who treat students with respect will likely be treated with respect by their students.

In summer, we’ll discuss another aspect of culturally responsive teaching.



Cohen, G. L., & Steele, C. M. (2002). *A barrier of mistrust: How stereotypes affect cross-race mentoring*. In J. Aronson (Ed.), *Improving academic achievement: Impact of psychological factors on education* (pp. 305-311). Oxford, England: Academic Press.

Hammond, Z. (2015). *Culturally responsive teaching and the brain: Promoting authentic engagement and rigor among culturally and linguistically diverse students*. Thousand Oaks, CA: Corwin.



**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, 2018. You may contact the WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.

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:

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

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.

Jump Rope and Hoops for Heart

\$2000

Raising \$2000 for JRFH/HFH can mean many things to you in your role as a PE/Health/Dance teacher it can and will easily empower and retool you to meet the demands of your profession.

- Free one-year Membership to WHPE
- A one-year FREE JUMP membership to SHAPE America
- Gift certificate from US Games to redeem for equipment

\$2000 JRFH/HFH does more than that:

It makes a difference in the lives of people.

Schools Can Make a Difference...Your Own Way

Try an established program: Jump Rope For Heart or Hoops For Heart

Try a tournament: Basketball, Corn hole or other outdoor games, volleyball, Pickleball, Badminton, Cup stacking, Spike ball

Try a "thon: Danceathon, Walkathon, Zumbathon, Yogathon, Dance Party, Black light dance, Disco night, Wii Dance Party

Explore other talents: Art competition, Chess Tournament, Rock, Paper, Scissor, Healthy cook-off, Talent show, Trivia Night, Wellness event

Get your sports teams involved: Assists/hits/Wins for Heart, Red game...like a pink game, Rival the other team to raise more money at the door

Game/Event Admission Donation

Community Sponsors

Social Media to promote event

Expand your planning committee

Think outside of the box :)

Be creative and own what you do well. Create a fundraiser that fits in with your school and embraces your school community while meeting the needs of your students, faculty, and staff.

JRFH/HOOPS EDUCATOR AWARD Three Awardees this year:



Chris Behrens

Chris was a Physical Educator at Tibbets in Elkhorn where he not only conducted JRFH/HFH alternating yearly events, but also educated his students and the community through exposing them to awareness heart related information. In 2014/15, Tibbets was recognized for being the top HFH school in the Nation. In 2015/16, Chris was the Top JRFH school in Wisconsin. According to Youth Marketing director,

Lisa Schweitzer, Chris was given an American Heart Association Guiding Values Award last September for the significant contributions to Jump and HOOPS and the American Heart Association. Mr. Behrens is truly deserving of the WHPE JRFH Award and our Association so recognizes him for his efforts.

Karen Petermann

Karen is a Physical Educator at Longfellow Elementary in Clintonville. She was WHPE/Midwest District Elementary TOY and is currently the reigning SHAPE Elementary PE TOY. Karen has 30 years of experience teaching and conducting JRFH events while teaching both students and the community about heart healthy living. It is without a doubt that Karen has a passion and commitment for JUMP/HOOPS and the goals of the AHA and WHPE. She has demonstrated it for many years, and WHPE recognizes Karen Petermann and her efforts devoted to that end with this award.



Dave Weidenbach

Dave conducts JRFH/HFH events and the ensuing educational awareness that accompanies them in MPS. He was a volunteer with JRFH infamous, Bill Budris, and obviously has learned from the best, conducting events ever since that go all the way back to 1992. Dave sets monetary goals for his events and has exceeded them more often than not. Mr. Weidenbach works tirelessly on behalf of the American

Heart Association, having done so for nearly 20 years. He and his efforts are recognized by WHPE with this award.

JRFH/HFH Collaborative Luncheon

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. Please see below for some of the ideas that people shared. Think about how you can use some of these ideas in your event.

What Scare Connections are you thinking about?

- Use monster blow ups for the assembly
- Classroom that raises the most receives a special class time.
- Base target for a prize on # of students in class/donation of classroom.
- Dress like a monster if they meet the goal
- Picture in school newsletter
- Range meter to show the school how school and/or individual classes are doing with their collections
- Photo booth with cut outs of the Scare Squad
- Find simple monster props at the dollar store and create a scare squad photo of your own.

