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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 40, ISSUE 3 FALL 2011

2011 WHPE Convention ... *Waves of Opportunity*

The convention is being held this year at the Chula Vista Resort and Waterpark, 2501 River Road, Wisconsin Dells, WI. Mark your calendars for this excellent professional development opportunity, October 26-28, 2011. Convention schedule and pre-registration information are included in this special convention edition of the WHPE newsletter. SAVE \$15 by pre-registering by October 5th.



René Bibaud ...

Like most of us, Rene Bibaud was exposed to the fun activity of rope jumping at a very early age. Rene still vividly recalls the day in her driveway when her father taught her proper form – one jump, one spin of the rope. She was five years old.

Today, decades after that first lesson from her dad, Rene completes her tax return by writing “Professional Rope Jumper” in the space requesting “occupation.”

So how does someone become a professional rope jumper? “My elementary school physical education teacher was starting a jump rope team called The Hot Dogs,” says Rene. Rene’s Hot Dog Team became one of the premiere performance jump rope teams in the country. They toured the United States on behalf of the American Heart Association’s Jump Rope For Heart Program. Rene also traveled to many foreign countries, appeared on countless television programs and performed at many high-profile events. Rene recalls shaking hands with Johnny Carson on the Tonight Show when she was in junior high.

Rope jumping championships came next. Rene won five world titles in total. She became a well-respected teacher and her peers recognized that she could explain and teach rope jumping to a broader audience. ESPN invited Rene to provide color commentary as they covered the rope jumping world championships. Rene agreed. She also did something else quite remarkable: Rene entered the competitions and won her age division’s freestyle championship!

It happened that representatives of Cirque du Soleil were watching Rene’s performance as both a competitor and articulate broadcaster. They were impressed and offered her a joint position as coach and one of the performers with the Quidam Act of Cirque. For more than four years, Rene toured the United States and Europe, performing before overflowing crowds and on television.

After years of living outside the United States, Rene decided to leave Cirque du Soleil but continues to consult with them on a routine basis. Today, Rene calls Seattle, Washington her home and has created her own exciting company, Ropeworks. Through Ropeworks, Rene continues her mission of sharing fitness and positive life messages with people across the country. Her hugely popular school assembly program is a unique blend of performance, athleticism and pertinent messages, generating tremendous praise from kids and school officials alike.

Susan Flynn ...



Susan Flynn had been a faculty member at Purdue University in West Lafayette, Indiana since 1997. She just recently changed positions to teach at the College of Charleston, South Carolina. Flynn works in the School of Health and Human Performance and Teacher Education. She is training students’ in sport pedagogy and PreK-5 teacher education. She specializes in the areas of Adapted Physical Education; Rhythms and Dance in the PE Curriculum, and Elementary Methods.

Prior to Purdue and the College of Charleston, Flynn taught in the public schools outside of Toledo, Ohio as an Adapted Physical Education Specialist. In addition, she directed the Perceptual Motor Development Clinic at the University of Toledo for 10 years and Pete’s PAL’s at Purdue. Both programs offer aquatic and motor therapy for children with disabilities. Also Flynn is a certified Physical Best Instructor and presents Fitnessgram and the Physical Best program at many state meetings.

Flynn was actively involved in the Indiana State Association and the Midwest District AHPERD and National student leadership. Flynn’s passion is working with college students to help them become professional leaders. She endeavors to develop enthusiastic student leaders who lead by example and embrace the importance of helping young people value an active and healthy lifestyle.

Kristen O’Kura ...



Kristen O’Kura teaches middle school Physical Education (what else is there?) at Don Juan Avila Middle School in the Capistrano Unified School District in Southern California. Kristen Okura is in her 13th year teaching at Don Juan Avila Middle School in southern California. She is currently department chair, master teacher, BTSA Support Provider and PEP Grant Coordinator. She is a member of CAHPERD, AAHPERD and NASPE. Okura received the Governor’s Council of Physical Fitness and Sports Teacher of the Year Award in 2005, the CAHPERD Region 46 Teacher of the Year Award, as well as receiving PEP grants from 2005-2008. Okura has presented locally, statewide and nationally beginning in 2006. WHPE is pleased to announce that Okura will present two activity sessions at WHPE.

Artie Kamiya ...



Artie Kamiya is the President at Great Activities Publishing Company where he is responsible for driving the company’s vision for meeting the unique needs of K-12 physical education. A former elementary physical education teacher and coach, he has been recognized by NASPE as the 2004 National PE Administrator of the Year and with the 2007 “Joy of Effort” Award. WHPE is pleased to announce that Kamiya will present “Give Yourself a Hand!” at the General session, along with presenting a breakout session entitled, “HYPE – High-Yield Physical Education!”

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WHPE Convention ... October 26-28, 2011 ... Wisconsin Dells



MIDWEST/WHPE FISHING WORKSHOP

October 28TH, 12:30-3:00



*Incorporating Fishing
Into Your Curriculum and
Muskie Fishing Basics*

At the conclusion of our convention, Midwest District

AAHPERD will be collaborating with WHPE to sponsor a "Fishing Workshop" focusing on "Incorporating Fishing Into Your Curriculum and Muskie Fishing Basics", right at Chula Vista. The hands on workshop will provide an opportunity



to learn from one of the BEST! Our very own Duffy Kopf will be the featured presenter. Duffy is a Pure Fishing Ambassador who is on both the

Pro Staff's of Jiffy Ice Fishing and J.B. Lures. You will need to pre-register for this workshop which will include an additional \$25.00 fee. There will be some GREAT door prizes for those in attendance.



Wednesday Night President's Reception in the WATERPARK!

Join your WHPE friends on Wednesday night from 8-10 p.m. in the waterpark to celebrate a successful year with President Brian Marx. The waterpark is open an extra hour thanks to WHPE, so bring your families and enjoy socializing, food and fun.

RED OUT at the WHPE Convention!

WEAR RED ON
THURSDAY, OCTOBER 27TH.

STOP BY THE AMERICAN
HEART ASSOCIATION
BOOTH AND SHOW



THEM YOU HAVE RED ON!

YOU ARE ELIGIBLE FOR PRIZES IF
YOU WEAR RED.
PRIZES ARE FROM THE AMERICAN
HEART ASSOCIATION.

WHY RED?
IN SUPPORT OF HEART HEALTH!

WHPE Convention Raffle and Food Drive

Once again this year's convention will have a raffle on Friday at noon. You may enter your name in the raffle drawing for each food item you donate, so if you bring 5 food items you may put 5 raffle tickets in the raffle drawing. You may only enter the raffle drawing by bringing in a non-perishable food item. There will be a table in the registration area for your food items and to enter the drawing. Don't forget your food item...President Brian Marx has awesome raffle prizes! You must be present to win!

In 2010 we had just under 300 food items...let's get OVER 300 food items this year!

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

Earn Undergraduate or Graduate Credit at the 2011 WHPE Convention

WHPE members attending the annual convention in Wisconsin Dells can receive one undergraduate or graduate credit through the UW-La Crosse Department of Health Education and Health Promotion and Continuing Education and Extension. **THE COURSE TITLE IS HED 467/567: EXPERIENTIAL LEARNING STRATEGIES FOR HEALTH EDUCATION.** Also available is an Independent Study option, HED 495/595, for those who have taken this credit experience previously or would like more flexibility in aligning the experience with their professional responsibilities. This course is open to professionals in Health Education and Physical Education. All project assignments can be aligned with your current professional responsibilities/standards. Dr. Marcie Wycoff-Horn would be glad to discuss these possibilities with interested individuals, please call (608) 790-1204 or Email: wycoff-h.marc@uwlax.edu

THE TWO PRIMARY CRITERIA FOR EARNING THIS CREDIT ARE:

- 1 - documented attendance in at least five (5) program sessions during the conference in Wisconsin Dells, WI.
- 2 - development of a "focused" application project that helps you bring what you learned at the conference to life!

Your application project should portray how a concept, idea, theory, or practical teaching techniques can be applied to an actual or projected professional setting, to enhance your professional contributions or development in health education, physical education, recreation, dance, athletics, or administration.

*Instruction packets will be distributed in advance of or at the October convention. For general information or registration information, call the office of Continuing Education and Extension at (608) 785-6507. If you have questions about the experience, contact Dr. Gary D. Gilmore, Director of Community Health Programs at (608) 785-8163.

*If you have previously taken this course and would like to repeat it, you will need to contact Dr. Wycoff-Horn at (608) 790-1204 or email: wycoffh.marc@uwlax.edu to discuss possible options.

WHPE Convention ... October 26-28, 2011 ... Wisconsin Dells

Conference Hotel Information:

Chula Vista Resort and Waterpark
2501 River Road, Wisconsin Dells
Reservations - (800) 388-4782
Reservation Deadline: October 5, 2011
When making reservation, refer to block #A04769

Rates: Wednesday night – Friday night \$119/\$259
Extend your stay for Saturday night \$169/\$309
Water park passes included for each person registered in your room!

Chula Vista offers a variety of rooming options:

\$119 – Junior Suites are very spacious and great for families. Amenities for Junior Suites include: 2 Queen Beds or 1 King bed plus 1 Sofa Bed, semi-private living area, microwave, coffee maker, refrigerator and TV. Junior suites have indoor access to the waterpark.

\$119 – Tower guest rooms amenities include 2 Queen Beds or 1 King bed, microwave, refrigerator, TV and coffee maker. Tower rooms have indoor access to the waterpark.

\$119 – Golf Villas offer comfortable accommodations for up to 6 people with full kitchens and living area, with two queen size beds and a pull out sofa sleeper. These villas do not have indoor corridor access to the waterpark, however a shuttle can take you to the waterpark and main lodge facilities.

\$259 – The El Grande Condo has two bedrooms, one with a fireplace and television, the other bedroom has two queen size beds with television, one full bath and one three quarter bath, full kitchen with range, oven, refrigerator, dishwasher, microwave, and coffee maker, dining room table, living area with sofa sleeper, chair, fireplace, and a Jacuzzi. The El Grande Condos have indoor corridor access to main lodge amenities including the waterpark.

Dining options at the Chula Vista:

Breakfast options at the Chula Vista:

Market Fresh to Go: Featuring Starbucks coffee and the freshest bakery goods including homemade doughnuts, muffins and pastries. (Approx cost \$7)

Market Fresh Breakfast Buffet: Chef carved meats, made to order omelettes, breakfast pizza, fresh fruit, breakfast pastries, toast, cold cereal, yogurt, scrambled eggs, sausage, bacon, French toast, pancakes, Belgian waffles, corned beef hash, American fries, biscuits and gravy and more (Cost with coupon \$10.99)

Lunch options at the Chula Vista:

Market Fresh to Go: Get a hot, delicious panini sandwich for lunch. You will also find a wide array of sweets, caramel apples, and ice cream. (Approx cost \$8)

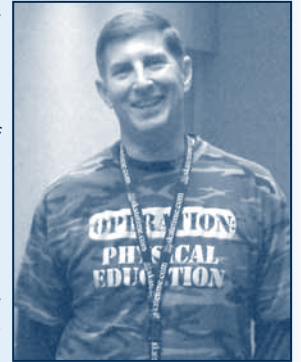
Market Fresh Lunch Buffet: Salad bar, homemade soups, pizza, two main course entrees, vegetables, potatoes, pasta, roasted carved meat, and a variety of fresh ingredients to build your own sandwich. (Cost with coupon \$11.99)

Cold Water Canyon Clubhouse: Features burgers, sandwiches, brats, hot dogs, salads and buffalo wings! Kids meals also available. Located in the waterpark. (Approx cost \$8)

Larry Cain Memorial Scholarship

Larry Cain was a physical education teacher in Janesville, and a past-president and leader within the WHPE organization. He made a significant difference in the lives of his students and fellow colleagues and professionals.

Larry's family and colleagues have established a Memorial Scholarship to remember and honor his contribution to the lives of the people he served.



The Larry Cain Memorial will provide financial support for one student and one professional to attend the WHPE convention (registration & hotel) and one year's membership to WHPE. A committee from Janesville will represent the memorial and will help Mrs. Karen Cain choose the recipients. All WHPE members and non-members state wide are eligible to apply for this scholarship. If you would like to donate to the Larry Cain Memorial Scholarship please send your donation to:

**Karen Cain
3742 Skyview Dr.
Janesville, WI 53546**

If you would like to apply for this award please see the WHPE website for application information. The deadline for applications is September 15, 2011.



