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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 WINTER 2023

VOLUME 52, ISSUE 1



Hello everyone. I hope you are ready for all that January brings. For some it closes the end of a semester, and starts a new one. Others are gearing up for their student teaching experiences. Special shout out to Mark Stoskopf (UWL) who will be student teaching with me this spring.

This might be your last semester teaching and retirement is near, make it your best semester ever. Whatever the beginning of January brings for you I hope you embrace the growth that comes with each opportunity.

We just completed celebrating the 125th anniversary of WHPE and the rich history of this organization. I am happy to report that we are back to over 1000 members again. Thank you for helping us grow. You might be receiving an email from me as I am looking forward to featuring one member from each of our 5 districts in the upcoming smores. WHPE is here for you and wants to showcase the great things that you are doing.

Lastly, one of the most important things a teacher can do is create a culture of JOY within their classroom/building. January 24th is National Compliment Day. I challenge you to compliment someone face to face, or in a short note. Maybe you choose to do a pat on the back activity or a game of complimentary tag. Let's recognize the good we see in others, in case they are having difficulty seeing it within themselves.

- Mary Wentland, WHPE President

Brief summary of Board of Directors Meetings:

October:

◆ **New Theme is "Good to Grow".**

The WHPE board looks forward to growing with you over the next two years.

- ◆ A calendar was created to help implement the WHPE strategic plan. Look forward to more monthly communication from the WHPE board.
- ◆ Winter Wisdom planning started.
- ◆ WHPE has a session and booth for Advocacy at the WASB convention in January.
- ◆ Patty Kestell was appointed to the awards committee.

December:

- ◆ Discussion of Convention survey results. We care about what you have to say.
- ◆ Tim Mueller one year appointment to the awards committee.
- ◆ Melanie Gearhart was appointed to the grants committee.
- ◆ Sandee Ortiz was appointed indefinitely as the WHPE National Board Advisor.
- ◆ **SAVE THE DATES:** Winter Wisdom zooms: February 8th at 7pm and March 8th at 6pm.



2023 DISTRICT TEACHERS of the YEAR
Elementary School Physical Education
Midwest District
Kim Selby
Wilson Elementary School
Sheboygan, WI
Powered by the Teacher of the Year Partner Network
SPEWELLNESS
GOPHER G-W
125th WHPE Anniversary



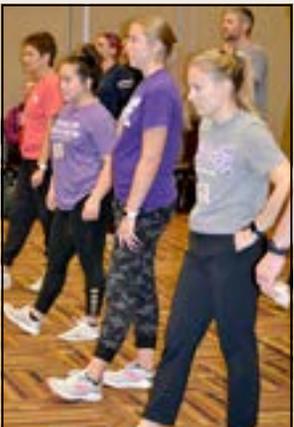
Greetings,

As the WHPE National Board for Professional Teaching Standards advisor, I would like to congratulate all new National Board Certified Teachers, newly Maintained NBCTs & those still on their journey. As NBCT's you make up a vital part of the teaching profession. National Board Certification is considered the highest level of certification an educator can achieve. It is commonly referred to as the gold standard of teacher certification. As you reflect on your journey, take time over the holidays to appreciate the impact your accomplished teaching practices have had on your students this year. January will be a time to celebrate your accomplishment with those around you. The celebration will continue as we recognize the entire NBCT community during our #TeamNBCT week celebration starting on January 23rd. Please fill out the form so we can recognize all those who recently renewed, received new certification or are interested in taking the first step towards certification. WHPE NBCT Form

Contact me at sortiz@sunprairieschools.org if you have any questions regarding the National Boards for Professional Teaching Standards.

**- Warm wishes,
Sandee Ortiz- NBCT**

2022 WHPE Convention ...



2022 Convention Survey Winner
 Congratulations to Alex Hammerschmidt of Pardeeville High School for being the 2022 WHPE Convention survey winner. Thanks to all of you who completed the survey. Your feedback is so important to the WHPE Board of Directors, as we plan for next year's convention.

Future Professional experience at WHPE Convention

Through this year's WHPE experience, seeing so many future professionals represent their school was phenomenal! As members of the Future Professional Board, we would like to thank so many students for their attendance and for professionals guiding us through this great process! As a group, we discussed many influential takeaways that we gained from this year's convention, but our team's favorite was the differentiation between session topics and levels. As future educators, it is important being able to attend sessions that are spaced through different grade levels, high and low. Having the option and the ability to view so many presenters that are truly passionate about their topic is something that we sincerely appreciate learning from as future educators.

Future Professional Board

Lauren Kidd, VP, UW-La Crosse

Kaycia Zimmerman, VP-Elect, UW-Madison

Abigail King, Secretary, UW-Stevens Point

Lynsey Anderson, Public Relations, UW-Eau Claire



WHPE Recognizes Members . . .