American Heart Association
life is why™

HOOPS FOR HEART

Hoops 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 basketball skills, 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/hoops to get your school involved.

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

We Jump. We Shoot. We Save!

©2015, American Heart Association. Also known as the Heart Fund. 745DS9292



How do you manage the handing out of prizes after your event?

- Hand out at the end of class
 - Have buckets full already clipped together.
 - Hand out before/after school or during the PE class
 - School secretary collects donations and lets the PE teacher know who has earned what.
 - Special day to hand out, like wait until Friday
 - Get your instant one and wait for all of the others
 - As students come into the PE class trade coupon for lanyard and critter
 - Have student helps clip lanyard and critter together
 - Hand out during morning walking club
 - Collect any new money for the day by kids bringing to the gym and putting it into a collection basket. Put initials and class code on bottom of all all critters. Deliver to students during one of the three lunch periods. Sustain this over the course of 6 weeks, at about 1000 critters. Smile and be happy when it is over :)
- Parent liaison from the PTO handles all of the critters for one PE Teacher. We all jealous about this!!!

How Do you run your Event?

- After school 3:45-5:30 K-3 JRFH 4-5 HFH. Parents help
- Glow in the Dark
- During the School day for one week. Each class receives the event twice. Use parent volunteers. 12 stations Students rotate on a timed basis. Heart week at school
- During the Day. 24 stations. High Schoolers come over to help. One day event.
- During the Day, 2 hour event with DJ. K-2 has 6 stations including long rope and healthy snacks. DJ costs \$100.
- Event during regular PE class.
- Event after school
- Special event during school day: AM:k-1, PM: 2-3 with parent volunteers.
- Announcements to hype it up.
- n honor of someone/Health Hero Board
- Stations
- Dunk tanks
- Jump pit
- Student/Faculty game

What activities are you thinking of doing if your school reaches your Target Goal?

- Costume/mascots
- Tape to the wall \$1 for 3 feet of tape
- Kiss a pig
- Ride a donkey
- Shaved head
- Pies in the face
- PE Teacher made into an ice cream sundae
- Silly string the PE Teacher
- Top earner: PE teacher for the day
- Duck tape to the wall
- Dress up as Monsters
- Involve other departments like the art/music department.
- Classroom Complete: 1st-PJ's and & Hot chocolate, 2nd-Rootbeer floats, 3rd Extra recess.
- Special traveling trophy for highest percentage of participants BIG TALL AND GOLD !!!
- Special water balloon launch for class with highest money raised.

At the luncheon 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. This year we recognized 65 WI coordinators! Thank you to the passionate coordinators that you all are! Your energy filled the room, what a wonderful gift to be part of such a powerful group of coordinators!

This year we met in a larger room. Attendee's were checked in and directed to their box lunch of choice. Those who signed up online received their "Recognition Certificate" by email in PDF form. These letters of recognition are great pieces of evidence when putting together your Educator Effectiveness file. Recognition for years of service took place during the luncheon with the use of a Powerpoint presentation. We also spent our time together collaborating ideas, sharing success stories, while eating a healthy box lunch, and collecting some fun raffle prizes.

Please keep an eye on the August WHPE Newsletter to make sure to sign up by the due date. Sign up information will be sent out in two ways: email and newsletter. I look forward to seeing you at our JRFH/HFH luncheon and hope to grow our luncheon to even bigger numbers!

RECOGNITION FOR JRFH/HFH COORDINATORS.

This year we added a few new pieces of recognition for event coordinators. Red Jump/Hoops Coordinator Lanyards were handed out by the JRFH/HFH TASK FORCE team to any WHPE member who ran a JRFH/HFH event. The Red lanyards helped identify JRFH/HFH event coordinators. This allowed others to reach out to the many faces of event coordinators allowing others to thank them for their service as well as ask them for pointers on completing an event.

Top 5 Coordinators

The top five coordinators in the three areas(JRFH, HFH, JRFH/HFH) were recognized and awarded a special pin. Please congratulate the following persons.