Midwest District of AAHPERD

Centennial Convention 2012

April 26-27, 2012

Chicago Hilton/Indian Lakes Resort
Bloomingdale, Illinois

Hope to see you there!

A Member We Will Miss...

Joshua Mason passed away on May 23, 2011. Josh was a student at UW-La Crosse and Future Professional member of WHPE. He was a physical education major with a passion for adaptive physical education. Wisconsin lost a great future educator.

2011 Convention Schedule of Events

WEDNESDAY, OCTOBER 26, 2011

4:00-7:00 p.m. Exhibitor Set up at Chula Vista, Wisconsin Dells

5:30-8:30 p.m. Registration at Chula Vista, Wisconsin Dells

8:00-10:00 p.m. President Reception / Social in the WATERPARK!

THURSDAY, OCTOBER 27, 2011

7:00 a.m. - 3:00 p.m. Registration at Chula Vista, Wisconsin Dells

9:00 a.m. - 4:30 p.m. Exhibits Open at Chula Vista, Wisconsin Dells

Session 1 > 8:00-9:00 a.m.

- 1 Love Badminton, Hate Broken Rackets, Let's Fix That! – *Larson*
- 2 Keeping Kids Safe - The Results of M.S. Bullying Prevention – *Schaefer*
- 3 Grants - writing proposal objectives for the Dept. of Educ - Part I – *Ebben*
- 4 Super Balls, Super Games – *Omnikin*
- 5 Head to Toe Training w/Resistance Bands – *Ditter*
- 6 More Pre-K Move to Improve Activity – *Fritz*
- 7 I-3: Interdisciplinary Imagination and Innovation – *E. Johnson*
- 8 Zumba Fitness in the Schools – *Bullard*
- 9 Fuel Up to Play 60 – *Andrae*

9:10-11:00 a.m. > General Assembly

Announcements/Elections

Keynote Address – *Artie Kamiya* – Give Yourself A Hand!

Session 2 > 11:10 a.m.-12:10 p.m.

- 1 New State Standards in HE – *Hisgen*
- 2 School and Nature Connection: Current Trends & Issues – *Shirilla*
- 3 Grants - writing proposal objectives for the Dept of Educ - Part II – *Ebben*
- 4 Middle School Soccer Unit - Skills, Drills and Fun – *Schlei*
- 5 Get Fit Using Sandbells – *Clark*
- 6 Skatetime/C'motion – *Goodmanson*
- 7 Come Over the my iPad! Apps-olutely fun with technology – *Powers*
- 8 Rock This Party! – *Flynn*
- 9 Incorporating Fitbit Technology Into Your Fitness Class – *Watson*

12:10-1:00 Convention Luncheon

12:10-1:00 Future Professional Lunch

11:30-12:30 Past President's Meeting

12:30-1:30 p.m. Past President's/Retirees Luncheon

Session 3 > 1:10-2:10 p.m.

- 1 How To Making Classroom Learning Fun For Students – *Borkowicz*
- 2 WI PE Teacher Prep Programs – *Stratton/Demunck*
- 3 Get Your Students Climbing the Walls - Planning & Programming – *Muchow*
- 4 Making A Difference in PE – *Thomson*
- 5 12 Minutes to Fitness: Simple Activities Yield Complex Results – *Meeteer/Ditter*
- 6 Aligning Activities for Students With Severe Disabilities – *Roth*
- 7 Connecting Heart Education in PE and JRFH/Hoops for Heart – *Kestell*
- 8 Polyspot Adventure – *O'Kura*
- 9 Minute to WIN It! – *Flynn*
- 10 Living The Standards - Planning, Instruction & Assessment (DBL) – *Mally/Berndt*

Session 4 > 2:20-3:20 p.m.

- 1 How To Prevent Heart Attacks, Strokes and Various Cancers – *Borkowicz*
- 2 Medication Education - Substance Abuse in the team/talented – *Neilsen*
- 3 Positive Behavior Interventions and Supports – *Lockett/Schroeder*
- 4 Rope Jumping for Fun and Fitness – *Bibaud*
- 5 KNOW Sweat - Kids Cardio Routines – *Hopper*
- 6 Learn to Move and Move to Learn – *Hagenbach*
- 7 Tai Chi Animal Frolics – *Gurman*
- 8 HYPE - High-Yield Physical Education – *Kamiya*
- 9 Eclipse Ball and other games designed for all athletic abilities – *Benson*
- 10 Utilizing Instructional Strategies w/Developmentally Appropriate Activities in PE – *Gostomski*
- 11 Making a Splash in PW w/Aqua Zumba – *Bullard*
- 12 Living The Standards-Planning, Instruction & Assessment (DBL) – *Mally/Berndt*

3:30-4:30 p.m. Visit the Exhibits Hall at Chula Vista, Wisconsin Dells

3:30-9:00 p.m. Enjoy the Waterpark at Chula Vista, Wisconsin Dells

7:00-9:00 p.m. Award's Banquet at Chula Vista, Wisconsin Dells

9:00-11:00 p.m. All Convention Dance at Chula Vista, Wisconsin Dells

FRIDAY, OCTOBER 28, 2011

7:00 a.m. Crystal's Board / RA at Chula Vista, Wisconsin Dells

7:30-10:00 a.m. Registration at Chula Vista, Wisconsin Dells

9:00 a.m. - 12:00 p.m. Exhibits Open at Chula Vista, Wisconsin Dells

Session 5 > 8:30-9:30 a.m.

- 1 Preparing Future Professionals – *Yengo*
- 2 Grading in PE – *Lindert*
- 3 Health Education Learning Objects – *Jefson*
- 4 Alternative Resistance Training for PE – *Micksch/Malacek*
- 5 Nutrition Mission: Teaching Nutrition Educ thru Physical Activity – *Bailey*
- 6 Best of AAHPERD – *Roth*
- 7 Need a Brain Break? Ideas for Classroom & WHPE Teachers – *Erdman*
- 8 Fire Up .. Push Up .. Stack Up! Fitness Stacking w/Speed Stacks – *Speed Stacks*
- 9 Basic Gymnastics: Animal Walks, Simple Single/Partner Stunts – *Connolly*
- 10 National Archery in the Schools – *Schroeder*
- 11 JRFH/HFH Breakfast Social – *Kestell*

Session 6 > 9:40-10:40 a.m.

- 1 Young Athletes – *Kirsch*
- 2 Teaching Tech-Savvy Teens – *Anderson*
- 3 JRFH/HFH/WHPE Grants Sharing – *Milbrath*
- 4 53 + Years in the Gym – *Glover/Gostomski*
- 5 Affordable Portables: Low Elements for your Adventure Program – *Steffen/Olson*
- 6 Developing a Standards Based Curriculum/ Report Card – *Blask/Campbell*
- 7 Yoga Kids Tools for Schools – *Sandy*
- 8 Penguin Power – *O'Kura*
- 9 Unique and Innovative Activities for Large Groups – *Holt*
- 10 Speedmitten - the ultimate new sport – *Morris*
- 11 Health Projects That Reach the Standards – *Gilbanks/Fredricks*

Session 7 > 10:50-11:50 a.m.

- 1 ADA Standards and School Pools – *Harter/Muchow*
- 2 Using Social Networking Media as a HE Learning Tool – *Caravella*
- 3 Self-Assessment = Self-Improvement; Using Data to be the Best U – *Wheeler*
- 4 Movement Poetry, Literature Comes to Life – *Powers*
- 5 Paddle Skill, Drill and Game Activities – *Sokol*
- 6 Body Bars - An Aerobic was to build muscle – *Dado*
- 7 I Want to Be a Tech Guru, But I Can't Turn on My Computer! – *Mushkin*
- 8 Swimming/Surfing on dry land – *Flynn*
- 9 Experience Gliding – *Forsythe*
- 10 Move It, Learn It - Integrated Learning thru Meaningful Movement – *Fontana*
- 11 Your Teaching Philosophy – *Gray*

12:00 p.m. – WHPE and Future Professional Raffle and Prize Give Away - Must be present to win!!

12:30-3:00 p.m. – “Incorporating Fishing Into Your Curriculum and Muskie Fishing Basics” - Kopf

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

WHPE MEMBERSHIP

You must be a current member through 11/11 or return a new/renewal membership form with membership dues to preregister for the convention.

Wisconsin Health and Physical Education Membership Form.

PRINT ALL INFORMATION

CHECK APPROPRIATE BOX IN EACH SECTION

Month	1	2011 to Month	2012	1	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____	AREA		OFFICE USE ONLY			
STREET _____	HOME PHONE (____) _____	<input type="checkbox"/> Health – H <input type="checkbox"/> General – G <input type="checkbox"/> Physical Education – P <input type="checkbox"/> Student – S <input type="checkbox"/> Sports & Athletics – A <input type="checkbox"/> Recreation – R <input type="checkbox"/> Dance – D		EXP. DATE _____			
CITY _____	WORK PHONE (____) _____			Date Rec'd _____			
COUNTY _____	STATE _____ ZIP _____			CK # _____			
E-Mail Address: _____		Year: Fr So Jr Sr Grad		Amt. PD _____			
*Students-School attending							

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

- TEACHING LEVEL**
- E – Elementary
 - M – Middle
 - S – Secondary
 - U – University/College
 - O – Other _____

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

Makes Checks payable to: WHPE

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

TYPE OF MEMBERSHIP	
Lifetime (\$500)	<input type="checkbox"/>
Professional (\$50)	<input type="checkbox"/>
JRFH/Hoops Coord. (\$25)	<input type="checkbox"/>
Associate (\$50)	<input type="checkbox"/>
Student (\$25)	<input type="checkbox"/>
Retired (\$20)	<input type="checkbox"/>

2011 WHPE CONVENTION PRE-REGISTRATION

Deadline: October 5th, 2011

You must be a current member of WHPE through 11/11 or return a new/renewal membership form with membership dues to pre-register for the convention. COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW. You can verify your membership status by calling the WHPE office at 608-785-8175 or 800-441-4568.

COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW

Last Name: _____ First Name: _____

Street: _____ City, State, Zip: _____

Phone (Office): _____ Phone (Home): _____ E-mail Address: _____

Student Teacher Other

University or School District: _____

Is this your first WHPE convention? Yes No

WHPE District (check one): NW C NE SE SW

CLASSIFICATION (Check all that apply)	PRE-REGISTRATION (must be received by 10/5)	ON-SITE
<input type="checkbox"/> Professional	\$85.00	\$100.00
<input type="checkbox"/> Retired	\$0.00	\$0.00
<input type="checkbox"/> Student (Lunch included)	\$35.00	\$45.00
<input type="checkbox"/> Non-member	\$145.00	\$155.00
<input type="checkbox"/> Past President	\$0.00	\$0.00
<input type="checkbox"/> Awards Banquet (Thursday evening) _____ @ \$25.00 each		n/a
<input type="checkbox"/> Sponsor a student to awards banquet _____ @ \$25.00 each		n/a
<input type="checkbox"/> Post Convention Fishing Workshop	\$25.00	n/a
Total Enclosed: \$ _____		

*Pre-registration fees do not include awards banquet tickets. Awards banquet tickets must be purchased separately.
 No awards banquet tickets will be available for purchase on-site.*

Banquet Preference (check one): Deviled Short Ribs Herb Roasted Chicken Stuffed Peppers

Complete and send this form along with a check for WHPE Convention Pre-Registration Fees to:
 WHPE, 24 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.

A Message from your President

“Great moments are born from great opportunity, and that’s what you have here...”