WHPE acknowledges the work of Nicole Popowich and the awards' committee members, Jackie Tenpas, Karen Petermann, Lori Petersen, Peter Toutenhoofd and Kris Fritz. Thanks are also extended to all personal presenters and photographer, Brenda Erdman.

During the Awards' Social multiple members were recognized for having achieved Past President, Dan Timm's theme by "Reaching Everyone" through a variety of contributions. These individuals were:



ADVOCACY AWARD:
Brett Fuller

RETIREMENT:

Patricia Abraham and Sherry Craig

LIFETIME ACHIEVEMENT AWARD:



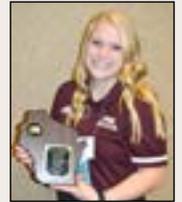
Brett Fuller



Sandy Hagenbach



Lori Petersen



FUTURE PROFESSIONAL:
Rylee Dorow

— WHPE Membership Longevity — 20 Year

Eric Arndt, Jackie Barstad, Jennifer Berna, Shannon Dannhoff, Steve Dannhoff, Linda Diedrich, Mikki Duran, Brent Huggins, Scott Johanknecht, Terry Lillge, Vicki Luczak, Kimmi Muellenberg, Judy Vanderford, Craig Verheyen, Tonia Wallner, Tim Wild

30 Year

Sherry Craig, Judy Domaszek, Denis Barnard, Sue Barnd, Dana Berns, Stephanie Giannunzio, Mandi Hendricks, Patty Kestell, Rory Suomi, Rosie Sylvester

50 Year

Beverly Bjornstad, Chet Bradley, Margaret Dahlquist

Physical Education Teachers of the Year:



Elementary
Melanie Gearhart



High School
Nathali Jones



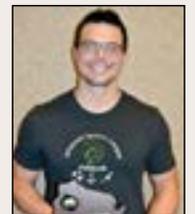
University
Rebekah Johnson



HEALTH Teacher of the Year:



Sande Ortiz



PROMISING PROFESSIONAL:
Korey Kleinhans

President Timm recognized Scott Fraizer and Wendy Wiesjahn with the Outstanding Service Award and Executive Director, Penny Kroening presented Brett Fuller with a Special Recognition Award for serving as SHAPE President and furthering the image of WHPE on a national level.



OUTSTANDING SERVICE AWARD:
Scott Fraizer and
Wendy Wiesjahn

SPECIAL RECOGNITION:
Brett Fuller



President Timm recognized Kris Fritz for her SHAPE Hall of Fame Award, after which, the gavel was passed to Mary Wentland who offered closing remarks. Attendees were served 125th Anniversary cake and they continued to socialize to conclude the evening. Looking to the future, please review the award criteria and nominate deserving colleagues for next year by the Feb. 1, 2023 deadline.

Kris Fritz, a Past Midwest President, acknowledged the following **Midwest/SHAPE April Awardees** for contributions to the profession as WHPE members who have served at a higher level:

- ◆ Sadie Brown – Midwest Adapted Physical Education TOY
- ◆ Sandee Ortiz – Midwest President Elect
- ◆ Patty Kestell – North American Society Inductee
- ◆ Ian Lacasse – Midwest Leadership Committee
- ◆ Taylor Olson – Midwest Leadership Committee
- ◆ Jo Bailey – SHAPE Board of Governors
- ◆ Brett Fuller - SHAPE Past President

Honor a Colleague... In tribute to the professional mentors and colleagues named in **BOLD** type those named in *ITALICS* have given a remembrance gift in support of the WHPE 125th Anniversary Celebration.

JO BAILEY
*Patricia Zemke
 Patty Kestell
 Sandy Hagenbach
 Jan Kunert*

KEITH BAKKEN
*Brenda Erdman
 Dan Timm
 Jan Kunert
 AB Culver
 Scott Frazier
 Kris Fritz*

DENIS BARNARD
Denis Barnard

SUE BARND
Lori Petersen

TIM BARTZ
Kristen Csiacsek

DARCI BEVERSDORF
Sandy Hagenbach

ALLISHA BLANCHETTE
Patricia Zemke

ROBERT BOWEN
E. John Rabe

CHET BRADLEY
AB Culver

JULIA BROWN
AB Culver

BILL BUDRIS
*AB Culver
 Jan Kunert*

VESTA BUETOW
*Jan Kunert
 Connie Stokes*

LARRY CAIN
*Jan Kunert
 Connie Stokes*

JAY CAMERON
Patty Kestell

**CORRINNE "CORKY"
 CLARK**
AB Culver

CHRISSE CLOTHIER
Sandee Ortiz

KAREN COWAN
AB Culver

**ANNA BETH (AB)
 CULVER**
*Patty Kestell
 Brenda Erdman
 Penny Kroening
 Jan Kunert
 E. John Rabe
 Kris Fritz*

SUE DAMSKE
Wade Wentland

DICK DETERT
AB Culver

PAT DIROCCO
*Brenda Erdman
 CAROL DOBRUNZ
 Connie Stokes
 MIKKI DURRAN
 Kristen Csiacsek*