WHPE JUMP AND SHOOT YOUR WAY TO NASHVILLE

Thank you to Tim Mueller and Janet Fendos for presenting a session at convention for JRFH. Together Janet and Tim laid out how they developed an outstanding JRFH/HFH event. Attendees learned new and innovative ways to run an event. Janet and Tim shared various jumping stations and noodle activities that could be used for an event.

Janet and Tim were both recipients of the 2017 SHAPE America JRFH/HFH grants.

Thank you Tim and Janet, for sharing your passion and enthusiasm of JRFH/HFH with us at the WHPE convention!

Lead With Your Heart

Kris Fritz is published in the Pulse Magazine

In summary, it goes like this: A good leader is someone who has a “compass” in their head and a “magnet” in their heart. They have four major tools in their leadership toolbox: Ruler — for self-assessment and measurement of personal strengths and weaknesses. Compass — to navigate, identify direction, and hold oneself accountable. Hammer — to help solidify decisions and give personal power to make the right choices. Crayons — to promote imagination and creativity, and help bring ideas into life.

Kris encourages “all SHAPE America members to use the tools in their “leadership toolbox” and employ their personal leadership style to move forward and make a difference in the lives of others. Within the health and physical education profession, we explore and develop important connections between mind and body and empower our students to do the same. Be the leader our profession needs, and use your “compass” and “magnet” to open possibilities related to JRFH/HFH. Hold an event this school year and become a heart hero!”

Kris Fritz is the SHAPE America Midwest District President-Elect, a Wisconsin Health and Physical Education (WHPE) Past President, and was the 1995 Midwest District Teacher of the Year

Thank you Kris for taking the time to write about JRFH/HFH community service for teachers on a National Level.

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

Scare Squad Photo Op

Check out the scare squad Photo Op at this year's WHPE Fall Convention. What a great opportunity to use fun cardboard cut-outs of the monsters to make a statement. This year visitors at the JRFH/HFH Booth were asked to take a selfie photo and post to the social media of their choice. WHPE supports JRFH/HFH!!! 150 of the first photo volunteers received a monster critter.



WI JRFH/HFH Task Force

A Big Thank you to the following people who are part of the WI WHPE JRFH/HFH Task Force.

Lisa Larsen, Cory Schwartz, Wendy Monson, Sandy Hagenbach, Karen Albert, Katie Mulloy, Jackie Clark, Keith Baken, Brett Fuller and Patty Kestell. These people volunteered their time to help at the JRFH/HFH booth, and will be contacting some members in hopes of onboarding you to become a JRFH/HFH event coordinator. These people are very knowledgeable in how to start/run/complete an event. 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. If you see a familiar name on the list feel free to contact them and ask how to get started with a JRFH/HFH event. Please call on them to help you get started.

If you have any questions, comments, compliments or ideas to share in regards to Jump or Hoops, please feel free to contact me:

Penny Kroening
WI JRFH/HFH State Coordinator
pkroenin@waukesha.k12.wi.us



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JUMPROPE FOR HEART

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

It Takes Heart to be a Hero

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CEO's Report

It is a privilege to use my regular report to introduce Dr. Sally Jones, Health and Physical education, and School Coordinated Health Consultant for the Department of Public Instruction. Welcome Dr. Jones.

Dr. Jones is a native of North Carolina but for the past five years has been on the faculty of UW-Stevens Point, as an assistant professor serving as the elementary specialist in physical education. Over her 18 years in the profession, Dr. Jones has taught at every level, including three years in a juvenile detention center.

Before landing at UWSP, she completed her doctorate in kinesiology in the area of sport pedagogy from the University of Alabama. While at UA, she also served as a student lecturer and developed physical education programming for adjudicated youth. Sally received her master's degree in physical education from Western Carolina University and her BS degree in outdoor experiential education from Appalachian State University.

Dr. Jones is a runner, cyclist and outdoor enthusiast. She is currently working to train her dog Sipsy to be a therapy dog. To her credit, Dr. Jones has also perfected the art of the egg sandwich.

Dr. Sally Jones is looking forward to serving as the DPI's Health and Physical education, and School Coordinated Health Consultant in order to continue to make an impact within the profession. Instead of just training future teachers, she now has the opportunity to have a state-wide impact on all professionals and the field.

You can contact Dr. Sally Jones at sally.jones@dpi.wi.gov