By Brian Marx

It has been an honor and pleasure to serve as your president this last year. We have done a lot of great things and overcome some huge challenges. Let me start out by saying THANK YOU to everyone who went to Madison to testify, everyone who wrote letters, and everyone who called and helped save high school Physical Education for high school student athletes. We once again were able to change the minds of our legislators and show them how important Physical Education is. We have accomplished a lot in the past year. We have a new name and logo for our organization. Our membership is increasing. We have active members who are improving the lives of our students and their families every day. We have some difficult times ahead but I believe we will come out stronger. I am a big hockey fan and one of my favorite movies is “Miracle”. It tells the story of the 1980 Olympic hockey team. One of the lines from the inspirational talk that is given by Kurt Russell, who plays Herb Brooks, is, “Great moments are born from great opportunity. And that’s what you have here.” We have one of those moments here as well. Now is the time to promote our convention to everyone. WEAC has canceled their convention but ours is alive and strong. Invite your colleagues. Invite your administrators. Let’s see if we can get classroom teachers and administrators to see the amazing things we are doing. We have one of the most affordable conferences around. Tell this to your districts. If your district is still off for convention please join us. If your district has classes



Waves of Opportunity

do everything you can to tell your administration how important these days are for your professional development. See if you can convince them to join you so we can show off for them. This is a huge wave of opportunity! The convention is going to be amazing. It is going to start out with the President’s reception. This year for my reception WHPE is renting out the water park from 9:00 to 10:00 p.m. for our members and their families. There will be no lines and plenty of room for us to catch up and start our convention out with a bang. Our presenters are some of the best in the country. We have Artie Kamiya. He is one of the leaders in Physical Education and known around the world. We also have Kristen Okura, a former teacher of the year from California. She is going to show us some PENGUIN power. We also have Susan Flynn from South Carolina and formerly Purdue University. She has years of dance teaching experience, experience with future professionals, and is going to show us all how to swim on land. We also have Rene Bibaud who will amaze us all with her rope jumping directly from Cirque de Soleil. We will also have our food drive with chances to win gift cards at the end of the convention and of course we will have our amazing duck races. The winner will win a free night at the Chula Vista. Let’s make this the best convention ever. We have been through a lot lately. Let’s celebrate and continue to push forward. I want to wrap this up with the same final words from the pre-game pep talk. “This is your time. Now go out there and take it!”



WHPE President-Elect

By Crystal Gorwitz

I hope that everyone has been enjoying their summer! I have ridden several waves of opportunity by attended two really outstanding conferences this summer!

They were the National Wellness Conference (Stevens Point, WI) and the WI Best Practices Conference (Stevens Point, WI). If you are looking for a great conference to attend next summer I would highly recommend both of these conferences. One of the keynote speakers at the National Wellness Conference was Dr. Daniel Siegel. He has developed “The Healthy Mind Platter” which is a visual tool to help develop a healthy brain and also lead a healthy lifestyle. You can get this awesome free resource by going to www.drdansiegel.com. I would highly recommend this great resource.

I also attended the WI Best Practices conference, which was held at UW-Stevens Point. I attended the pre-conference session by Dr Robert Pangrazi. Dr. Pangrazi shared so many great ideas on

the importance of classroom management and ideas on how to get kids to practice push ups and sit ups and not get frustrated. It was an awesome session. I also attended Cindy Forsythe’s session on drumming and gliding. Cindy is such an inspirational teacher and she shared how to include drumming and gliding in your physical education classes. I really enjoyed her session and also got a really great cardio workout! I would highly recommend everyone attend the WI Best Practices Conference next year.

Finally, I want to encourage everyone to attend the WHPE convention in October!! It is going to be held at the Chula Vista Resort in the Dells and it is going to be awesome! I would like to encourage every member to talk to the other physical educators in their school districts and encourage them to attend. I would also encourage everyone to talk to their administrators and classroom teachers and share what an awesome conference we have and encourage them to also attend.

Build Your Foundation Challenge

By Crystal Gorwitz, President-Elect

Starting in November I am going to be posting monthly challenges to all members through my blog (Awareness Blog) that will appear on the WHPE website. Members will be challenged to take each challenge with their students and then post the results using pictures, videos or tweets using the WHPE Facebook page, WHPE Twitter account or a response to my Awareness blog. All members who post the results of their challenges will be eligible for a drawing to win a \$50.00 gift certificate from Sportime! So put on your thinking caps and look for the first challenge in November!



Building the Foundation for a Healthier Generation

From your Past President



By Brenda Erdman

I cannot say thank you enough to each and everyone one of you for the past three years and all of the support and kindness you have shown me! Being a part of the WHPE team has been a thrilling, enjoyable, exciting time filled with great memories and professional development. I am so

excited about the current and upcoming leadership in WHPE. It is amazing how many great things you can accomplish when

the people you are surrounded with are as excited to teach and serve as you are. WHPE is family and I am proud to be a part of this great group of folks (you) that I know I can count on for great ideas and inspiration to energize me. We need each other now more than ever! Also, I will be continuing to help with the newsletter, so please continue to send in your ideas for the three newsletters each year! Thank you so much and have an awesome school year. See you at the WHPE convention!

A Message from your Past-Past President



By Rosie Sylvester

As I write my last WHPE news article while serving on the Executive Board, it amazed me to realize that I have served in this capacity for seven years. The “Waves of Opportunities” during this time have been PLENTIFUL! While connecting, communicating and working with such dedicated, caring professionals much learning, sharing and friendships have developed. My attendance at District workshops, conventions and serving as a Wisconsin representative on several Midwest AHPERD Councils also provided many “GREAT WAVES”.

I am proud to say that much needed changes occurred for the betterment of our Association during my time on the Board. Our new State Model Academic Standards for Physical Education were created, district realignments, implementation of the levels of teaching and our new WHPE logo are just a few things changed. A lot of thought, hard work and effort was put forth by the Board. As other things in education continue to change we need to strive to showcase the quality programs and noble things we do as physical educators.

It has meant a lot to me to serve in a leadership role of WHPE. Hope to see you all at the Convention in Chula Vista.

Nominee for President-Elect



By Jo Bailey

I was both honored and delighted to be asked to run for the position of President elect of WHPE and I would be honored to represent you, the members of WHPE, as your future President. I quickly realized after I started teaching at D.C. Everest Senior High in 2004 that WHPE was an organization I wanted to

be a part of – the workshops and conventions I have attended, and the knowledge and ideas I have gathered from presentations and networking with other professionals have been invaluable to my teaching, not to mention the friendships I have made. I quickly realized that I would like to be more involved in WHPE and, despite being a little nervous, (I needn't have been – we have a fantastic WHPE leadership team) jumped at the opportunity to serve as a district coordinator, which I have done for both the Central and Northeast districts over the past two years. I have also enjoyed presenting sessions at both district workshops and the WHPE convention and attend district, state, and national conventions as often as possible.

I have been very fortunate to have lived and worked in both England and Hong Kong. I am English but grew up and went to school in Hong Kong (which is where my mixed up accent comes from – a little bit of everything!), as did my husband Mark. Our daughter Natasha was born in Hong Kong and we all moved to WI in 2004. Both Natasha and our younger daughter Mia keep us very busy with all the activities they like to do – tennis, karate, swimming, bike riding and catching frogs (this summer's favorite!). I am about to start my 14th year of teaching, having started out in England at the 6-12 grade level for two years before moving back to Hong Kong where I taught K-5

initially, and then grades 6-12. The past 7 years at D. C. Everest Senior High have flown by with many changes along the way – new curriculums, new state standards for physical education, and writing for the PEP and other grants.

I am extremely passionate about physical education, about promoting physical activity, and about ensuring that everyone knows how critical physical education is for our students. In this current era of cuts and financial difficulties it is more important than ever that we communicate with our students, colleagues, school board, parents, community, and elected officials to let them know what constitutes quality physical education and health education and to demonstrate, through our model teaching, how we deliver this. I have presented to my school board to let them know about the link between physical activity and academic achievement, I share classroom physical activity ideas and physical education news with my colleagues, and promote local opportunities for physical activity with my students. It will be my goal, as your President elect, to ensure that Physical Education and Health Education remain at the forefront of our community members minds and I would be honored to represent you.

Necrologist Report

If you become aware of the death of a WHPE member, please contact:

Necrologist ... c/o WHPE

24 Mitchell Hall 1725 State Street • La Crosse, WI 54601
800-441-4568 • 608-785-8175 • whpe@uwlax.edu





Patty Kestell State Hoops for Heart Coordinator



Hello WHPE members and educators,

Welcome to the 2011-2012 school year and all the energy and excitement that comes with starting a new year with students! What are your goals and aspirations for the school year? What new and exciting activities do you have in store for your students while implementing the new WI State Physical Education standards? Looking for a great way to integrate physical activity and health related fitness concepts? Jump Rope and Hoops for Heart is an amazing tool to use with your students to help incorporate lessons about healthy lifestyles and personal wellness. Students learn best with hands on experience, so jump on board JRFH and HFH this year, and get your kids jumping and shooting to stay active! Guaranteed, they will have a blast!



2011 WHPE Convention Sneak Preview -

Come check out the great Jump Rope and Hoops for Heart sessions that will be offered at the WHPE convention this year!

Rene Bibaud - You will not want to miss out on **Rene Bibaud's Jump Rope session!** She is an energetic and dynamite performer and teacher, and will demonstrate great jump tricks/skills for you to share with your students!

Connecting "Heart Education" in Physical Education and Jump Rope/Hoops for Heart - Come explore some great ways to apply "heart education" to your physical education curriculum and Jump Rope and Hoops for Heart events. Enliven your Jump Rope and Hoops for Heart events and physical education classes by showing students how their heart and lungs work and making the experience relevant to their lives. The best way to help students understand how their cardiovascular system works and the importance of getting daily physical activity is to give them a chance to experience it for themselves.

JRFH/HFH Breakfast Social - All Jump Rope and Hoops for Heart Coordinators are invited to attend the **JRFH/HFH Breakfast Social** on Friday, October 28th! Please contact me if you are interested in attending! We look forward to recognizing you for your efforts!

Wisconsin Jump Rope and Hoops for Heart Coordinators' Breakfast Social

Friday, October 28th, 2011 (8:30-9:30 a.m.)

WHPE Convention/Chula Vista Resort/Laguna Vista Room

____ YES, I plan to attend the Jump Rope and Hoops for
Heart Coordinators' Breakfast Social

Name _____

School _____

Please check one: Jump Coordinator _____

Hoops Coordinator _____ Jump/Hoops Coordinator _____

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

Who is your Youth Market Director? _____

Please RSVP to Patty Kestell by Monday, October 17th.

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

WE JUMP. WE SHOOT. WE SAVE.

American Heart Association

HOOPS FOR HEART

Hoops for Heart is a national event sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students have fun playing basketball while becoming empowered to improve their health and help other kids with heart health issues.

Hoops For Heart helps students:

- Learn the value of community service and contribute to their community's welfare
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

With your support, we can help protect and improve children's health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

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

AAHPERD Jump Rope for Heart & Hoops for Heart Grant Program – 2011-2012

Title

Learning Expectations:	
------------------------	--

Grade Level:		NASPE Standards:	
CSH Focus:		AAHE Standards:	

Introductory Activity:

Lesson Focus:

Conclusion/Assessment:

<u>Prior Knowledge:</u>	<u>Vocabulary:</u>
-------------------------	--------------------

<u>Equipment/Materials:</u>	<u>Safety Considerations:</u>
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Resource:

Do you have a Facebook page???
Join us at: WI Jump Rope and Hoops for Heart!
Feel free to contact me if you have any questions about Hoops for Heart! pkestell@cedarburg.k12.wi.us



2011-2012 National Jump Rope for Heart/Hoops for Heart Grant Opportunity

AAHPERD strives to give back to those who are dedicated to Jump Rope for Heart and Hoops for Heart and has developed this Grant Program to reward the passion and commitment of coordinators across the country. All Jump Rope for Heart and Hoops for Heart coordinators who have held an event within the past year are eligible to apply for the **AAHPERD JRFH/HFH Grant**.

The Program

Grant recipients will receive a cumulative \$2,500 grant; \$1,300 of these funds will support professional development, including a one-year AAHPERD membership (if the member is not a current AAHPERD member), AAHPERD National Convention registration, and expenses associated with travel to the Convention. The remaining \$1,200 will be given to the recipient in the form of a US Games gift certificate redeemable for equipment to enhance his/her physical education program. Recipients will also receive the AAHPERD Standards Package which includes: *Moving into the Future: NAPSE Standards for Physical Education, AAHE Health Education Standards, and NDA Dance Education Standards*. Recipients must write one article for **The Pulse** newsletter. Previous winners may reapply in three years; however priority will be given to new applicants.

Criteria

Applicants must

- Have conducted a Jump Rope for Heart or Hoops for Heart event in the past year.
- Submit a brief paper (no more than two pages)
 - Focus on the passion you, your students, your school, and/or your community has for JRFH/HFH
 - Summarize how the grant will enhance your school's physical education program to support the NASPE Standards and Guidelines
- Include a sample budget to support the program/equipment described in your paper (**may be included in or separate from the two page write-up**)
- Include a lesson plan you have used in support of your JRFH and/or HFH event
 - **Does not** have to be jump rope or basketball specific – lesson plans on risk factors, refusal skills, healthy diets, etc. are encouraged
 - **Please use the included lesson plan format**

All grant applications must be received by October 14, 2011.