STEVE EGGERICHS
*Kristen Csiacsek
 BRENDA ERDMAN
 Patty Kestell
 Lori Petersen
 Sandy Hagenbach
 Jan Kunert*

MANNY FELIX
Jan Kunert

JANET FENDOS
Denis Barnard

JUDITHANN FISCHER
Mary Jane Carreno

SCOTT FRAZIER
*Patty Kestell
 Dan Timm
 Jan Kunert*

KRIS FRITZ
*Patty Kestell
 Penny Kroening
 Jan Kunert
 AB Culver
 Kim Selby*

BRETT FULLER
Patty Kestell

STACY FURNESS
*Lisa Lockie
 Sandy Hagenbach
 Jan Kunert*

ALICE GANSEL
AB Culver

ERNEST GERSHON
*AB Culver
 E. John Rabe*

LANE GOODWIN
AB Culver

CRYSTAL GORWITZ
*Patty Kestell
 Sandy Hagenbach
 Jan Kunert*

SUE GROSSE
*Jan Kunert
 E. John Rabe*

**GERRI
 GUDENSCHWAGER**
Jennifer Day-Nelson

CAROL HANSON
*Kristen Csiacsek
 JON HISGEN
 AB Culver
 Jan Kunert*

GAIL HOFFMAN
Jennifer Day-Nelson

DENNIS HOOD
Jan Kunert

SANDY HUBER
Michelle Krueger

SHIRLEY JENNER
*Jan Kunert
 AB Culver*

JEFF JOHNSON
Melanie Gearhart

JOHN KADING
Jan Kunert

DOUG KANE
*Jan Kunert
 Denis Barnard
 AB Culver
 Kris Fritz*

PATTY KESTELL
*Penny Kroening
 Sandy Hagenbach
 Jan Kunert
 AB Culver
 Kris Fritz*

PAUL KNUEPPEL
Todd Jahns

NEIL KOENEMAN
*Jan Kunert
 Connie Stokes
 AB Culver*

PENNY KROENING
*Sandy Hagenbach
 Jan Kunert
 Melanie Gearhart
 Kris Fritz*

JAN KUNERT
Kris Fritz

ED LENARD
Michelle Krueger

JEFF LINDAUER
Jan Kunert

MARY LINEHAN
Lisa Lockie

KRISTI MALLY
*Patty Kestell
 Brenda Erdman
 Lori Petersen*

BRIAN MARX
*Sandy Hagenbach
 Jan Kunert*

MARY MERO
Connie Stokes

TIM MUELLER
Kris Fritz

KATIE MULLOY
*Sandy Hagenbach
 Melanie Gearhart*

JENNIE NELSON
Gail Hoffman

PEGGY NERBY
Michelle Krueger

PAT O'BRIEN
Denis Barnard

LESLIE OGANOWSKI
Jan Kunert

SHARON O'LEARY
*Jan Kunert
 AB Culver
 Kris Fritz*

JUDY PACE
Wade Wentland

KAREN PETERMANN
*Michelle Krueger
 Kris Fritz*

LORI PETERSEN
*Patty Kestell
 Brenda Erdman*

NICOLE POPOWICH
*Jan Kunert
 AB Culver
 Scott Frazier
 Kris Fritz*

E. JOHN RABE
*Jan Kunert
 Mary Jane Carreno*

LISA ROELKE
Gail Hoffman

HALEY ROHLOFF
Sandee Ortiz

**SCOTT
 RINGGENBERG**
*UW-Platteville Health
 and Human
 Performance Dept.*

DEB SAZAMA
Patty Kestell

BILL SCHERER
Chris Sullivan

MARCIA SCHMIDT
Jan Kunert

BOB SCHNEIDER
E. John Rabe

GLENN SMITH
AB Culver

JEFF STEFFEN
*Wade Wentland
 Kristen Csiacsek*

CONNIE STOKES
Jan Kunert

JOANNE SUOMI
Jan Kunert

TIM SWENSON
Patty Kestell

ROSIE SYLVESTER
*Patty Kestell
 Jan Kunert
 Mary Kennedy
 Kris Fritz*

JACKIE TENPAS
Sandy Hagenbach

DAN TIMM
*Patty Kestell
 Jan Kunert*

MAUREEN VORWALD
*Patty Kestell
 Jan Kunert
 Jennifer Day-Nelson*

DAVE WEIDENBACH
Denis Barnard

MARY WENTLAND
*Patricia Zemke
 Wade Wentland*

SHIRLEY WHITE
*Jan Kunert
 Chris Sullivan*

GEORGE WITTICH
AB Culver

WALTER WITTICH
AB Culver

CHRIS ZVARA
*Patty Kestell
 Jan Kunert
 Mary Kennedy*

Elementary PE Teaching Ideas

Scooter License! — Doug Bradley, SW District Coordinator

It's never too early to learn how to drive, a scooter, that is.... I saw this brilliant idea on Facebook a couple years ago and had to jump on board. First, teaching kindergarten pals the correct and safe way to ride a scooter is a very important unit/lesson. I only do this for my kindergarten students. Second, there's fun ways to spice it up, like allowing them to earn a Scooter License! In my gym, I created a "racetrack" (border of the gym, around basketball sidelines) that we use to warm-up every day. I take advantage of my racetrack with my scooter lessons, as well. By utilizing some homemade traffic signs, obstacles and animals, the students will have a fun and simulated version of "driving" on the racetrack! My biggest points of assessment for students to earn a scooter license include:

1. Stay on the racetrack at all times
2. Avoid touching others (crashing)
3. "Pull Over" when you "Need Gas" (tired)
4. Slow down and avoid animals
5. Obey traffic signs & signals
6. Keep hands/fingers on the scooter handles

I start the unit with simply learning how to "drive" the correct way on the racetrack. I have arrows taped down pointing in the correct direction about every 15 feet. As the activities progress, I add in more obstacles and challenges, almost in a TGFU-style approach. The unit culminates with each student completing 1 lap as their "drivers test" while I observe. They must pass all of the 6 objectives listed above in order to earn their scooter license. If they do not pass, they get another try.

My students absolutely love this unit and the challenge of EARNING the license. I tell them that it's possible not everyone gets a license after the unit because you must earn it. I've never had a student fail, but it's pretty easy to convince them of the seriousness!

Below is a picture of my scooter license template. I take a close up headshot of each student in class, add them to the picture, print and laminate. I even had students keep their license in their desk in case there was a random day we played scooter games! Give this a shot to spice up your scooter instruction & assessment. The kids will love it and work hard for it!

Scooter License Winskill Elementary



Name:

Grade: 5K

Date issued: 11/24/2022



AMRAP Warm-up

Submitted by Karen Albert, Member at Large

My warm-up for my elementary PE classes starts with an AMRAP. The acronym stands for As Many Rounds As Possible. I set the timer on my Smartboard to 4 minutes and have 3 or 4 exercises on the list for the week. I always have at least one lap (jog, skip, gallop, carioca, etc...) and two or three auxiliary exercises that pertain to our activity (push-ups, squats, burpees, side plank rotations, etc...). Each week is the same combination of exercises so that students can show growth from day 1 to day 3. I often give them several variations of at least one of the exercises such as push-ups against the bleachers, from knees, from feet or elevated to meet all ability levels. Students are encouraged to work at their own steady pace without resting for the 4 minutes. This is a great time to assess their motor skills and movement patterns. This week, I tried a new AMRAP: 1 lap jogging, 10 squats, 10 bends and 10 twists. I loved seeing how creative they were with bending and twisting their bodies. Some even combined both skills. It was great to see how they could differentiate between the two!



My Favorite Equipment for Adapted PE

By Sadie Brown

Do you have a limited budget, but need equipment to support your adapted PE students? Sometimes we forget that we have some very versatile equipment already at our fingertips! Here are some everyday PE items that I have used to support my adapted PE students.

1. **Pool Noodles** - long ones are great for tagging, short ones are great for drumming or slipping on to a jump rope to help with jump roping practice
2. **Resistance/thera Bands** - these are great for attaching things to wheelchairs, walkers, or other student devices so that they can engage in the activity even if they have limited grip strength to hang onto something
3. **Beanbags** - these are great for color matching, throwing, catching, using to tag people; its lighter and softer which makes it less intimidating for most kids
4. **Balloons** - I like to use mylar balloons that I order online or get from the dollar store because they are usually latex free. I just ask them not to fill them at the store, use a straw to blow air into them and then they will not fly away! These are great for catching, striking, and volleying skills. Students love balloons!
5. **Hula hoops** - can be used to help teach galloping (1 foot in and 1 foot out), kicking, jumping in and out of, jump rope skills, holding to be pulled on a scooter, hanging from a basketball hoop to make the shot closer to the student

These are the items I use the most often and almost every PE teacher I work with has these! Sometimes we get so caught up in all the fancy things that we forget about the simple changes we can make to modify an activity in order for a student to be included! What other great ideas have you used these items for? Head over and join our facebook group [WHPE APE](#) and share those ideas with the group!

Let's Build a Snowman!

One of my favorite winter activities is "Let's Build a Snowman" and my students love it too! It's a great cooperative activity that also allows the students to show their creativity. Plus it involves scooters....and who doesn't love scooters?!

Instructions - <https://bit.ly/3BePRYG>

Kim Selby, Elementary Division VP
Wilson Elementary School, Sheboygan
kselby@sasd.net



Middle/Secondary School PE Teaching Ideas

Bingo!

