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Our mission ...

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

WISCONSIN HEALTH AND PHYSICAL EDUCATION NEWSLETTER

VOLUME 50, ISSUE 2

SPRING/SUMMER 2021

As WHPE works to reach everyone, here are some news items to keep members informed!...



Spring Mini-Convention ... Thank you to everyone who participated in the Mini-Convention on March 27. The success of any convention depends on numerous individuals. The committee who recruited presenters for the convention. A huge thank you to Executive Director Penny Kroening, who investigated how other states conducted their virtual conventions, gathered the pre-recorded presentations, anticipated every detail that needed to be addressed, and served as one of the room administrators. Association Manager Nicole Popowich for serving as the other room administrator, who along with Penny, made sure everything operated according to schedule and saved the session recordings for future use. Room attendants who welcomed attendees and monitored the chat box. Presenters who recorded a presentation and shared some of their expertise so others could benefit. Finally, those of you who attended the convention and took home ideas you could use in your teaching. Thank you to all for your part in making Mini-Convention a success. Because of the effort put forth by all, students will benefit. Presentations from the Mini-Convention are available for viewing at <https://bit.ly/31vfmmo>

Award Nominations and Grant Applications ... The deadlines for submitting awards nominations and grants applications have passed. Both committees are busy reviewing materials. Recipients will be announced shortly.

Vaping Webinar ... The Northwest Wisconsin Lung Health Alliance along with several other organizations are sponsoring a webinar on vaping on Wednesday, April 21, 12:00 pm-1:30 pm. The impact of vaping on school communities and how to combat this issue will be discussed. An overview of different tobacco and nicotine products and the impact of COVID on youth tobacco use will be examined. You can register for the webinar here [Webinar Registration - Zoom](#)

From DPI ... The Department of Public Instruction has announced the 2021-23 Competition for the School-Based Mental Health Services Grant (SBMH). The grant program is designed to support public school districts, independent charter schools and consortium of these, in collaborating with community mental health providers to develop and implement comprehensive school-based mental health programs and practices. Grants are for two years and in amounts between \$10,000 and \$75,000. More information plus the online application link are available at <https://dpi.wi.gov/sspw/mental-health/school-based-grant-program> Deadline for applications is May 3. Questions can be sent to schoolmentalhealthservicesgrant@dpi.wi.gov

From the Capitol ... Senate Bill 39 which allows a pupil who attends a virtual charter school to participate in interscholastic athletics and extracurricular activities in the pupil's resident school district has been passed by the Senate and Assembly, and is heading to the governor for signing. Such pupils must be allowed to participate on the same basis and to the same extent that the district permits pupils enrolled in the school district to participate.

Blog ... Did you know WHPE has a Blog? It is located on the organization's web page Wisconsin Health and Physical Education (whpe.us); just click on "Blog." If you have something you would like to share with members, please send it to Nicole Popowich at whpe@uwlax.edu with a note that it is for the Blog.

Save the Date - WHPE 2021 Convention

The 2021 WHPE Convention will be held at the Kalahari Resort in Wisconsin Dells on October 27-29, 2021. Check out our website for the latest details, convention registration fee information and hotel reservation information. <http://whpe.us/whpe-annual-convention>

WHPE is excited to announce that our keynote speaker will be **Scott Todnem**. Scott has been teaching since 2001 in Naperville, Illinois and travels the nation to speak about health education and related work. He was named the 2019 SHAPE America National Health Education Teacher of the Year. Todnem has been on social diversity committees, led educational trips, served as team-building coordinator, worked as a strength and conditioning coach, and uses his platforms for mental health and suicide prevention. He is the author of "Growing Up Great!"— a puberty book for boys. His featured presentation will be Health and Wellness: A Life-Saving, Life-Changing, and Life-Sustaining Experience. "As educators, we have the difficult task of creating an experience that permeates the lives of our students, now and forever. We can rise to that challenge! Let's look at our profession with a big picture view in order to find clarity. Reach every student by starting with yourself. Play to your strengths as an educator, learn to love your mistakes, and be the inspiration you were meant to be. Health = life. The rest is just details." He will present this keynote on Thursday morning, along with a breakout session in the afternoon.