Please attach your typed paper describing the passion you, your students, your school and your community have for JRFH/HFH. Summarize how the grant will enhance the school's physical education program in a way that aligns with NASPE Standards and Guidelines. Please include a sample budget for the program/equipment described in your paper and include a lesson plan using the format included with this packet.

All proposals should be emailed to adavis@aahperd.org, sent to the AAHPERD Joint Projects Office at 1900 Association Drive, Reston, VA 20191, or faxed to 703.476.9527 by October 14, 2011.

Recipients will be notified by phone on or before December 16, 2011. Grant recipients will be announced via email, in The Pulse, and on the AAHPERD JRFH/HFH website. If you have any questions regarding this grant program please contact Allison Davis, Joint Projects Manager, at 800.213.7193 or via email at adavis@aahperd.org.

AAHPERD Jump Rope for Heart & Hoops for Heart Grant Program – 2011-2012

Coordinator: _____
 School Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Home Phone: _____ Work Phone: _____
 Email: _____
 Position/Grades: _____
 Number of Children in School: _____
 Principal's Name: _____
 Principal's Email: _____
 Superintendent's Name: _____
 Superintendent's Email: _____
 Which event did you hold in the past year? _____
 What was your event date? _____
 Who is your AHA Youth Market Director? _____
 How many years have you held a JRFH or HFH event? _____
 Are you an AAHPERD member? If YES, please list your membership number: _____

By checking the box, I certify that my principal approves of this application and will allow me to attend the National AAHPERD Convention if I am selected as a grant recipient.



“Like” WHPE on FACEBOOK.
Professional information shared.
Questions answered.
Quick updates.
All at your fingertips!

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:

Keith Bakken • 24 Mitchell Hall • UW-La Crosse
1725 State St. • La Crosse, WI 54601
800-441-4568; 608-785-8175 • whpe@uwlax.us

Deadlines for publication are: Dec 15 for the Winter issue; May 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 for Heart News



Neil Seering, State JRFH Coordinator

Welcome back to the new school year. I would like to again thank all of you who have held a Jump Rope for Heart event in the past and plan to continue holding these events in the future. Last year we saw many positive things. This year I would like to encourage everyone to do a few things:

1. Get as many students to sign up on-line
2. Create a website and/or page that you can have links to the JRFH sign up page. Include attachments of sheets you would send home in order to save your district money.
3. Have your students' make posters to place around school.
4. Have fun incentives for the students to help them get excited.
5. Finally, create an actual JRFH unit in your PE curriculum that corresponds to your event.




If you have any questions, feel free to contact me at nseering@luxcasco.k12.wi.us or your local youth market director. We are always here to help. Thanks again and have a great year.


IT TAKES HEART TO BE A HERO!

Jump Rope For Heart gives students several great opportunities: helping kids with special hearts, learning the benefits of physical activity, healthy eating, avoiding tobacco, and raising funds for research and programs to fight heart disease and stroke. Join millions of kids in serving others, saving lives and supporting research.

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



AHA/PERO is a proud program partner of Jump Rope for Heart.



©2011, American Heart Association. Also known as the Heart Fund. 6/11DS4623

"Top 10" ideas to keep your program ACTIVE!

10. Conduct a before-during-after school activity program, such as a walking program, running club, geocaching club, aerobics class, etc.

9. Create and send home a monthly exercise calendar. NASPE Teacher Toolbox also has monthly exercise calendars already made. Just print and send home!
<http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm>

8. Write a Movin' and Munchin' Grant. A great grant to write and created for EVERYONE! Register at <http://www.movinandmunchin.com/Register.html>

7. Introduce morning exercises or fitness facts on the morning announcements or school cable channel. Better yet...involve the students! (Pam Connolly, WHPE member, has a goal to do a "flash Mob" with her dance classes!)

6. "Train" for an event during your physical education or health class. Such as a triathlon (traditional or non-traditional), 1 mile run, 5K, 1/2 marathon run/walk. Set goals, prepare workouts, set a date (during or out of school), and have fun!

5. Hold a Jump Rope for Heart and/or Hoops For Heart Event during your classes, after school or on the weekend. Jump and Hoops events are great service events that students get excited about. The American Heart Association also has great educational materials for you to use. Not sure how to get started? Our state reps are Neil Seering for Jump and Patty Kestell for Hoops.

4. Use technology or try some new fitness resources/equipment. Pedometers, GPS, exercise balls, heart rate monitors, etc. No Money? Write a grant, check with your CESA to see what technology they have that you can check out, or try making your own equipment. Example, film canisters filled with popcorn seeds, or hangers bent in a triangle shape with old nylons pulled over for a racquet, homemade fitness cards using playing cards or index cards. Be creative and resourceful! Try teaching a new unit where students need to create a fitness routine using homemade equipment.

3. Use the NEW WI Physical Education standards, and the soon to be released NEW Health Standards to drive your curriculum. Assess these standards and teach students to care about what they are learning and how they are growing in health, wellness, and exercise.

2. Plan, Plan, Plan to be active with active lesson plans! Great lessons use fitness, health, and activity concepts no matter what lesson is being taught. Walk the walk and talk the talk, and PLAN, PLAN, PLAN!

The #1 way to keep your program active...

Attend the WHPE CONVENTION for professional development. The 2011 convention sessions are incredible and there is something for everyone! You need to be a part of the excitement, networking, and energizing environment. You need to be there for YOU! When you become better, everyone around you becomes better!

American Heart Association



Hello! I'm Kori Coffeen Vice President of Youth Market at the American Heart Association. All of the Youth Market Directors are excited to start the 11-12 school year and work with all of you to conduct great Jump and Hoops events. I truly believe that the partnership between WHPE and the American Heart Association is a strong and positive one. Let's make it a goal this year to have our best year yet in Wisconsin. If you already do an event, THANK YOU. It's always fun to add new things to your event, so work with your Youth Market director to make it a record year. If you have not conducted an event in the past, this is a great year to start. Contact myself or your local YMD for more information on these fun activities, or see us at our booth at the 2011 WHPE convention! Have a great school year and feel free to contact any of the AHA staff as needed. Kori Coffeen, 920-562-5682 or kori.coffeen@heart.org



Hi! My name is Anne Casey and I recently celebrated my sixth year as a Youth Market Director for the American Heart Association. I work with schools in WI, MN and SD and I'm excited to see what 2011-12 will bring as we work together to make your Jump Rope & Hoops for Heart events a great success! Thank you for your continued support and for making a difference in your community. If you'd like more information about these service learning projects, please contact me at 507-529-1023 or anne.casey@heart.org. Have a great year!



Hi! My name is Carrie Nevins and I am very excited to be starting my 8th school year with the American Heart Association. I am the Youth Market Director for Adams, Columbia, Dane, Green, Iowa, Jefferson, Juneau, Lafayette, Marquette, Rock, Sauk and Waukesha Counties. I'd like to thank everyone that participated in Jump Rope for Heart/Hoops for Heart this past year! I look forward to working with all of you again! If you have not participated in JRFH or HFH and would like to learn more about these great programs you can contact me on my cell: 608-628-1065 or by email carrieanne.nevins@heart.org



Hi! My name is Jackie Weir and I am the Youth Market Director for east central and parts of southeastern WI. I would like to thank all of you who participate in Jump Rope For Heart and/or Hoops For Heart as together we make a difference and save lives. If you have not ever participated in an event, or if it has been a while, feel free to contact me at jackie.weir@heart.org or 920.539.0458 for more information. These community service programs not only provide wonderful service learning opportunities that benefit students, school communities and the American Heart Association, the programs also benefit WHPE. Thanks again for all you do to build a healthier future.



Hi! My name is Tim Nikolai and I am the Youth Market Director for Milwaukee Public Schools and a coordinator for much of the state of Wisconsin. The 2011-2012 school year will be my fourth year with the American Heart Association. Jump Rope for Heart and Hoops for Heart are great service learning projects and I look forward to working with many of you this year. If you have done an event in the past,

THANK YOU!! If not, it's never too late to get involved. Please contact me at tim.nikolai@heart.org or 414.227.1418 for more information. I hope you all have a great school year!



Hello! Korren Jewitt here, new Youth Market Director for Northeast Wisconsin and the UP of Michigan. I have taken Kori's position and I look forward to working with WHPE. The American Heart Association and WHPE's partnership already has provided us the opportunity to be great partners, therefore, I look forward to meeting and working with you, partner! I can be reached anytime at Korren.Jewitt@heart.org (920) 819-0336.



Hi! My name is Lisa Schweitzer and I am the Youth Market Director for Waukesha, Walworth, Racine and Kenosha counties. As we start the 2011-2012 school year, I will be celebrating my 13th year with the American Heart Association.

My job is to act as a resource to you in regards to educational programs related to heart-health. Last year, I assisted over 260 schools that participated in our Jump Rope For Heart and/or Hoops For Heart Community Service Projects. Thank you to everyone who made last year such a success! I look forward to working with you again and can't wait to meet with you in the fall to share all of the free materials and resources that we have to offer this year. It's great to work with volunteers who are so dedicated!

If you have not coordinated an event in the past and would like more information, please contact me at (414) 227-1454 or e-mail me at lisa.schweitzer@heart.org.



Hi! My name is MaryLee Flannigan and I am a new Youth Market Director for the American Heart Association. I work with schools in Southeastern Wisconsin. I am excited to be a part of such a wonderful organization and I look forward to making your Jump Rope and Hoops for Heart events a great success!

Thank you for your continued support and for making a difference in your community. If you would like more information about these service learning projects, please contact me at 414-510-3771 or marylee.flannigan@heart.org. I look forward to meeting and working with you!



Hi! My name is Renee Davis and I am the Youth Market Director for West Central and Southern Wisconsin. The 2011-2012 school year will begin my 9th year with the American Heart Association. Wow....how time has flown by! Jump Rope for Heart and Hoops for Heart are amazing service learning projects, and just all around GREAT programs. If you have done an event in the past, THANK YOU!! If not,

it's never too late to get involved. Please contact me at Renee.mdavis@heart.org or 715-829-2841 for more information. I hope you all have a great school year!

"QUOTES"

What the teacher is, is more important than what he teaches.
— Karl Menninger

I don't know the key to success, but the key to failure is trying to please everybody. — Bill Cosby



Patty Kestell, Elementary VP

As the 2011-2012 school year kicks into full gear, I wish to send a shout out of thanks to my colleagues at Cedarburg School District for their energy, persistence, hard work, and inspiration as we put the final touches on our newly updated Physical Education curriculum this past spring. To Chris, Trent, Dave, AnnMarie, Kelly, Josh, Renee, and Megan, I can't thank you enough for being the quality physical educators you are, and for helping to keep our vision of physical education for the students in our district first and foremost during the curriculum process! I am also ecstatic to move into the second year of implementing our K-5 standardized physical education report card and common assessments. It's been a busy couple of years completing the leg work of both of these projects, but I am excited to make Physical Education a great learning environment for students in our district and to truly make a difference in their health and well-being! I am truly grateful for the time my colleagues were willing to share, meet and collaborate in order to make meaningful changes to our curriculum.

Many of our meetings were held within school time, but OFTEN my colleagues met on our own to tackle these challenges.

This year becomes an even more critical year for us to claim time with our PE and Health colleagues, and to continue to strengthen our PE/Health programs with the best knowledge and skills we have to share with our students. The 2011 WHPE Convention is just around the corner, and promises to be a great opportunity for you to network and learn from exceptional Physical and Health Educators from around WI and across the US. With changes in schools' inservice days this year -now- more than ever, is the time to express to administrators in your district the importance of attending the WHPE Convention and the value that it will have for your teaching! Mark your calendars now! We look forward to seeing you in Wisconsin Dells! I wish you all a great 2011-2012 school year! Make it your best year yet!

Future Professional News

By Ryan Heath, Future Professionals Vice President



Summertime has come and gone and the 2011-12 school year is just around the corner. As we all know, with a new school year comes new responsibilities as well as new opportunities. As this will be the last time I will be writing to you all as the Future Professionals Vice President I would like to extend a few opportunities to all of you. One of the first opportunities of the school year will be the Midwest District Leadership Conference in Pokagon, IN. This is a great conference to attend and will provide everyone the opportunity to meet people from the surrounding Midwest states. I would like to encourage you all to get a registration form sent in to Mary DeMunck at UW Oshkosh as soon as possible if you would be interested in attending this conference as the state of Wisconsin is only allotted eight spots for students to attend.