A Bingo format is great for so many different activities, providing student choice and autonomy while providing the opportunity to work on relevant skills and concepts. I have made several Bingo boards for both warm up activities and as a whole lesson focus: Badminton Bingo, SMART Goal Bingo, Swim-Go Bingo (inspired by Mary Wentland), and Climbing Holds Bingo.

Dan Tennessen (@BigTennPhysed) recently used this format to create an archery bingo board and Matt Bristol (@WellnessClass) created one for Spikeball - these are also included for you as well with Dan and Matt's permission!

SMART Goal Activity Bingo				
FREE Square	2 min stretching	20 push ups	Catch/throw on the move for 2 minutes	2 mins of Spikeball
1 min of Jump Rope	1 min of skipping around the gym	Shoot 5 baskets	FREE Square	20 lunges, any direction
1 min of Hula Hoop (throwing/catching)	2 min walk	1 min from any colour on the mat & march across it	Shoot 3 baskets in 5 SECONDS	FREE Square

Use the links below to access each Bingo Board!

- [SMART Goal Bingo](#)
- [Badminton Bingo](#)
- [Swim-Go Bingo](#)
- [Climbing Holds Bingo](#)
- [Spikeball Bingo](#)
- [Archery Bingo](#)

Fitness With PVC Pipes

- Submitted by Ryan McKinney, Middle School Division VP

At Spooner Middle School, we use PVC pipes to accomplish several health-related and skill-related fitness components in an inexpensive and dynamic way. If you purchase 3/4" PVC pipe in longer lengths and cut to size, you can get them for about \$3 a piece. Some examples include:

Strength: Squats and Cleans - Pipes offer an alternative to a weighted bar to learn proper strength training techniques. In addition, the pipes can serve as markers for partners to check proper form including knee alignment and arched back.

Flexibility: Superman - Student lays on stomach with arms extended holding the pipe. Raise up the pipe and your legs off the ground and hold for 1-2 seconds and repeat.

Mobility: Hip swing overs - Partner A holds a pipe at waist level and adjusts accordingly for partner B to swing their leg over. Repeat with the other leg and take turns.

Shoulder Pass Throughs - Hold the pipe out front with an overhand grip towards each end of the pipe. Raise above your head forming a Y and continue to move behind your head as you are comfortable. Hold for 1-2 seconds and repeat.

Agility and Coordination: PVC pipe fall - Hold the pipe perpendicular on the ground and let it fall. Move your body quickly while keeping your feet stationary to catch the pipe before it hits the floor. Challenge yourself to see how close to the ground you can let it get without touching. Let the pipe drop in all different angles away from you.

Balance and Coordination: Partner bear crawl pull - Stand in a bear crawl position across from a partner. One hand on the ground at shoulder level, with knees underneath the hips. Feet are on their toes with knees slightly off the floor. Each partner then holds one end of a pipe. Students pull and try to get the other student to come out of their bear stance or touch their knee on the floor.

Reaction Time: PVC drop - Partner A holds a pipe perpendicular on the ground at their side and releases their grip. Partner B sprints and tries to catch the pipe before it hits the floor. Adjust distance as needed. Start signals could be visual such as seeing the hand release; or auditory, where the runner has their back to the pipe and reacts on command.

Hula Hoop Lower Basketball Hoop

Shared by Katie McGowan Reuss on Facebook. Hula hoop, three carabiners, 3 zip ties, and 3 Chinese jump ropes... Modified Basketball hoop. Would be great for scooter basketball too!

- Submitted by Jo Bailey, WHPE Past President DC Everest High School



Using Radar Charts for Student Reflection

- Submitted by Jo Bailey, WHPE Past President DC Everest High School

Gathering reflection data from students can be done in a multitude of ways - I recently used radar charts to have students reflect on three different activities we had completed in class. I was interested to see if the experiences were meaningful to the students and to what extent. I used the elements of the Meaningful PE framework and asked each student to mark their charts on a scale of 1-10, 10 being the highest level for each Meaningful PE feature: Personal Relevance, Improved skill, Social Interaction, Challenge, and Fun/ Enjoyment.

Students then compared their charts with 3 of their peers to see what similarities and differences they noted. These student interactions were really interesting as they opened their eyes to new viewpoints for each activity. How do you collect student feedback?



Personalized Strength Training with Stack 52

Looking to give your strength training students some voice and choice in the weightroom? Want them to stay motivated and determined because they are making a personal wellness plan that they want to participate in? Check out what I was able to do in our weightroom utilizing the [Stack 52 website](#). It was a game changer resource to give our students what they need to empower themselves to set goals and work to achieve them! Stack 52 has hundreds of exercise videos linked to their website. First, the website breaks it down by what type of workout equipment you want to use. Then it breaks it down by major muscle groups the exercise works, and difficulty (beginner, intermediate, and advanced). Finally, it takes you to a Youtube video of that exercise so your students can see exactly what they need to do to exercise properly.