We also have the privilege of having **Karen Fish** join our Wisconsin convention. Karen has been teaching in the physical education field for over 10 years at the elementary level and middle school level and recently taken a new role as an adapted physical education teacher for her current district in Illinois. Karen has received several state and national awards including 2015 Midwest SHAPE America Young Professional Physical Education Teacher of the Year. She will present on the topic of "Reused, Recycled, Renovated Activities", which will incorporate various fitness activities and instant activities for large and small groups for students K-5. Some old, some new, some renovated, and maybe some right for you.



An exciting addition to this year's convention is our very own, **Allisha Blanchette**. Allisha is a health and physical education teacher, cross country coach, and wellness advocate for students & colleagues at DC Everest in Weston, WI. In 2019, Allisha was named the WHPE health teacher of the year and in 2020 the Midwest health teacher of the year. Allisha will be presenting two exciting Health sessions, along with being part of our Health TOY extravaganza on Friday morning.



Breaking news...Wisconsin's **Shannon Maly** has been awarded 2021 SHAPE America High School Physical Education Teacher of the Year. Shannon has taught Physical Education and Health at the Middle and High School levels the past 18 years. She is currently teaching at Sun Prairie High School, located in southern Wisconsin, where she strives to find new and innovative activities to encourage her students to be active and find fun in lifetime fitness. In October, she was recognized as the 2020 Wisconsin High School Physical Education Teacher of the Year & 2021 Midwest District Teacher of the Year. We are privileged to have Shannon present two secondary level sessions along with being part of our Friday morning TOY Extravaganza!



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**From Your WHPE President:
Dan Timm**

“Magical Moments”

As teachers, we have heard of magical moments and hopefully have experienced them. Those moments that can turn an otherwise frustrating day into one of the best days. Those moments that remind us to always trust the impact we think we are having on students.

My Experience

A number of years ago, I was teaching a personal health class during the fall semester. One student seemed disconnected and withdrawn from the class. Whatever I tried, I couldn't pull her in to the class. I felt like I wasn't able to reach her.

In the last assignment of the course, the student wrote her father had drowned in the Atlantic Ocean during the summer when the family was on vacation in Florida. When we discussed psychological health in the course, she recognized in herself signals of psychological health problems. For example, she had been an outgoing person with numerous friends. Since her father's passing, she had withdrawn from her friends and didn't spend time with them or talk with them. Recognizing issues of psychological health within herself, she was able to begin addressing those concerns.

After reading what this student wrote, all I could say was, "Wow!" I had no idea the effect the course was having on her. It was the right course for her at the right time.

Planting Seeds

As teachers, we are always planting seeds of knowledge. Unlike farmers who see the seeds they have planted grow and mature into plants and crops, teachers may not see if the seeds they planted grew or even germinated. They have to trust the seeds they planted will grow and will impact their students' lives.

The past year has been challenging. Restrictions placed on physical education teaching because of COVID required teachers to rethink how they did things. What possibly had been standard procedures in their teaching before COVID may now have had to be put aside. New ways of teaching had to be imagined along with new content in some situations, and new ways of delivering that instruction.

Trust Your Impact

As we move into the final weeks of the school year, trust the impact you are having on your students. Trust the seeds you have planted and continue to plant will sprout and grow. A WHPE teacher is a good teacher. And a good teacher is a good teacher regardless of the situation.

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:

Nicole Popowich

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

Congratulations to WHPE Members – 2021 Herb Kohl Educational Foundation Teacher Fellows

2021 Herb Kohl Foundation Excellence Scholarship, Initiative Scholarship, Fellowship, Leadership Award Recipients Announced Organization has impacted more than 8,300 people, 3,100 schools since 1990. The selection committee for the Herb Kohl Educational Foundation Student Scholarship, Teacher Fellowship and Principal Leadership program has announced recipients of the 317 Herb Kohl Foundation awards for Wisconsin students, teachers and principals. Awards in the amount of \$6,000 are being made to 101 teachers, 16 principals, and their schools, and \$10,000 scholarships will be given to 200 graduating high school students.

Teacher Fellowship recipients are educators who have been chosen for their superior ability to inspire a love of learning in their students, their ability to motivate others, and their leadership and service within and outside the classroom.