The next opportunity will be the WHPE State Convention which will be here before we know it (October 26-28, 2011) and we will all be heading for Wisconsin Dells once again. I know as a student of UW Oshkosh we will be sending a big group down again this year. If there are any schools that would be interested in getting together with us for anything during the trip we would be more than happy to meet up with groups from other schools. Also, the Future Professionals will once again be setting up a booth at the conference and I will be looking for individuals to help me out by sitting at the table for short periods of time throughout the conference in order to sell raffle tickets and other items.

The two final opportunities won't be coming up until the spring semester but are just as important as the two for the fall. March 13-17, 2012 will be the AAHPERD National Convention in Boston, MA and April 25-28, 2012 will be the Midwest District AAHPERD Centennial Celebration in Bloomingdale, IL. Everyone should be looking to get to one if not both of these conferences as they will be great opportunities to learn new things and meet new people. Like the trip to Wisconsin Dells if anyone from other universities would like to meet up with UW Oshkosh we would be more than happy to put together travel and hotel accommodations with others so please get in touch with us as those trips come closer.

Like I said before this will be my last article as the Future Professionals Vice President so I would like to thank everyone who helped me out during my year in office whether it be professionals or future professionals. I had a great time serving as the Vice President for WHPE and would like to wish David Lostetter the best of luck next year after he takes over for me at the WHPE State Convention in October. I hope you all keep doing the best you can to improve yourselves for the future and keep making Wisconsin the best PE state in the country!

UW-Oshkosh Adapted Physical Education

By Aaron Erickson, UW-O Student

Here at the University of Wisconsin Oshkosh adapted physical education has expanded beyond the classroom. During the summer months of June, July, and August the university has provided individuals age three and up the opportunity to participate in physical activities. Many of these individuals have cognitive or physical disabilities, but we look to provide inclusive settings for everyone. Our goal is to provide as much one-on-one instruction as possible to allow each client to learn at their own pace. The summer program grants individuals the opportunity to work on their team work, listening skills, problem solving, and physical skills. This program is unique because it's coordinated and taught by university students, with most of them having physical education backgrounds. This program has a client base anywhere from fifteen to twenty-five individuals.

This summer our program met once a week for eight weeks and provided our clients with both a pool setting and a gym setting. During our pool dates our clients had options of swimming laps, water basketball, the lazy river, water slides, and more. The Oshkosh community pool also provided a great opportunity for our clients to work along side other individuals in an inclusive setting. We also had a gym setting in which we participated in activities that required communication and cooperation. Individuals needed to engage with each other in order to be successful.

There are many benefits to the adapted program here at the University of Wisconsin Oshkosh. For our younger age group it provides them with more exposure to other people at an earlier age so that they know how to behave in a future school setting. This program also allows our older population to stay engaged with the community. All age groups benefit from the social interaction and the friendships they form. This program is also a great way for our future teachers to get valuable teaching experience working with individuals with special needs.

In the future the University of Wisconsin Oshkosh will be continuing programs similar to our summer program by providing an adapted aquatics program this fall at the local YMCA. In this program there will be one-on-one lessons where clients are working on swimming strokes as well as the five components of fitness. We will also have an adapted sports program at the university where individuals can engage in team sport activities and games.

Southwest District News

By Jeff Johnson, Coordinator

As I write my final newsletter article as a district coordinator, I can say that, like every other event in our lives, the time flew by. Serving a one year term, the year was busy and exciting.

In March I ran the Southwest District workshop with mixed success. The speakers were awesome. In May I attended the annual Adventures in the Outdoors workshop at the Wausau School Forest. This event, hosted by UW-Steven's Point, is an annual event and allows education professionals to participate in activities such as rappelling, kayaking and canoeing, wilderness survival and first aid, firearms safety and shooting, and "Buckskin Village". If you get a chance to attend, jump at the opportunity! Also in



May, we ran our first 5k as a family! The Cori Bobb Memorial Run is a scholarship fundraiser in memory of a former Riverdale student who died at the age of 20 of heart failure. We had a good turnout. Hopefully next year the event information will be posted on the WHPE website.

In June I ran my annual strength and conditioning class for students in grades 6-12 with a few 5th graders as well (and one 2nd grader...my daughter). I also organized the 3rd annual "Riverdale Lazyman Triathlon" in which students have 14 days to compete all of the distances of an Ironman Triathlon. It has become a great way to motivate students to do something beyond their comfort zone. In July I attended Best Practices in Health and Physical Education. The sessions were great and the presenters were even better. As always, I came away from the week "refreshingly exhausted" with some new ideas and some old tricks.

In closing, I would like to thank the rest of the board of directors for their friendship, guidance, professionalism, and positive demeanor. I am looking forward to the upcoming convention in October and to working with many of these and other professionals in the future. Remember to continue to create your own Waves of Opportunities.

Northeast District News

By Jo Bailey, Coordinator

I hope you have all had a fun and restful summer and are recharged and ready for a new school year. There are lots of exciting activities and ideas I am looking forward to implementing this school year – sharing classroom activity ideas learned at Best Practices, creating new physical activity opportunities and challenges for my students and colleagues and organizing active community events. It is my goal to encourage as many people as possible to be physically active by showing them how easy it is and how fun it can be! It was very inspiring to hear how the ideas and strategies implemented by school districts such as Deerfield and Beloit have increased the physical activity levels of their students and community. Hearing about what other schools are doing also reinforces how important it is for all of us to share what is working well for us or ask for advice if we have a problem.



Another goal I have is to increase the positive communication with my student's parents – a simple phone call home or postcard which states something positive that their son or daughter has done is very effective and what parent doesn't welcome such news? This year will mark our second year of PBIS at the high school and I plan to use physical activity as another tool for increasing positive behavior.

I was fortunate to be able to return to Hong Kong this summer, where I grew up and also taught for 5 years prior to moving to the USA. Being back in my hometown afforded me the opportunity to re-explore some of the wonderful sights and activities Hong Kong has to offer and, while geocaching, I not only got plenty of activity in but also got to discover some hidden gems that I didn't know existed. I love learning about new places to visit, especially ones where you can be active, and it always amazing what exists so close to home that you may have forgotten about.

I am thankful that a former student told me about Crystal Lake, just north of Minocqua – a small but very beautiful lake surrounded by wide sandy beaches, bike trails, and campgrounds. My family and I have enjoyed many lovely days there swimming, kayaking, biking, and running. We have also discovered the trails, swimming areas and new disc golf course at Big Eau Pleine Reservoir near Mosinee. Think about where you live – is there somewhere you haven't ever visited or haven't been to for a while? Do you know of a place for activity you could let other people know about? Make it a goal to try something new, revisit somewhere, or show someone else the opportunities that are out there!

Floorball Coming to WHPE

Floorball is a fast-paced, exciting, safe and low-cost type of indoor hockey. At first glance, it resembles floor hockey or ball hockey but is played with advanced lightweight sticks and rules that make game play faster yet much safer. Floorball is ideal for coed and mixed age groups due to the emphasis on speed, skill and technique over physical strength. It can be played practically anywhere and is a great alternative to traditional sports.



Schools all across the country are incorporating floorball into their physical education programs, after school or summer activities, and for intramural or interscholastic competition. It is appropriate for any age level – elementary, middle or high school. It provides excellent cardiovascular conditioning, improves hand-eye coordination and overall athleticism. It is extremely inexpensive to implement and best of all, KIDS LOVE IT!



Visit our booth at the WHPE Annual Convention and see what the BUZZ is all about!



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Best Practices in its 11th Year

In these tough economic times the Department of Public Instruction's major staff development experience, now in its 11th year, was the best attended year ever. Helped by the presence of Dr. Bob Pangrazi, the all day preconference attracted 55 participants. The symposium focused in on longer workshops on the first day and a mixture of workshops and breakouts on the second day. Attendance at the keynote totaled 121 participants making it the largest conference by one.

Some of the popular workshops were the active schools strategies from Dr. Pangrazi, ways to increase active minutes in your PE class by Dr. Colleen Evans, Technology in Health Education with Scott Colantonio and Crystal Gorwitz from Hortonville, and Fitness drumming and fitness sliding with Cindy Forsythe from Waupun. Breakouts on Positive Behavior Interventions and Supports (PBIS) in physical education with Jason Schroeder from Stevens Point and Active schools success stories featuring Beloit, Oakfield, Deerfield, and Elcho was appreciated by a large number of participants.

Every participant received DPI's Active Schools Toolkit and DPI sponsored over 40 participants who were in the Active Schools project led by Ken Wagner and the new Partnership for Childhood Fitness Part 2 led by Brian Weaver and Jon Hisgen. In addition half price memberships to the WHPE were offered and gladly accepted by a great number of symposium participants.

Please plan on attending Best Practices 2012.

Jon W. Hisgen

Health and Physical Education Consultant
Department of Public Instruction



Contacting WHPE Members

The WHPE executive committee has voted not to produce a WHPE directory. There is a directory on the WHPE office computer, but to keep the privacy of each member this directory is not shared with the membership at large and is not put online. If you need to contact a member please email or phone Nicole Popowich at the WHPE office. Nicole will be happy to assist you. Plan ahead, or be patient... Nicole is in the WHPE office on Tuesday's and Thursday's.

Thank you.

WHPE office phone: 1-800-441-4568
Nicole's email: npopowich@uwlax.edu



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, 2012. You may contact the WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.

Feature Article

Adventures in Guatemala: Teaching P.E.

By: Lucas Rank

Hola!

Sometimes waves of opportunity can take you to a different country! As a fresh college graduate from UW-La Crosse, I knew that a goal of mine was to start my teaching career teaching internationally. This spring that goal became a reality as I was fortunate enough to attain a Physical Education teaching position at an international school in Guatemala. To get this job, I attended the UNI Overseas Recruitment Fair in Waterloo, Iowa. This fair attracts over 120 schools from around the world to attend each year. While the fair was a hectic weekend, it was also a lot of fun! I was able to secure seven interviews from a variety of different countries, some of which included Guatemala, South Korea, Costa Rica, Honduras and Myanmar. After mulling over my offers and options, I went with my gut feeling and chose to work at Colegio Americano de Guatemala (CAG) in Guatemala City. The offer was to teach mainly 7th grade Physical Education and also includes an advisory period every day and coaching. CAG is a bi-lingual, bi-cultural school that has roughly 200 staff and 1500 students. The school has a large 50+ acre campus located in the eastern part of the city. For me, it is unlike any other school campus I have seen. Only the classrooms and offices are indoors. Everything else, is outdoors. There is so much room for plants, flowers gardens, fields and more: which is perfect for teaching P.E! The only downfall is that I do not have much access to indoor facilities for movement activities (the high school has the access to the indoor gymnasium). That means I need lots of rainy day plans, especially during the rainy season!

Now that I have been here for a little bit of time, I have been able to adjust to some of the cultural differences and really prepare for the experience that I am about to embark on. So far it has been a whirlwind of meeting the new and returning faculty, looking for housing to live in, planning my units and getting to know the new country I am now living in! This year, I am one of only two teachers to join the school without teaching experience. All of the other faculty come from a variety of backgrounds and experiences, some international and some not. So far, I have felt very welcome and supported by the administration and other faculty at this school. They have really helped me to adjust properly and prepare me for what I can expect while in Guatemala.

It should be a fun filled, exciting and rewarding experience to teach here for the next two years (minimum)! If any WHPE member is interested in following along with my experience you are more than welcome to check it out as much or a little as you want. The address is : <http://lucasinguatemala.blogspot.com/> Enjoy!



Book Reviews

Choice Words How Our Language Affects Children's Learning

By Peter H. Johnston

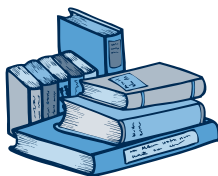
I received this book to read from a class I took this summer on brain based learning. It has a lot of really great information on how we as teachers can build learning communities in which each child feels valued and supported. A great quote from the book: "Recall that children grow into the intellectual life around them and that intellectual life is fundamentally social. The social relationships within which they learn are a part of their learning." There are a lot of great examples to show teachers how to use language to build caring and respectful learning communities in their own classrooms!