This plan and idea were created for a strength training elective class that 7th & 8th grade students could register for. The course lasts for one semester and meets every other day for a total of 45 classes over the course of the semester. Our elective classes meet for 40 minutes. When planning the class I dove into the grade level outcomes to decide how to run the class. Here are some grade level outcomes that you can have your students working towards:

- Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. (S3.M1.7)
- Describes how muscles pull on bones to create movement in pairs by relaxing and contracting. (S3.M14.7)
- Participates in a variety of strength- and endurance-fitness activities such as Pilates, resistance training, body-weight training and light free-weight training. (S3.M3.7)
- Designs and implements a program of remediation for 2 areas of weakness based on the results of health-related fitness assessment. (S3.M15.7)

Maintains a physical activity and nutrition log for at least 2 weeks and reflects on activity levels and nutrition as documented in the log. (S3.M16.7)

Our weight room offers many different functional fitness opportunities with equipment like dumbbells, medicine balls, kettlebells, ultrafit bars, TRX bands, and plyometric boxes. There are also treadmills, ellipticals, and bikes that students can use for cardio work. Students had a good understanding of how to use this equipment based upon prior experience in the weight room.

We took some time to get to understand how the bones and muscles work together and how to structure a workout program to work those muscle groups. We also dug into the FITT principles of cardiovascular fitness, muscular strength, and muscular endurance. This helped guide them in their workout planning. Students participated in fitness tests so they could see what areas they might need to improve on during this class. Once they knew their areas of weakness, then they could start designing a fitness plan to help them meet their fitness goals. Here are some sample goals that I showcased to my students:



Students plan their workout log every three weeks with feedback from me, keep track of their progress on their workout log, and retest their fitness progress with the tests that they chose to measure their fitness levels in that area:

Measure	Unit	Age	Weight	Measure	Unit	Age	Weight
Cardio	min	12	120	Strength	kg	12	120
Cardio	min	13	130	Strength	kg	13	130
Cardio	min	14	140	Strength	kg	14	140
Cardio	min	15	150	Strength	kg	15	150
Cardio	min	16	160	Strength	kg	16	160
Cardio	min	17	170	Strength	kg	17	170
Cardio	min	18	180	Strength	kg	18	180

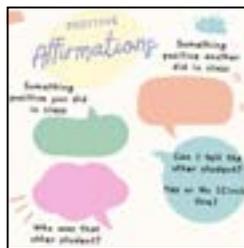
Here is a sample log that a student had created for class. This log was kept for

3 weeks and then a new one was created for the following weeks. We progressed through that cycle for 5 times over the course of the semester.

All in all this class has gone extremely well. There are definitely some changes I would like to make for the next semester, but overall I have seen so much more buy in and motivation and determination from our students to improve their overall fitness. If you would like to learn more about the process feel free to reach out to Matt Pomeroy at Pomeroy@merton.k12.wi.us.

Positive Affirmations ... Written By: Katie Shulfer

Positivity, positivity, positivity! Something everyone needs in their lives, and it is especially true in our students' lives. One weekend I was sitting in a softball coaches clinic listening to some of the top college coaches in the country and one of the first things one mentioned was "how much they appreciated us taking the time to come and listen to them." It was something simple which many forget but it brought a smile to our faces. They began to present about using a positive affirmation card with their student-athletes which asked them to fill out the following each day they met together.



They wanted their students to fill out one thing which was positive for them during class, being as specific as they could. One thing they noticed another student doing which was positive and if they mentioned a name, answering if it is ok for the teacher to tell this positive affirmation to the specific student.

This is something very simple but can mean so much to others. It is so easy to think about the negative, talk about the negative or even do something negative because of all the negativity around us. I know I personally have been consumed by this and probably some of you who are reading this. We need more positivity to come through and this is something many could add to their classrooms to bring this. I have started my classes off with a positive affirmation of my own as well as those written down by students from previous classes and it does start classes off on a high note.

A post it note is all you need but cards could be made with the specific directions/sayings and students put their cards in a box like a cardboard box or a decorative box of your choosing.

Extra: Something else to add in positive affirmations which is easy to do would be to print sayings on a post-it note. Very simple and students really enjoy getting one to start their days. Video on how to print on post-it notes is attached. <https://drive.google.com/file/d/18rT1sg-KGWHCGRCARDhV7UL8dQJbKwtM/view?usp=sharing>

Health Teaching Ideas . . .

Checking In

By Allisha Blanchette, NE District Coordinator
DC Everest High School

I like to check in with my students emotionally as well as give them an opportunity to recognize and express their emotions whether in Health or PE. In Health we read the book *My Many Colored Days* by Dr. Seuss. We simulate story time just like they did in Kindergarten. After discussing expressing emotions through color I have students pull up a whiteboard app on their ipads (Notes works well) and indicate what they are feeling through color. There are several variations you can continue with this such as adding shapes and patterns or having a partner try to guess what they are feeling based on their picture.