Congratulations to **Patty Zemke** for receiving a 2021 Herb Kohl Foundation Teacher Fellowship. 6th-grade health teacher at John Muir and Horace Mann in the Wausau School District. Patty inspires a love of learning in her students and motivates others around her. Through her service within and outside of the classroom Patty

uses great leadership.

Here's what a former principal had to say about her: "Patty's influence lies not in what she says, but in how she says it. She speaks with clarity, purpose, intensity, compassion, and passion. Most importantly, she listens to the voices of her students and colleagues. Patty understands that what is not spoken is often more significant than what is spoken. As an engaged listener, Patty makes one feel as though they are the only person in the room - immersed in one's thoughts and feelings. Patty recognizes that feelings are significant motivating forces, and Patty's mission is to empower others to use their voice as a means to self-advocate and build empathy."

Congratulations to **Jo Bailey**, DC Everest Senior High School, for being awarded the 2021 Herb Kohl Educational Foundation Teacher Fellowship award. As a recipient, Jo truly represents the qualifications for this award and is deserving of the highest commendation for her continuous service to the profession.



Fellowship recipients are educators who have been chosen for their superior ability to inspire a love of learning in their students, their ability to motivate others, and their leadership and service within and outside the classroom. As Jo would say, "Never stop learning".



The Outdoors Is For ALL Students!



Outdoor Adventures Video

Outdoor Adventures K-12 is a Physical Education curriculum.

All 290 lessons have distance/remote learning and cardio activities.

Free teacher training and NO annual fees.

Outdoor Adventures K-5th: K - Hiking
 1st - Camping, 2nd - Orienteering, 3rd - Fishing,
 4th - NASP Archery, 5th - Wildlife Conservation

PLUS: The OTF is a non-profit. ALL new schools receive \$1000 equipment or curriculum grant. A school with NASP equipment can use the grant and have Outdoor Adventures K-12 for **FREE!**

Teachers and schools can teach any unit, no requirement to teach any particular unit.

www.GoOTF.com

Scot@GoOTF.com

Outdoor Adventures is in 40 states and growing!

Outdoor Adventures K-12 includes these units:

- 3D Archery
- Angling
- Archery NASP
- ATV Safety Course
- Backpacking
- Bikepacking
- Boater Education
- Camp Cooking

- Camping
- Challenge Course
- Fauna Flora/ Wilderness Medicine
- First Aid/CPR
- Hunter Education
- Ice Fishing
- Life Vest Project
- Orienteering and GPS

- Paddle Sports
- Quail Conservation
- Rock Climbing
- Shooting Sports Introduction
- Sling Shots
- Survival Skills
- Trapping
- Wildlife Conservation

ACCOLADES ...

Spring 2021



A pat on the back and a hearty “well done” to the following WHPE member for their contributions to the health and physical education profession...

Mary Wentland (*Minocqua School District*) presented ANTs: How to Take Control of the Picnic Inside Your Head at the Adolescent Health Symposium.

Katie Jadin (*Appleton Area School District*) presented Helping Students Develop Self-Management Practices for Responsible Health Behaviors at the Adolescent Health Symposium.

Nathali Niedorowski-Jones (*Wisconsin Rapids School District*) awarded Wisconsin Valley Conference Co-Coach of the Year for the 2020-2021 Boys Swim Season. Nathali also was published in Research in Dance in Physical Education Vol. 4, No. 2 “Prusik Climbing To Promote Moderate to Vigorous Physical Activity in Youths.

The following WHPE members gave presentations at the SHAPE America Convention. Space does not permit including each person’s presentation title as many individuals were involved in multiple presentations, but we are proud and appreciate that these individuals represented Wisconsin at the national level.

- Jo Bailey** (*D. C. Everest Area School District*),
- Allisha Blanchette** (*D. C. Everest Area School District*),
- Molly Dado** (*Hudson High School*),
- Brett Fuller** (*Milwaukee Public Schools*),
- Nikki Hollett** (*UW-Whitewater*),
- Rebekah Johnson** (*Carthage College*),
- Patty Kestell** (*Cedarburg School District*),
- Kristi Mally** (*Winona State University*),
- Shannon Maly** (*Sun Prairie School District*),
- Brock McMullen** (*UW-La Crosse*),
- Katie Mulloy** (*School District of New Berlin*),
- Michelle Pietrzak** (*UW-Oshkosh*),
- Tara Putnam** (*UW-Eau Claire*),
- Deb Sazama** (*UW-La Crosse*),
- Rachyl Stephenson** (*UW-La Crosse*),
- Tim Swenson** (*UW-Platteville*),
- Sue Tarr** (*Minnesota State-Mankato*),
- Maureen Vorwald** (*Platteville School District*).