Submitted by Crystal Gorwitz

Energizing Brain Breaks, Get Refreshed in 1-2 Minutes

By David Sladkey

This small "flip chart" type book is a collection of 50 quick activities you can use at school, home, or anywhere to get refreshed from mental and physical fatigue. There are individual, partner, and group activities. www.energizingbrainbreaks.com



Younger Next Year

By Chris Crowley

This book (for women) has great insight to motivate women to be active/fit for their entire lives. Will also use some of the information for my class called "Exercise Among Maturing Adults."

Submitted by Pam Connolly

Seven Simple Secrets, What the BEST Teachers Know and Do

By Annette Breaux and Todd Whitaker

This book is a great book for teachers of all disciplines and any number of years teaching. It explores the secrets of planning, classroom management, instruction, attitude, professionalism, effective discipline, and motivation and inspiration. Exploring these secrets will enhance your teaching and your students' learning.

Submitted by Brenda Erdman



NASPE – AAHPERD – Let’s Move in School MESSAGES! Read on!

1. NASPE and Polar’s [Celebrating Technology and Physical Activity in School Video Contest](#) is a nationwide activity that gives PE teachers the opportunity to be recognized for their creativity in their profession. We are looking for out of the box two-minute YouTube video submissions that answer the following question: **How do you use technology to motivate students and fellow staff to move every day?**
Visit [NASPE’s Polar video page](#) for guidelines, rules and instructions on how to submit your video! Hurry, deadline for submissions is November 1, 2011.
2. NASPE E-Learning: 2011-12 School Year. The first [E-Learning Webinar](#) this school year is **Embracing Differences in Diverse Settings on September 20, 2011 at 1:00 PM EST.** Learn practical teaching techniques for embracing diverse settings in physical education from presenter Dr. Robert Schmidlein from Manhattanville College.
[Other E-Learning Webinars](#)
 - Adding Muscle to Your PE Program – November 15
 - Make “Cents” of Grants and Funding – January 17
 - Active Students = Successful Students – March 20Each Webinar is \$30 for members and \$45 non-members. Purchase all 4 for \$100 and you save more than 15 [Register today!](#)
3. [Nominate your outstanding colleagues](#) to lead NASPE forward by September 15, 2011. The NASPE Board of Directors has four openings for 2012-2015:
 - President-elect (male)
 - Physical Education Coordinator
 - Publications Coordinator
 - NASPE Representative to the AAHPERD Board of GovernorsAll nominations will be considered by the NASPE Nominating Committee. Please send the following information:
 - Your name and e-mail address
 - Nominee’s name and work affiliation
 - Board position for which you are nominating this individual
 - Statement about why you believe this individual would make a significant contribution to the NASPE BoardSend to naspe@aaahperd.org with the subject line: NASPE Board Nomination.
4. On Saturday, September 24th Worldwide Day of Play (WWDOP) will be bigger than ever! For the first time, Nickelodeon is bringing [WWDOP to Washington, D.C.](#), which will serve as the global headquarters. A giant field day in the Nation’s Capital will bring together the biggest and best in health, sports and nutrition and will serve as a rally to elevate public awareness of and participation in the Presidential Active Lifestyle Award (PALA), a part of Let’s Move. AAHPERD and its [Let’s Move in School initiative](#) is participating in the WWDOP. Join us by hosting your own WWDOP event or showing up to DC!
<http://www.nick.com/thebighelp/road-to-wwdop.html>
5. The [Henkel Helps Get Kids Fit program](#) will give three deserving schools the chance to win their share of \$30,000 to improve youth fitness for their school. Educators, children, parents, and community members alike can nominate their school by answering one fundamental question on HenkelHelps.com: **“What would your school do with \$10,000 to improve youth fitness?”**
Application deadline is September 30th, 2011.
6. **Just Released for the upcoming school year!** Assessment for Everyone: Modifying NASPE Assessments to Include All Elementary School Children
[This user-friendly guide](#) expands upon selected books from within NASPE’s Assessment Series to ensure that physical education teachers can assess all students – including those with disabilities – alongside their classmates in a variety of skills. Helps physical educators align instruction by using assessment to determine students’ abilities and develop appropriate instruction for each student.
[Purchase your copy today!](#) Member: \$29 Non-member: \$42
7. **It’s almost time to go back to school. We hope you had an active summer and are ready to move in school! We’re in touch to let you know about exciting things going on this fall. We hope you will get involved!**
[New online LMIS PE Teacher Toolkit](#) - this teacher resource will help you get your classes and school moving out for fun and health. Let’s Move in School will be part of Nickelodeon’s “Worldwide Day of Play” in Washington D.C on September 24th. Local? Come join us! Far away? Hold your own “day of play” event.
[Learn more.](#)
Help AAHPERD and National Geographic Kids break a Guinness World Record! Join First Lady Michelle Obama on October 11-12 to break the Guinness World Record for the most people doing jumping jacks. [Find out how you can participate.](#) If you create a “jump site” at your school or facility, let us know (jjones@aaahperd.org) and we’ll share the information to help you get more jumpers!
[Register](#) for a FREE Let’s Move in School webinar to be held on September 14th: Implementing a Comprehensive School Physical Activity Program. Get examples and receive tips on how physical educators, parents, school administrators, and policymakers can move out to bring quality physical education and physical activity to schools through a comprehensive school physical activity program (CSPAP).
Need more Let’s Move in School posters? [Order them here.](#)
[View](#) our newest Let’s Move in School video – See Drew Brees, Carl Lewis, Tracy Austin and others at our Let’s Move in School Showcase event, which was held in San Diego last spring.
Not registered yet? [Join](#) the Let’s Move in School initiative at no cost and receive a poster!

“QUOTE” ... *If you only walk on sunny days you’ll never reach your destination. – Paulo Coelho*

“What I did on my summer vacation”

I went to Sturgis, South Dakota for the 71st Annual Motorcycle Rally. There were over 400,000+ motorcycles there and most of them were Harley Davidsons. The best part of this trip is that I spent it with my mom, sister, brother-in-law, and uncle. We all own Harleys and the trip was amazing. We rode to Mt. Rushmore, what an amazing site! Getting on the bike and riding around, gave me the free spirit feeling I get when my students learn something new. This was a trip of a lifetime. I am looking forward to coaching volleyball at SPASH this year and working with all the great kids at Plover-Whiting Elementary.



Submitted by Nancy C.E. Schuster, B.S., MS.Ed
Physical/Adapted Education Specialist,
nschuste@wisp.k12.wi.us

My family loves the beautiful and relaxing DISCOVERY COVE park in Orlando, Florida. Only a small amount of people are allowed in the park each day (reservations are needed) and it feels as if you are in the middle of a tropical island! There is a lagoon to swim with dolphins, a lagoon to swim with stingrays and very colorful fish (and sharks behind glass) and sandy beaches everywhere! Included with the cost of the park is all your food, drinks, snacks, and a 14 day free pass for each person to another Orlando Park. A little piece of paradise in the middle of a big city, Discovery Cove is worth the adventure!

Submitted by Brenda Erdman, Physical Education, Reedsburg School District

I love acting as a role model, even when school is not in session. Therefore, during the summer, I teach games at Vacation Bible School at my church, and, I teach at a Sports Camp. Our vacation to Colorado involved bringing bikes for everyone in the family for daily bike rides, and, white water rafting!

Submitted by Pam Connolly, UW-Platteville

President Brian Marx had the fortunate opportunity to go on an Alaskan Disney Cruise. When you go to the WHPE convention ask him about it. He had a great time and had some really awesome experiences sight-seeing in Alaska.

Keith Bakken went fishing, but the BIG one got away. That's okay...he always has a fish story to tell!

Where did you go? What did you do? Go far away or stay close to home...tell us about it. Maybe we would like to visit your great town/city or fish in your secret fishing hole! We are always interested in what you do for fun with your family.

Submit your ideas to berdman@rsd.k12.wi.us

CHECK IT OUT - WEBSITES TO VISIT!

The [WHPE website](http://www.whpe.us/) ... have you visited it lately? Did you know you can order [WHPE clothing](#) and other items by following a link on the website? Check it out! <http://www.whpe.us/>

[Healthy low-fat recipes](#)

skinnytaste.com

[Switch 2 Health](#)

<http://www.s2h.com/>

[Health Line](#)

<http://www.healthline.com/human-body-maps/>

[Team Building Activities - great for the start of school](#)

http://www.boyscoutstrail.com/activity_search.asp

[Teach with your Ipad](#)

<http://teachwithyouripad.wikispaces.com/>

[Teens Health](#)

<http://www.teenshealth.org/teen>

[US Department of Health and Human Services](#)

<http://www.healthierus.gov/dietaryguidelines>

[Nutrition Information for all ages](#)

<http://teammnutrition.usda.gov/myplate.html>

[Movin' and Munchin' Grant](#)

<http://www.movinandmunchin.com/>

[Picasa](#)

Picasa is free photo editing software from Google that lets you edit (fix red-eye, adjust color and lighting, etc) your photos. Picasa also automatically finds all the photos on your computer, wherever they are, and will organize them in seconds. Share your best photos with friends and family using a one-button function. Available for both Mac and Windows. Give it a try - after all it is free! <http://picasa.google.com/>

[People's Garden Grant Program](#)

The People's Garden Grant Program (PPGP) is designed to facilitate the creation of produce, recreation, and/or wildlife gardens in urban and rural areas, which will provide opportunities for science-based, informal education. This program is a joint initiative supported by USDA's Agricultural Marketing Service, Animal and Plant Health Inspection Service, Food and Nutrition Service, Forest Service, and Natural Resources Conservation Service, in addition to NIFA. Successful applicants will provide micro-sub grant support to smaller local projects.

Applications were due August 26, 2011, but there is always next year! More information may be found here: <http://www.nifa.usda.gov/fo/peoplesgardengrantprogram.cfm>

"I Love WI Professional Dedication"

Since I have known physical education teachers from Wisconsin, I have always admired their commitment to their profession, professional development and professionalism! So how does the great cheese state do it? How do they keep connected, involved and active? I have witnessed the current WHPE President, Brian Marx leading the young professionals when I first met him many years back. I've seen the Hortonville Girls: Crystal, Marcia and Cheryl win accolades and PEP Grants. They never slow down- they are always adding certifications for zumba and yoga or leading their professional organization at the state and national level. Recently, I was witness to a WHPE meeting and heard Keith Bakken discussing ways to get more students involved in WHPE! Yes, MORE! I love the dedication, work ethic and passion. I often ask the question about Professional Development- is it for the development of our profession or our own professional development? Both of course! I am honored to know so many Wisconsinians. You are role models to our profession- You are all dedicated to attend, coordinate, lead and network. I have come to know you as professionals and personal friends. The attitude is contagious and I can't wait to get out to your state conference to be a part of your culture- cheese curds and GO PACK GO!!!

Submitted by Kristen O'Kura,
Physical Education Teacher, California



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THERE'S AN APP FOR THAT!

Nike Training Club - This is a personal app that gives you over 60 workouts to choose from.

iMuscle (Nova Series) - you have the ability to view muscles in 3D and rotate them 360 degrees and you do not need an internet connection to use this app so it is great to use in your teaching if you don't have access to WI FI!

Superfood HD - I use this app in my 8th grade health class (WHPE member.) It provides great information on the superfoods that we should be eating to lead a healthy lifestyle.

Orienteer App - There are several free apps that put a compass right on your device. Some are just a compass and some include your location.

GeoCompass App - Great for geocaching with your handheld device if you do not have an official GPS unit, or you need another resource!

Swim Timer - Converts swim times from yards to meters and meters to yards. Valuable tool when coaching swimming and going to pools that are 25 yards, 25 meters, and 50 meters. Your swimmer will always have an accurate goal time.

Fitdeck - \$9.99 If you have ever used Fitdeck cards and love them you will be pleased to learn that there is now a Fitdeck app. The app is loaded with the bodyweight deck of cards but you will be able to add other decks in the future. You can configure your workout by choosing how many cards you wish to do or indicate how many minutes you would like to workout.

iMuscle - \$4.99 Allows you to identify a muscle and then discover all of the exercises which work that muscle. Use the 3-D muscle man to zoom into the area you wish to work on, select the specific muscle and then a thumbnail list of all the exercises associated with that muscle will appear. Each exercise is demonstrated by the 3-D muscle man, with both primary and secondary muscles involved in the exercise identified.

Daily Ab workout - \$0.99 Select either a 5, 7.5 or 10 minute ab workout and this app will guide you through an ab routine containing up to 20 different exercises. You can randomize the routines meaning that you will never do the same routine twice! You can also purchase a Daily Butt, Daily Yoga, Daily Cardio, Daily Arm workout apps (all \$0.99), which each feature exercises for their respective parts of the body.