In my Independent PE class I have students complete a daily chart indicating overall RPE, mood, and energy level. I like to use this mood chart based on the book *Permission to Feel* by Marc Brackett. A pdf can be found here: <https://www.parentingwithlogic.com/mood-meters.html>



Health Posters

Submitted by Jo Bailey, WHPE Past President
DC Everest High School

Are you looking for some posters to decorate your classroom? Andy Milne from IL (he was a featured presenter at WHPE in 2016 and 2017) has made 21 health posters using Canva (you can use it online or in their Canva app) and is sharing them for free! Check out the posters here: bit.ly/HealthPosters



Does Period Poverty Impact Your School?

While advising an after school group, we got to talking about periods. Middle school students shared stories about getting their period at school and not knowing where to go or what to do; "Do I ask/tell my teacher? Did I leak through? How am I going to get the supplies I need? What if everyone sees?!"

I armed the students with quarters and sent them on a scavenger hunt to the female bathrooms. The results were not good; IF they were able to get the supplies from a dispenser we found that the tampons were from 1998, and the pads from 2002. The students exclaimed, "we weren't even born yet!"

We saw a problem and made a plan. Students did some research to find that nationally, menstruating students miss school and/or classes because of anxiety over getting their period. They also miss school because they do not have the supplies needed to go about their day.

These brave students used a panel discussion to explain to the administration why we needed free menstrual supplies in our bathrooms. Initially, there were concerns that these free supplies would only be used to plug toilets and act as rockets flying down the hallway. The students saw it in a different light, they believed they could begin to change the stigma around getting your period and lower the anxiety of our menstruating students. The administration conceded and agreed to a 3 month pilot program in our school. If it went well, consideration of expanding this program to all of our district schools would be in order.



We are at the beginning of month #2 and we have had no plugged toilets or rocket ships flying down the hallway.

WASW News- Free Menstrual Supplies

- Patricia Zemke
WHPE Board Member
NBCT Health Educator
Ambassadors of Diversity Advisor
pzemke@wausauschools.org

Ideas for Health Education

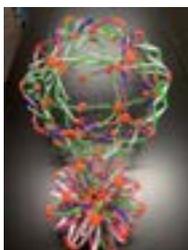
- Submitted by Mary Wentland, President, Lakeland Union High School



Thumbballs are a great way to engage students in SEL topics in a classroom setting.

Back Pocket Questions			
Acquaintance	<ul style="list-style-type: none"> How do you greet? Can you smile? What do you think? Why do you think that? What are your goals? Do you see any future? What do you always do? 		<ul style="list-style-type: none"> How do you feel about that? Are you sure? How confident are you about that? How would you feel if...? What advice would you give? Do you agree with...? How has your thinking changed? How might someone else react?
Friendship	<ul style="list-style-type: none"> What does the word 'friend' mean? What does it mean to be a friend? What is the opposite of a friend? What is the opposite of a friend? What is the opposite of a friend? 		<ul style="list-style-type: none"> Why do you think that?
Relationship	<ul style="list-style-type: none"> What is the meaning behind...? Is there a good reason? What is the meaning behind...? What is the meaning behind...? What is the meaning behind...? 		<ul style="list-style-type: none"> What is the meaning behind...? Can you explain that differently? How would you feel that? Is there another way to say that? Are you trying to say...?

Up your question game by using back pocket questions in your classroom.



Hoberman sphere breathing is a wonderful mindfulness technique.
<https://www.youtube.com/watch?v=QX1LgYMDHw0>

DID YOU KNOW?

The health. moves. minds.® Fundraiser and standards-based, SEL education resources teach positive health behavior skills – being physically active, how to ask for something and show gratitude, how to manage stress and other emotions, achieving confidence and feeling pride in helping others.

New for 2022-2023:
Three new mini-lessons are available per grade band!

Learn more at healthmovesminds.org

“Teaching English Learners” Culturally Responsive Health and Physical Education

Dan Timm

The number of English Learners has increased consistently during the past 20 years with one out of every 10 public school students now an English Learner (National Center for Education Statistics, 2022). Most, if not all of you, are teaching a few English Learners. It is important to address their language needs along with their health and physical education needs.

Learners of English go through the same sequence as native English speakers learning another language. Teachers need to scaffold instruction to help English Learners develop language proficiency. The use of appropriate learning activities help them understand English, and health and physical education content.

Following are some general concepts to get you started when teaching English Learners...

- Put yourself in the shoes of your English Learners and imagine the challenges they face.
- Build community and connect the content to the lives of your English Learners.
- Mosston’s Command and Practice teaching styles provide structure which helps students learn English.
- Provide sequences for students to follow...first...then...last.
- Watch for information overload.
- Use consistent terminology. Someone learning English will not know a lay-up and lay-in in basketball are the same thing.
- Speak clearly and slowly, don’t mumble or slur words; do not yell.
- Avoid asking, “Do you understand?” An English Learner typically will not want to admit they do not understand.
- Repeat cues several times.
- Maintain high expectations.