A poster with a blue background and a field of red poppies at the bottom. The text is arranged in a circular pattern around the center. At the top, it says "BLOOM WITH US" in a white box, and "IN 21-22" in another white box below it. Below that, it says "Join GAME ON! next school year." in red. The words "Fitness", "Choose a charity", "Fun", "Lesson plans", "Wellness materials", "Less work", and "Funds 4 you" are scattered around the center. At the bottom center, there is a logo for "GAME ON! presented by POP!" and the email address "Marylee.flannigan@pop4kids.com" in a blue box.

BLOOM WITH US

IN 21-22

Join GAME ON! next school year.

Fitness

Choose a charity

Fun

Lesson plans

Wellness materials

Less work

Funds 4 you

GAME ON!
presented by POP!

Marylee.flannigan@pop4kids.com

ELEMENTARY TEACHING IDEAS

Here are some ideas for formative assessment in the classroom!

One Sentence Summary

Students are asked to write a summary sentence that answers the "who, what, where, when, why, and how" questions about the learning that occurred during the day or unit.

Four Corners

Students choose a corner based on how they are feeling about the content.

Corner 1: The Dirt Road: There is so much dust flying I can't see where I'm going! Help!

Corner 2: The Paved Road: It's smooth, but there are a lot of potholes along the way.

Corner 3: The Highway: I feel fairly confident but have an occasional need to slow down.

Corner 4: The Interstate: I'm traveling along and could easily give directions to someone else.

Once students have chosen corners, allow students to discuss their progress with others.

The teacher can use questions to prompt the discussion.

Corner 1 can pair with Corner 3 and Corner 2 will pair with Corner 4 for some peer tutoring.

3-2-1

3 cues you demonstrate
2 cues you are still working on
1 question you have

3 key words
2 new facts
1 thing you're still thinking about

3 questions
2 predictions
1 connection

- Deb Szama, EdD
University of Wisconsin La Crosse
Assistant Professor
Physical Education Teaching Program Director

Student Wellness Idea

This share comes from @mrb_physed. He shares a few different scales to get a feel for how your students are doing from a personal welfare perspective. His ideas are simple, and I could totally see students getting into these. Take a look and see if this is a fit for you:

How Are You Feeling? <https://docs.google.com/presentation/u/1/d/1HOZff2GxcDsIL8Myo8ilXQIz9KxyYsABLO9jJKqDqCY/template/preview>

Submitted by - Will Westphal, Physical Education, Brillion Elementary School, WHPE Central District Coordinator

K-3 Foam Paddle Activities

Created by Tim Mueller @MuellerTimPE

Teach how to hold paddle
(like shaking hands with paddle up
- not flat)



Birdie Walk Challenge

- put a birdie on top of paddle and walk around the gym, if it falls off stop and put it back on
- try it holding the paddle backhand

Birdie Walk Tag Game

- players walk around with a birdie on their paddle while taggers on a scooter use a noodle to try to knock the birdie off their paddle (2-3 taggers on scooters with a noodle)
- if a birdie is dropped, the player must stop and do jumping jacks next to their birdie until a birdie helper picks up their birdie and puts it back on their paddle
- 2-3 birdie helpers wear a Packer foam hand or a jersey. They pick up and put the birdies back on the paddle so players can travel again
- Switch jobs every 2 minutes



Fluff Ball Foam Paddle Keep-up

- students spread out and try to volley the fluff ball as many times as they can in a row



Fluff Ball Serving To Upside Down Dome Cone

- students each have a dome cone and try to serve their fluff ball into their dome cone
- student use underhand serve form like volleyball serving using a paddle
- students serve from different distances and challenge themselves to make it into the dome cone

Fluff Ball Serving To Wall

- students do underhand serves to the wall with fluff ball
- students can try to volley the fluff ball off the wall after the serve



Fluff Ball Partner Serve and Volley

- students each work with a partner to serve and volley the fluff ball back and forth

Beach Ball Partner Rally

- students each work with a partner to serve and volley a 10" beach ball back and forth over a badminton net



MIDDLE / SECONDARY TEACHING IDEAS

Submitted by Matt Pomeroy

Teaching Sport Concepts and Skills: A Tactical Games Approach for Ages 7 to 18

Written by Judith Oslin, Linda Griffin, and Stephen Mitchell

Looking for a great book to help you with lesson planning for your sport units?