You can get free versions of each of these app but they contain adds and do not have all levels of the workouts that the full versions possess.

Screenchalk - \$4.99 Allows you to upload videos and draw on them - great for demonstrating correct form or for correcting form in any sport or activity. You can save any notations you make and email them as well.

Various apps submitted by Brenda Erdman, Crystal Gorwitz and Jo Bailey.

Go to your Marketplace and search around for an app. There are a lot that are free or low cost. Try some out and let us know if you have found one for personal or professional use that helps you, and then share with us!

Submit to berdman@rsd.k12.wius

FLOORBALL FOR LIFE A PHYSICAL FITNESS OVERVIEW

PREPARED BY GREG BEAUDIN AND MICHAEL BORG

Floorball

MR. BEAUDIN is known as the architect of North American Floorball development, serving on the Central Board of the International Floorball Federation. His company Modern Hockey has roots in Florida and Canada. MR. BORG is a Wisconsin resident involved in the local start-up of Floorball. Mr. Borg invites anyone interested in Floorball to get in contact with him via michael@floorballcentral.com.

VALUES OF FLOORBALL

- Equality, Fair play and Team Spirit

It's starts at Home!

The Love for Floorball starts at home, inspired by the NHL and the Olympic Ice-Hockey movement. Floorball is a next generation sport that takes a generation X recreational activity and morphs it into a genY true sport game. Today's youth can pick up a Floorball stick that measures 20-28 inches in length and weighs practically nothing, allowing for easy to learn, ergonomically friendly stick and ball play. A Floorball stick marries the best elements of a toy stick, and a functional indoor hockey implement. The Ball is super light and kid friendly, making it both safe and smart for learning new physical literacy skills.

The Ultimate School Sport

Floorball is designed for Schools, Co-Ed team play and physical skills development. FLOORBALL IS AN OPPORTUNITY to utilize a school gymnasium to get 30 students in a 30 minute to 1hour block moving and active engaged and entertained. Kids do gym class because it's a requirement; they stay playing sports in gym because it's fun. Any student can enjoy Floorball with zero to limited hockey knowledge, as it requires a thirst for movement, a common goal, caters to the passer and shooter, the defender and the shifty speedster. Floorball play fits all personality types and a knowledgeable coach can easily fit the player to the position with simple profiling.

Developing Individual Skills

In order to play the game, you need to know how to execute certain skills. In addition to timing, balance, and reading the game, these skills are:

- Shooting
- Passing and receiving
- Dribbling

The Essence of Teamwork!

Floorball showcases how important team play is. A single great cannot dominate a gym class; he/she needs teammates to succeed, a lot like life we say. This is a sport, not for renaissance people/athletes, but rather renaissance teams. Team tactics is the team's tactical play system that the team uses in order to gain order and discipline in its play, as well as provide safe ways to act in given situations for the players.

Playing for Your Country!

Floorball provides players with opportunities to play on four different National team programs as well as preparing for a spot on the future US Olympic Floorball Team. Since the dawn of Floorball, just a few decades ago, versions of the sport has grown to become one of the most common and popular activity during PE in Northern Europe. So far Osceola, Tomah and Horicon exhibit schools in Wisconsin that plays Floorball.



The Stages of developing Life Time Floorball Athletes: LFTA

BE ADVENTUROUS	4-6 YEARS	TRY IT IT'S FUN!
BE LEARNING	6-8 YEARS	Building the Fundamentals
BE SMART	8-12 YEARS	Building on the Foundation
BE ACTIVE	11-16 YEARS	Develop the Skills to be your best
BE THE GAME- 15-21	15-21 YEARS	Playing and Competing Hard
BE THE BEST	17+ YEARS	National and Olympic Teams
BE SHARING	FOR LIFE	Play it Forward, Volunteer

"QUOTES"

*May the light always find you on a dreary day.
When you need to be home, may you find your way.*

*May you always have courage to take a chance
And never find frogs in your underpants.*

Irish blessing / toast, submitted by Nathali Niedorowski

*You don't have to put an age limit on your dreams.
- Dara Torres*

The most important things in life aren't things. - A.J.D'Angelo

*It is noble to teach oneself; it is still nobler to teach others.
- Mark Twain*

I touch the future, I teach. - Christa McAuliffe

*The one exclusive sign of a thorough knowledge is the
power of teaching. - Aristotle*

*Not only is there an art in knowing a thing,
but also a certain art in teaching it.
- Marcus Tullius Cicero*

Knowledge is power. - Francis Bacon

*One looks back with appreciation to the brilliant teachers, but with
gratitude to those who touched our human feelings.
The curriculum is so much necessary raw material, but
the warmth is the vital element for the growing plant and
for the soul of the child. - Carl Gustav Jung*

*A teacher affects eternity; he can never tell where
his influence stops. - Henry Brooks Adams*

*A teacher should know more than he teaches, and if he
knows more than he teaches, he will teach more than he knows.
- Anonymous*



Teaching Ideas

“DID YOU KOW” FACTS...


- * High blood pressure is the No. 1 cause of strokes
- * Cigarette smoking almost doubles a person's risk for stroke.
- * Your heart is a hard worker! It pumps fresh blood to every cell in your body in less than 60 seconds.
- * During exercise, it takes 10 seconds for blood to travel from your heart to your big toe, and back again.
- * The risk of heart disease is twice as high in inactive people as in people who get regular exercise.
- * Your heart beats about 35 million times in a year.

Taken from AHA Educational Materials

HOOPS BINGO

submitted by Patty Kestell

Name _____
Class _____

H	O	O	P	S
* Any space with an asterisk by it, complete the task and fill in YOUR OWN Heart Rate (HR)				
THR Techie Can dribble down and back long enough to achieve THR HR _____	*Controlled Dribbler Can dribble down and back 5 times, endline to half-court HR _____	Quick Hands Ballhandler Can do 10 front to back flips and 10 side to side flips between legs	*Defensive De-terminator Complete 3 sets of shuffle slides: 5 times to R 5 times to L HR _____	Wellness Wonder Can name 3 things to keep the heart healthy and the body well
Passing Partner Complete 10 bounce and 10 chest passes each with a partner	*Shooting Champ Play PIG with partner (3-5 min time limit) HR _____	Heart Hero Is participating in JRFH or HFH this year!	THR Teacher Knows the Target Heart Rate range for kids my age	Spiderman in Training Can do 10 spider or figure eight dribbles
Lightning Champ Play one game of lightning with 3 other people	Vascular Specialist Can explain the role of a vein in the circulatory system	 FREE SPACE	Personal Trainer Knows how many minutes of physical activity one should get each day	*Cool Hand Sharp Shooter Play 7 Shots, 2 Shots with a partner HR _____
Heart Health Detective Can name 3 warning signs of heart attacks or strokes	*NBA/WNBA Superstar Complete 5 layups, using proper footwork HR _____	Transition Specialist Complete a 3 person weave out, and finish with 2 on 1 back towards the basket (3 sets)	Keep Away Specialist While protecting the ball, dribble 1 on 1 against a partner, playing keep away in a limited space	Emergency Responder Knows what to do if you suspect someone is having a heart attack or stroke
Hot Shot Champ Complete 30 seconds of Hot Shot Points Scored _____	Exercise Expert Can identify 3 moderate and 3 vigorous physical activities they like to do	Cardiologist in Training Can explain how oxygen from our lungs enters the bloodstream/arteries and travels thru our body	Great Sports Person Play 2 on 2 until 3 baskets are scored (3-5 min time limit)	Coordinated Stunt Dribbler Dribble 2 basketballs down and back even then alternating

CIRCLE TIME!

Submitted by Brett Fuller, Milwaukee Public Schools

How do you simply make a circle? Dr. Bob Pangrazi always uses cones to mark the area students will be moving around in. His description for making a quick circle was to have students move to the boundary edges. Have them turn to the right (or left your choice) and then have the class start running in the same direction. Students will run and naturally they start cutting corners. Stop the class, have them face the center and students are in a circle. It is fast and works like a charm!

GAME TIME!

Submitted by Pam Connolly

I play games with my Emotional Health lecture class to help students get to know each other better in an active, fun atmosphere, which ultimately transfers over into more comfort sharing their thoughts about sometimes difficult topics in the classroom.



Now available... clothing and accessories with the new WHPE name and logo. Check out the link on the WHPE homepage, www.whpe.us, just under the WHPE logo!

THRILLER DANCE for K-2

Music is from DVD The essential Michael Jackson.

*Submitted by Cindy Birr and Sarah Evans-Koenig
Spruce St K-2 School Sauk Prairie School District*

Any clarification questions call Cindy Birr at 608 634-1850

Walk forward 3 steps and shrug shoulders (Walk like a zombie or Frankenstein)
Walk backward 3 steps and shrug shoulders.

Repeat

Turn sideways, spread arms like a pterodactyl and Step together 2x forward and backward.

Repeat leg motion but arms move in a swimming motion.

Jump half turn, drop down to a squat and straighten up moving like a jellyfish. (Wobbly arms and legs)

Repeat turning the other direction.

Assume thriller pose. Walk 3 steps to right, turn left, turn right.

Walk 3 steps to left, turn right, turn left.

Repeat pattern.

Repeat whole pattern from beginning.

Step right, then left to assume squat position.

Place hand on knees and stomp bugs.

To stomp bugs, Pivot on one leg and stomp bugs with other leg. 4 times making a complete circle.

Pivot on other leg and stomp bugs 4x.

In hunched position, take tiny steps back and slowly lift to straightened position. (Looks like a Frankenstein standing up.

When standing straight continue to march in place. Poll shoulders back and start at the beginning.

Finish- Repeat Thriller pattern until music ends.

Name of Activity: FALLing for Fitness

Suggested Grade Level: 2-8

Materials Needed: 30-40 laminated, multi-colored leaf cut-outs with an exercise and the number of repetitions listed. I use a die-cut machine and paste the exercises on the leaf along with a picture of the exercise on the back. Try to have enough leaves so that the students don't have to wait. Examples of exercises: 10 Jumping Jacks, 10 Shoulder-Touch Push-ups, Run 1 Lap around the gym, etc. Any Music

Description of Idea

During the Fall season I do this activity as an Instant Activity.

When the students have entered the gym we talk about the Fall season and what changes occur. Most students will say something about the leaves changing color and falling off the trees because I have already scattered the leaves throughout the gym on the floor, face down.

When the music begins the students will go at their own pace, moving (teachers choice of locomotor movement) from leaf to leaf, and performing the exercise listed on the leaf. When they complete the exercise on one leaf they move to another leaf of their choice. Make sure there are enough leaves so there is no waiting or standing around.

For younger classes, you can help them read the exercises on the back or have pictures of the exercises as well.

After a few minutes of continuous activity I 'freeze' the students and ask them what they have to do when there are leaves in their yards. (RAKE THEM!)

I ask the students to please 'rake' up the leaves and bring them to the leaf bucket.

Variations:

Each color leaf denotes a specific fitness component (i.e., Yellow = cardio; Red = muscular endurance; etc. Students are instructed to have so many yellows, reds, etc.

Teaching Suggestions:

Photos of the exercises on the back of the leaves.

Special leaves with smaller reps or easier exercises.

Help younger students read the exercises.

Laminate the cards so that they last longer and you don't have to make new ones next "season!"

Submitted to PE Central by Jason Steele who teaches at Perkett/Roosevelt Elementary in Minot, ND



Clean Out Your Arteries

Grade Level: Middle School

Purpose: Students will develop and understanding of the relationship between physical activity and cardiovascular health.

National Physical Education Standards:

PE. Standard 4 – Achieves and maintains a health-enhancing level of physical fitness

Health Education Standards

H.E. Standard 1 – Students will comprehend concepts related to health promotion and disease prevention

H.E. Standard 3 – Students will demonstrate the ability to practice health enhancing behaviors and reduce health risks.