In future newsletters, we’ll explore how to assist English Learners in each of the five levels of language acquisition.

Assessing Social-Emotional Learning in PE

Social-emotional learning (SEL) is such a powerful tool we can incorporate into our curriculum to teach students some valuable affective skills. We know of so many benefits of incorporating SEL, specifically pertaining to behavioral issues, improved test scores, conduct issues, and positive social behaviors. Great ways to encourage SEL can be done through goal setting, teamwork, leadership skills, understanding emotions, emoji fitness (choose the activity based on your current feeling), zones of regulation, etc. But, how can you ASSESS SEL? Using multiple strategies and tools for students can often help them reach different potentials, especially by using reflections, exit slips, or movement based assessments. Check out this fantastic movement based assessment I’ve linked below and let me know on the WHPE facebook what you’ve found to be effective!

Thanks to Ross Chakrian @Mr_C_PE for this awesome resource! [SEL+Grade+Level+Expectations+k-12.pdf](#)

– Nikki Hollett, PhD, Assistant Professor, Health, Physical Education, and Adapted PE Program Coordinator
University of Wisconsin-Whitewater, Kinesiology Department

ACCOLADES ... Well done!

Doug Kane, WHPE Past President, is still supporting health even in his retirement. Doug has been a blood donor for years and he recently received recognition for making his 116th gallon donation from Versiti, based in Milwaukee.

Sadie Brown, Sun Prairie School District, for founding the Sun Prairie Adapted Sports League. The league offers competitive high school level sports for all students with disabilities. Soccer was played this past fall with floor hockey (January-February) and wiffleball (April-May) planned for the future.

Great Reads

I am currently reading two books: **1) The Happiness Advantage - Shawn Achor** and **2) The Joy Choice - Michelle Segar**

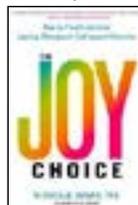


The Happiness Advantage explores seven principles of positive psychology and how they can be applied to ourselves and help rewire our brains for happiness. There are so many take aways we can use for ourselves, with our students and beyond.

The Joy Choice looks at behaviour change around exercise and nutrition. Given that we are in the business of teaching and encouraging students to be healthy and active for a lifetime, understanding behaviour change

around this is particularly important. There are many parallels between this book and the Meaningful PE framework.

– Submitted by Jo Bailey, WHPE Past President, DC Everest High School



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





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The 125th Celebration of Wisconsin Health and Physical Education is coming to an end... BUT, that only means that we are working on beginning our 126 year! We have accomplished many GREAT things as an association. We know our history, but the next chapters are yet to be written. WHPE's mission is squarely

centered on advocacy and professional development opportunities. To support this mission we feel it is critical to have a presence at the Annual Wisconsin Association of School Board convention. WHPE has a booth and has been selected to present a session. Representatives at the WHPE booth to work to message Administration and School Board Members regarding:

WHPE feels it is vital to have a footprint and message at this convention. It allows us to share the message of the importance of Health and Physical Education as a subject, as well as, your professional development.

I will use that as a segway to draw your attention to the upcoming Winter Wisdom Zoom meetings.

Save the Date:

Wednesday, February 8th, 7pm

Wednesday, March 8th, 6pm

Keep a lookout for some PR on our monthly topics.

These zoom meetings allow our members to engage in timely collaborative discussion regarding topics that have real meaning to all of us. Please set the date on your calendar and make room in your busy schedule to join us. The Winter Wisdom meetings have really opened my eyes to the amazing work our Teachers are doing. Listening to our members talk and share about what is happening in

GRANT APPLICATIONS: Could you use some additional funding? Maybe for some new equipment or a special project? The call for grant applications is now open. Application information is available at <http://whpe.us/whpe-grants>. Give some thought to how you could enhance your health or physical education program with a WHPE grant. Deadline for submitting an application is February 1.

their classrooms is a revelation in the incredible work you do class-after-class, and day-after-day! As much as we value attending convention sessions, it too is extremely valuable to hear the stories and ideas voiced in this type of shared community experience. Please consider attending.

The Zoom links are published to our membership the day prior to our Winter Wisdom zoom meeting. Check your email accounts, the link will be sent to whatever account you used to set up your membership. If you feel you are not receiving any emails from us, please contact Nicole or myself so we can troubleshoot the issue for you.

Thank you for your membership in our Health and Physical education professional community.

If you have any comments, questions or concerns, please feel free to contact me.

Penny Kroening, Executive Director

AWARD NOMINATIONS: WHPE has many individuals doing outstanding work in health and physical education. Each year the organization recognizes these deserving persons with an appropriate award. Nominations are now open for the 2023 WHPE Awards. Deadline for submitting an award nomination is February 1. Who do you know that deserves an award for what they do? For Award criteria, rubrics, and nomination form, check out our website at: <http://whpe.us/awards>

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.