This book will give you some great ideas for how to incorporate engaging activities that will teach sport **concepts** and **skills** where students are active and learning during your class. The book is broken into an elementary and secondary section and the secondary section of the book has multiple different levels of complexity to help you teach learners throughout their secondary years. These lessons will keep your students focused on learning the game through small sided, modified games, that will teach specific strategies and skills of the unit you are in, while allowing maximum participation in your class. There is an overabundance of activities to pick from. You will get details on how to play each game with modifications and extensions for each activity. You will have to spend a little time picking the activities that will suit your classes based upon class time, number of students, equipment, etc, but it is very easy to sort through and create lessons specific for your program. Check out his book today!

Looking for some new engaging interactive lesson planning tools for your health or PE class?

Blooket and Gimkit are the hottest new tools you can use in your classroom for fun and exciting ways to review classroom material. Blooket is a fun and interactive game that offers a plethora of different game modes. In the game you can choose either a money or time mode that can create a fun challenge for your students that they will be sure to enjoy. Gimkit is a similar tool that also offers different game modes (games with similarities to among us, floor is lava, zombies vs humans, etc) that allow students to earn "money" when they answer questions correctly and they can use that money to spend on powerups, upgrades, and other tools that can help a student stay engaged in the game. These can be a nice upgrade from using Kahoot that can level up the excitement in your class and you get to help your students check their understanding of the material. Check them out and give them a try this quarter!



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- Increase your lifetime earnings

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Teaching Tricks LEVEL UP!

It is so fun to hear of seasoned physical education teachers discovering something new. When talking to a good friend and colleague, she told me of her profound discovery. In the age of video games and virtual learning, when you find something that grabs students, you take it. She told me that she couldn't believe that she hadn't discovered this simple concept sooner. With limited time with her students and transition time at a minimum, she tried something new. She took an inventive game and leveled up. Each day there was a minimal modification to the game that made it exciting and new. It was like making it to the next level in Super Mario Brothers. The students were so excited to come to PE and they couldn't wait for the next day's rule modification to make the game different. Don't wait everybody, level-up your games!

– Submitted by Molly Dado, Hudson School District
WHPE NW District Coordinator

MIDDLE / SECONDARY TEACHING IDEAS

BALLEYPBALL – Secondary Physical Education Teaching Idea

Balleyball is based off of video that went viral in 2016 of an Italian men's volleyball team using physioballs to play volleyball <https://www.youtube.com/watch?v=3QVaY7voBjk>

How to play: Set up volleyball nets and give each student a physioball to hold onto. Play starts with an underhand toss-courtesy serve - over the net. It is then played like volleyball. We usually modify the rules to allow for one bounce of the

volleyball between hits and we sometimes allow more than 3 hits. Do whatever it takes to produce longer volleys. This is also the perfect opportunity to teach students how to do a variety of exercises on the physioballs for a warm up prior to play.

– Submitted by Maureen Vorwald, WHPE Past President
High School Physical Education, Platteville School District