Equipment:

4 hula hoops, 8 cones, 40 bean bags

Student Journals/Portfolios (If using the second assessment tips)

Reproducible: None

Procedure:

1. Divide the activity space into four quadrants. Place one hoop and two cones in each quadrant and place 10 bean bags in each hoop.
2. Divide the class into four teams. Students on Team A compete against Team B. Students on Team C compete against Team D. Assign each team to a quadrant and have teams play across (not diagonally) from each other.
3. Explain that each hoop represents an artery and each bean bag represents fat cells. The object of the game is for each team to clean the fat out of their team's artery through physical activity.
4. On the whistle, direct the students to run from their positions, as shown in the diagram, to their artery (hoop) and pick up a fat cell (bean bag), run the fat over to the opposing team's quadrant, and place the fat in the opposing team's artery (hoop). Student must run clockwise around the perimeter of the activity space (half of the gym is best if possible for safety reasons), on the outside of the cones before they remove a new bean bag from their hoop.
5. After three to five minutes stop and count bean bags to see which team has the least amount of fat cells in their arteries (hoops). The team that performed the most work will end up with the least amount of fat (bean bags) in their artery. Remind students that physical activity helps keep their arteries clear of fat deposits and that the benefit may increase with increased physical activity.
6. Re-divide the fat (bean bags) evenly and repeat the activity. The goal of each team is to reduce more fat than they did in the previous round. This might be a good time to alter the team make up, especially if students with disabilities are participating in the activity.

Teaching Hints:

Make the activity sport specific. As an alternative to using bean bags, use basketballs for fat and carts for arteries. Students dribble the balls to the opposing cart. Other options include practicing cradling for lacrosse or dribbling for soccer.

Students may carry only one object at a time.

Students must place, not throw the objects into the hoop.

Students must move in the same direction (clockwise) at all times to prevent collisions.

Sample Inclusion Tip:

Students using wheelchairs can cut across the middle of the playing area instead of having to move around the cones at the perimeter.

Establish an area at the center of the playing area so that a student using a wheelchair could wheel into that alternative space.

Using a bag or carryall to carry bean bags would be helpful to promote student independence.

Variations:

Instead of moving around the activity space the student can choose favorite equipment (jump ropes, basketballs, hacky sacks and so on) and use it to be active while waiting to move to the middle and remove fat from the team artery.

After a round of game play stop the students and have them meet with their teams. Ask the following questions to promote team communication and problem solving. –What were you doing that seemed to be successful? –Identify two things that you and your team will do to be more efficient in clearing your artery next time. Return to the game so that students can try their new ideas for working better as a team.

Assessment:

Ask the students why one artery would end up with more fat than the other artery (effort, lack of physical activity). Help them compare this with what actually may happen in the human body.

Have the students write down five specific activities that would help build cardiovascular strength and endurance and keep their arteries healthy.

Citation: The National Association for Sport and Physical Education (2011). Physical Best Activity Guide: Secondary Level. Third Edition. Champaign IL: Human Kinetics. Found on www.naspeinfo.org/toolbox

“Advocate YOU!”

No one will know
What you do so well
If you keep it to yourself
Between walls and bells.

Exciting lessons each day
For each and every child
It must not be kept a secret
It must be given away.

You know what you do
And you do it so well
Why teach with greatness
And never ever tell?

So get out that horn
And give it a toot
To all the important people
Who wear a suit!

Take a stand
And stand up for you
Share what you know
And show what you do.

Your job is the key
To the future of many
So advocate YOU
And the rewards will be plenty!

By Brenda Erdman

What will you do to advocate YOU this year? What will you do to advocate your program this year? What will you do to advocate for your students' future? Your students, your program, and YOU need YOU to advocate all year long. Don't sit back and watch...toot that horn and be proud of your accomplishments! YOU are a great teacher!

WHPE Recipe's . . . Enjoy!

ZUCCHINI CHICKEN PIZZA CASSEROLE

Submitted by Rosie Sylvester

Ingredients

2-3 six inch Zucchini – unpeeled, sliced
1/2 teaspoon salt
4 cooked chicken breasts – cut into bite sized pieces
1 onion chopped
1 cup mushrooms
1 teaspoon oregano
1/4 teaspoon pepper
one 15 oz. can of pizza sauce
Low-fat mozzarella cheese
4 oz. turkey pepperoni (optional)
Add any other ingredients you like on your pizza.

Directions

Prepare zucchini and bring water to a boil.
Add zucchini and salt and return to a boil.
Reduce heat and cook for 2-3 minutes.
Drain well.
In a bowl – mix all ingredients saving 1/2 of the cheese to sprinkle on top.
Bake at 350 degrees for 30 minutes.

BAKED OATMEAL

Submitted by Erika Molitor

Mix dry ingredients:

3 cups dry oats
1/2 cup packed brown sugar
2 tsp. baking powder

Mix wet ingredients:

2 eggs
1 1/4 cups skim milk
1/4 cup canola oil
1 tsp vanilla extract

Continue with:

Stir wet ingredients into the dry and let stand 5 minutes.
Fold in any fruit (blueberries, diced peaches, apple, etc.)
Transfer mix to 11x7 baking dish coated with cooking spray.
Sprinkle top with walnuts.
Bake uncovered at 350 degrees for 35-40 minutes or until top is slightly browned. Delicious!!!



LET-TUCE EAT SALAD

Submitted by Heather DeLuka

Salad/Lettuce:

1/2 Bag Fresh Spinach	Wash and Dry
2 heads Boston Bibb	Use salad spinner if available
1 lb. Fresh Strawberries	Clean and slice in half
1 cup Pecan Halves	Toasted (Brown in butter for 10 min in 350 degree oven)

Dressing:

1/3 cup Raspberry Vinegar
1 tsp. Salt
1/2 cup Sugar
1 tsp. Dry Mustard
1 cup Oil (canola or olive)
1 1/2 Tbs. Poppyseeds
Combine all dressing ingredients and shake well.
Toss with lettuce, pecans, and strawberries at serving time.

GRAPE SALAD

Submitted by Heather DeLuka

(borrowed from Becky Riewestahl and Cheryl Schoonover)

Mix:

8 oz. Cream Cheese
8 oz. Sour Cream
1/2 cup Sugar
1 1/2 teaspoons Vanilla

Add:

2 to 4 lbs. Red Seedless Grapes (cut or uncut)
[A 9 x 13 inch cake pan works great so it can be spread out.
Refrigerate overnight, but not required.]

Topping: (add just before serving)

1/2 cup Brown Sugar
1 cup Chopped Pecans or Walnuts
(pecans are best if roasted with a bit of butter in a 350 degree oven for 10 minutes)

TURKEY PINWHEELS

Submitted by Erika Molitor

In a whole-wheat tortilla layer hummus, spinach leaves, fat free cheese, turkey and roll it up. It is an easy healthy lunch recipe.

Crunchy Chicken Cranberry

Submitted by Scott Frazier

I like this recipe for making sandwiches with the left over from a chicken.

*Leave remains of chicken in the refrigerator overnight, then remove rest of the meat from the bones. Cut and dice chicken into small pieces and measure at least two cups.

Combine and mix the following in a large bowl.

1/2 cup red onion-diced fine
1/2 to 2/3 cup sliced almonds chopped
2/3 cup celery cut and diced
1/2 to 2/3 cup dried cherries or cranberries or similar dried fruit-chopped into small pieces
Add mayo, some sour cream or salad dressing in a 2 to 1 ratio to your level of comfort. Add some celery salt and a pinch of thyme and you have the makings of a great sandwich.

Hawaiian Style Spare Ribs

Submitted by Brenda Erdman

2 strips of loin pork back ribs
Heat oven to 350 degrees.

Sauce:

3 TBLSP brown sugar
2 TBLSP cornstarch
1/2 tsp salt
1/4 cup vinegar
1/2 cup ketchup
1 TBLSP soy sauce
10 oz. can of crushed pineapple

Directions:

In a saucepan combine sugar, cornstarch, and salt.
Stir in vinegar, ketchup, pineapple, and soy sauce
Cook and stir until thickened and clear.
Place ribs in a large roasting pan.
Pour sauce over ribs and cover.
Bake for 1 1/2 to 2 hours.



Cain Memorial Track Dedicated

May 19, 2011, one and a half years to the day after the death of our friend and colleague, Van Buren Elementary School dedicated its new track in memory of Larry Cain. Students, staff, parents, WHPE representatives and Cain family members were assembled on a grassy area adjacent to the school. One could see the newly constructed lanes, bright lines and areas of recent dirt fill just across the way. Principal, Kori Hartman greeted those assembled with a special 'welcome' to Senator Tim Cullen, former Janesville School board member and the Cain family.

She then addressed opening remarks to all who had come for the Dedication. A special 'Thank You' was directed toward Aquatic Innovators, the local company who helped to complete the work on the track. Tributes to Mr. Cain were offered by parents, staff, WHPE Past President, Kris Fritz and a young student, Liesl Yerke – all remembering Mr. Cain / Larry and expressing the influence he had upon their lives.

The common denominator of thought was, 'How fortunate we have been to have been touched by the life of Larry Cain' who indeed was a 'True Champion' whose Spirit will live on through the physical memorial of the track.

Karen Cain spoke briefly echoing the others while talking about Larry's 'teaching with passion, enthusiasm; humor' and indicating, "Honoring him with this track is a testimony to his success as

a teacher." She added, "I think Larry would be embarrassed by the attention, but I know he would be happy to see that he made a difference in the lives of his students."

Following these remarks, Karen and other family members cut the ribbon to the memorial stone entrance to the track, and Principal Hartman invited all who were able to take one slow walk around the track.

As the students filed quietly by the memorial stone, one could see both expressions of sadness and joy. Once on the track, the resilient spirit of kids appeared to return in joyous movement just as the sun shone brightly and the warmth of the day could be felt. A Janesville PE member indicated that 'you could feel Larry's presence' and a student said, "I walk on the track everyday because that is what Mr. Cain would want me

to do to be healthy . . . to get myself moving."

Larry Cain was a man of few words, but he has left a legacy illuminated by actions. The Dedication of 'his track' was indeed a 'moving experience' both spiritually and physically. His memory will live on through the actions of all who walk and run on the track.

WHPE thanks you Larry for being a positive part of so many loves. We thank Karen for continuing to offer WHPE 'opportunities' to connect with her and Larry through the scholarship offered to members and by inviting us to participate in the Dedication event.



Tips for positive communication with your school parents

1. Send home regular communication about what you are doing in your classes, why it is important, and what parents can do at home to support their child. It takes time, but it is worth doing!
2. Set up an email list of physical education or health students and/or parents as an avenue of communication. You could do this for a particular class or only with a few parents for regular communication. Other teachers may already have lists made...ask them for the list. If your school has a communication system that may be another way to send important messages.
3. Create a physical education/health newsletter. Include class information, important dates, fitness information, exercise ideas, exercise calendar, etc. It could be sent home in paper form or electronically. Be informative and creative!
4. Call/email/talk to 1-3 parents a day about how GREAT their child was. You will love hearing their expression turn from concern to gratitude instantly when they hear it is a positive call. And they will love you for it!
5. Problem with a student? Address it immediately. Even it is just to inform the parents of how you are handling it. You would want to know and so do they. It is not easy, especially when we have hundreds (and hundreds and hundreds) of students and maybe even several schools, but make it a priority. Maybe do this phone call first and then do the positive calls! J
6. Teachers, students, and FACEBOOK. FIRST: If Facebook is a source of communication for you with your students/parents make sure you have a SEPARATE account from your personal account. SECOND: Do not "friend" students on your personal account. Wait until they are 18, out of school, or have them on your "school Facebook" account. Protect yourself.



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Executive Directors Report



"Hello, I'm Keith Bakken, Executive Director for Wisconsin Health and Physical Education. I'm here to see your Director of Curriculum and Instruction". It might seem like a small thing, but our name change has made us easier to introduce ourselves. WHPE is short, to the point, and easily understood. I don't think it is a coincidence that our membership has grown to over 1000 and I love using that number when I testify at the Capitol.

Are you ready for another great time at the Chula Vista? Last year's convention comments from you were overwhelmingly positive so I expect to see you again this year. Remember, if you bring your principal, administrator, or school board member, your registration fee will be refunded. Like it or not, the changes in Madison this year have taken local control to a new level. Your own school board and administrative team have more authority and discretion than ever before. It is the perfect opportunity to show them what great programs look like. Let me know if I can help with the invitations.

Last, but certainly not least, I want to invite all fishermen and ladies to Duffy Kopf's Friday afternoon Muskie Fishing Seminar immediately following our regular convention schedule. The cost is \$25.00 for all attendees. This is a joint venture between WHPE and the Midwest District of AAHPERD. Special thanks to Perry Sylvester and Duffy for putting this together. In case you are interested, the Northern Pike pictured was caught on Lake Wisconsin on August 5th using a lure that Duffy showed me how to use.

Welcome back to another school year, my friends. You truly make a difference.

Keith