Manipulative skills Performance Rubric

Name: _____ Grade/Class: _____

<p>Catching</p> 	<p><u>Before Catch:</u></p> <ul style="list-style-type: none"> _____ 1. Head and feet facing incoming ball. _____ 2. Eyes open and tracking ball. _____ 3. Feet shoulder width apart with knees bent. _____ 4. Hands in front of chin with arms bent half way and elbows out. _____ 5. Hands with thumbs pointing in and fingers pointing up and spread wide. <i>“Goalpost Hands”</i> <p><u>During Catch:</u></p> <ul style="list-style-type: none"> _____ 6. Thumbs pointing <u>in</u> for throws above waist, and thumbs pointing out for throws below waist. _____ 7. Eyes stay open and focused on the ball. _____ 8. Catch on pads of fingers/thumbs. <i>“soft hands”</i> _____ 9. Absorb impact by bringing ball toward body. _____ 10. Ball never touches body. 	<p>Additional Comments:</p>
<p>Underhand Throw</p> 	<p><u>Before Throw:</u></p> <ul style="list-style-type: none"> _____ 1. Head and feet facing target. _____ 2. Eyes on target. <p><u>During Throw:</u></p> <ul style="list-style-type: none"> _____ 3. Bring ball back past thigh like bowling (between hips and shoulder height). _____ 4. Step toward target with opposite leg. _____ 5. Bring arm forward and under toward target. _____ 6. Release at target and follow through up toward the sky. 	<p>Additional Comments:</p>
<p>Overhand Throw</p> 	<p><u>Before Throw:</u></p> <ul style="list-style-type: none"> _____ 1. <i>“Jump-turn W”</i> – body sideways with non-throwing elbow & shoulder pointing at target. _____ 2. Arm brought back past thigh and stop with bent arm and ball at head height - <i>“Ball Put On Shelf.”</i> _____ 3. Throwing hand and ball points backwards. _____ 4. Head facing target and eyes focused on target. <p><u>During Throw:</u></p> <ul style="list-style-type: none"> _____ 5. Step toward target with opposite leg. _____ 6. <i>“Start Ferris Wheel”</i> - bring non-throwing elbow down toward hip to start throwing motion. _____ 7. Bring throwing arm forward past head. _____ 8. Release ball at target and follow through with throwing hand toward opposite leg. _____ 9. Finish stepping throwing leg forward to finish hip rotation. End in balanced position. _____ 10. Eyes stay focused on target throughout the throwing process. 	<p>Additional Comments:</p>

Submitted by Tim Mueller, Erin School District

TRAIN LIKE A WARRIOR!



Take your fitness to the next level with ELEVATE®, Burke's fitness course that brings together a series of events that an individual or team can use to challenge their fitness and meet their goals. With workouts designed for beginners, intermediate and advanced fitness users, ELEVATE is a different kind of fitness course that offers everyone the opportunity to gain results and have fun.

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College/University Division News

As we pass the year mark of the pandemic, I feel called to reflect. For educators at all levels, we have faced many challenges in how we deliver instruction, provide students with meaningful learning experiences, and assess students utilizing alternative methods. In rising to these challenges, I have personally benefited from the opportunities for collaboration that this organization provides for its members. Through the higher education roundtable discussions and personal connections, I have learned so much from my colleagues in this division.

I hope we all can take an opportunity to reflect on the past academic year. For myself, there were many challenges but also many successes. I plan to take time this summer to relax and recharge, spending time engaging in activities that fill my cup. I hope you are able to do the same. I look forward to connecting in the future and hopefully seeing you all at the convention in the fall.

Rebekah Johnson, Division Vice President
rjohnson17@carthage.edu

\$\$\$\$\$\$ GRANTS \$\$\$\$\$\$\$

Congratulations to the February 2021 Grant Recipients!

Scooters in Physical Education – Jacob Bruenig – Merrimac Community School, Sauk Prairie School District

Bikes Galore – Joe Terrill – Westview Elementary, Platteville School District

Browning Bulldogs Jammin Sound System – Sue Matzek – Browning Elementary, Milwaukee Public Schools

For more information about applying for a WHPE Grant, check out our website at <http://whpe.us/whpe-grants>

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6,000,000 file downloads
60,000,000 students impacted
\$70,000,000 in free curriculum
We are **#TeachersHelpingTeachers**

... Health Teaching Ideas ...

The Shopping Center “Scavenger Hunt”

www.actionteaching.org

People who belong to majority groups (based on race, gender, sexual orientation, etc.) are often unaware of the advantages provided by their group memberships. This activity is intended to provide you with a hands-on way of exploring group-based differences in privilege and social equality.

Location: Go to either a shopping mall or a “Big Box” superstore such as Wal-Mart or Target.

Challenge: Find as many of the following items in the store as you can.

1. A Barbie doll and/or G.I. Joe action figure that are not White (record the approximate number of toys you can find that meet this requirement)
2. A Barbie doll and/or G.I. Joe action figure that are White
3. Holiday cards: Hanukkah, Christmas, Kwanzaa
4. A Valentine’s Day, wedding, anniversary, or romance card designed for heterosexual couples and for LGBT couples
5. Signs in the store/mall featuring individuals who are overweight
6. Signs in the store/mall featuring individuals who are over 60
7. Picture frames containing “filler pictures” of people who are Asian, Latino/a, Black or African-American, or White
8. An item that features a controversial cover and why might this item be misinterpreted
9. An item that features a Native American who is not related to a sports team

While you are in the store, please also do the following:

1. If there is a clothing section, notice how far apart racks are spaced and how high the racks are. Would someone who is in a wheelchair or is physically challenged be able to navigate this section of the store easily? Why or why not?
2. Is there a section of clothing for plus-size women? Is there a section of clothing for plus-size men? What names are given to these sections of the store?
3. Who are the workers in the store? Who are the customers? What do you notice, if anything, about the race, gender, and age of the staff and customers in the store?

Paper assignment:

Write a 1 page paper about your experiences, including how difficult or easy it was to find the items on the list, what reactions you had while you were looking around the store, what interactions you had (if any) with other customers or employees, and your overall reaction to the assignment.

Video Assignment

Capture your finding/experiences in a 3-5 minute video. Including how difficult or easy it was to find the items on the list, what reactions you had while you were looking around the store, what interactions you had (if any) with other customers or employees, and your overall reaction to the assignment.

Advertisement:

Create an advertisement for a product that would provide social equality.

- Submitted by: Mary Wentland, WHPE Health Liaison, Lakeland Union High School

... Health Teaching Ideas ...

- Submitted by Mary Wentland, WHPE Health Liaison
Lakeland Union High School

Love is the most important thing in our lives, yet we are taught very little about it. One love educates young people about healthy and unhealthy relationships, empowering them to identify and avoid abuse and learn how to love better. Check out the full website here: <https://www.joinonelove.org/>

Learn to Love Better - One Love Foundation

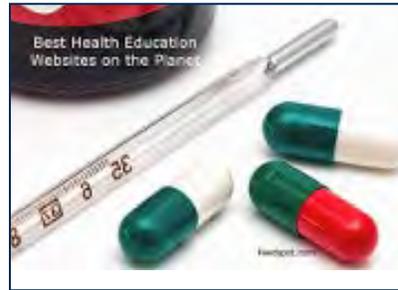
Love is the most important thing in our lives, yet we are taught very little about it. One Love is on a mission to change that. We educate young people about healthy and unhealthy relationships, empowering them to identify and avoid abuse and learn how to love better. www.joinonelove.org



In your quest for new thoughts and ideas for your health classroom. Here is a list of 45 blogs of which you can sign up for ones that might interest you.

https://blog.feedspot.com/health_education_websites/

Top 45 Health Education Blogs, Websites & Influencers in 2021 - Feedspot Blog - Discover Top Blogs & Best Websites in 2021



Bethesda, Maryland, United States About Blog Find timely topics, written for teens, that apply the science of drug use to real life - the effects of drugs on the teen's brain, body, and life. Teens get the latest facts on how drugs affect the brain

and body. Find videos, games, blog posts, that explore the effects of drugs on the brain and body.

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health.moves.minds.

Start Integrating the Curriculum Next Year!

WHY?

Today's youth across the Nation are not getting enough physical activity and are struggling with anxiety, depression, and other mental health challenges. As a teacher, you can make the difference to promote an active school environment and teach students how to cope with many social-emotional stressors.

The health.moves.minds. Program was created to assist teachers with this difficult task! By using the HMM Program, you can teach students how to thrive physically and emotionally in any situation. The lessons, curriculum, activities, and family outreach make planning your lessons and events (face to face or virtual) easy. You can follow the lessons exactly or modify them however you like to fit your School's needs. You can also choose to fund-raise for your School and a Charity of your choice (local, National, or even your school PTO!). SHAPE America works hard to support HPE educators with education, resources, and advocacy efforts; in turn, they need our support as well!

For more information check out the HMM tab on the SHAPE America website. If you have any questions or would like to collaborate please contact the WHPE Fundraising Coordinator, Katie Mulloy, at Katie.Mulloy@nbexcellence.org.

Health Ideas

- Submitted by Alisha Blanchette, DC Everest

Here is a link to a blog I recently wrote for Twitter's slow chat health:

<https://slowchathealth.com/2021/02/08/edi/>

Here is my semester wrap up activity for students to reflect on the health skills they have gained over the semester:

<https://docs.google.com/presentation/d/1T1B720q02U1X5Qklf6E6JbTf0laGI10LI4D6F1TnMu0/edit?usp=sharing>

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



Wisconsin Health and Physical Education
145 Mitchell Hall
1725 State Street
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A Glance Behind while Moving Full Speed Forward

I am chuckling at the title. Any elementary physical education teacher knows that this is one of those highly prized locomotor Standard 1 & 2 skills that is at times difficult to teach in a timely and meaningful way. Just listing the cue words such as “glance and go” “look where you are heading” “Look! Where you are going”! Seriously, Elementary Physical Education teachers spend loads of time working to build understanding and meaning around personal space/general space and then applying direction force and speed. It’s inevitable, Crash, Bam, Bang! With that thought in mind, Let’s glance back at our experiences of teaching during this pandemic. Let’s gather evidence of what worked, what did not work. What needs to be revised and tried again, what needs to be mopped up off of the floor and tossed. What has become a new learning opportunity that became a very useful and impactful tool during this new era of teaching. I offer two areas to glance back at while moving forward. Connections/relationships, and building meaningful daily objectives that allow a student to grow towards reaching a standard.

Making connections and building relationships. Student-to-Student, Student-to-Teacher, Teacher-to-Parent. Creating a supportive environment for students is key to success. Every student should be able to know and feel accepted within the class. In normal times, we labor on this basic tenet of our teaching and work diligently to scaffold together the framework for students to work hard, and know we have everyone’s back. Failing and persevering a re-do is a natural pathway of learning. How did you work to create a safe and positive environment for your students to lean on each other, to participate in what I refer to as messy learning. What new ways did you learn to make positive connections amongst the Student-to-Student, Student-to-Teacher, Teacher-to-Parent groupings? What tool will you glance back at and what will you bring forward with you?

Building a meaningful Curriculum: Due to regional COVID rules many of us were forced to build a new curriculum. We had to dig into the WI Physical Education Standards and National Standards/GLO’s and search for new vehicles to teach the standards and arrive at the performance indicators or Grade Level Outcomes. Some teachers learned to teach the standards and GLO’s without equipment, some used minimal equipment that could not be shared amongst students. Some teachers were asked to hold their classes 100% in an outside environment, others held their classes in the classroom. By far our greatest moments of success have occurred at the moment we had to dig the deepest. We as professionals are digging into the standards/GLO’s and realizing that when we unpack the Standards our toolbox is not as limited as we once thought. We can change selected tools to fit our circumstances. What part of your old curriculum will you glance back at and what will you bring forward with you?

Take a moment to Glance and Go. Review and reflect on the choices you have made during this past year. Being responsive to the lessons learned regarding connections and relationships as well as looking at how you implemented your curriculum. There may have been a few Crash, Bang, Boom moments, but you most certainly will find you have identified meaningful tools that will move full speed forward with you as an educator.

Penny Kroening
Executive Director

Book Recommendations

- *Burnout* by Emily and Amerlia Nagoski. Designed for the female reader, this book talks about how and why women experience burnout differently than and offer practical steps for readers to apply to their personal lives to help alleviate stress and manage emotions. This book is featured in Brene Brown’s *Unlocking Us* Podcast on October 14, 2020 where Brown and the authors walk listeners through their main ideas behind the creation of *Burnout*.
- *Biased* by Jennifer L. Eberhardt. Dr. Eberhardt uses science to lay the foundation for readers behind implicit bias and how readers can learn to identify their own biases. Combining science with personal experiences, this book helps bridge the gap between the statistical data we are shown about racial bias in school systems, the criminal justice system, and workplaces with practical steps for the individual. Can be used for an EDI book study.
- *Stamped From the Beginning / Stamped* by Ibram X. Kendi / Jason Reynolds. *Stamped* is the young adult version of *Stamped From the Beginning*. Both texts offer a look at anti-black racist ideology present in American society by analyzing history (stemming from the 1400s) and how these thoughts shaped America into what we know today. *Stamped* offers a brief introduction to this history to deliver the main points where *Stamped From the Beginning* dives deep into the contextual nature of historical figures in American history. Can be used for an EDI book study.



- Submitted by: Nathali Jones, WRPS