



[www.whpe.us](http://www.whpe.us)

*Our mission ...*

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

# “Play So You Can’t Be Taken Out” . . .

*From your President, Brian Marx*

Physical Education and Health are needed more than ever. Our nation and our state are facing high childhood obesity rates. The members of WHPE are leading the way to win this battle. It is well known that we have some major obstacles to overcome if we are to be successful. WHPE needs you in this battle and I believe you need WHPE. If we all work together and show off the amazing things our members are doing we can come out ahead in these difficult times. While many are disheartened, now is the time to show just what we are doing to improve the lives of our students and communities. Many of our members are conducting Jump Rope and Hoops for Heart events. These events are instrumental to the success of WHPE. Not only do these events help us meet our financial obligations they also show just what we do for so many people. Our students learn about the risks, dangers, and causes of heart disease and stroke. They then educate other people in the community. The people we affect measure in the thousands if not hundreds of thousands. Don’t hide this. Let everyone know. Tell your principal, your superintendent, your school board members, and anyone else that will listen.

We also have members doing other amazing things. We have teachers who have been recognized by the state, Midwest District, and AAHPERD for what they are doing. We are teaching about life-long fitness. We are developing positive habits that lead to healthy lifestyles. We are making lives better each day. WHPE is helping everyone with new and innovative ideas. I have been able to attend each of the district workshops that have been held. I was also able to attend the Future Professional workshop as well as the National AAHPERD convention. Each of these events were unbelievable and the information that was available to those who attended was unmatched by any other conference I have ever attended. In the future try to attend as many of these as you can. Our members are our greatest resource and when we share our ideas our students and our communities are the real winners. Show off what we are doing and just how important we are.

WHPE needs you to represent us. Show everyone that we truly are the best of the best. Our students, schools, and communities will take notice. Some already know what we do. Other will find out in the future. Now is the time to show them. You need WHPE as well. Use our members to help you create new lessons. Let us

# Waves of Opportunity

know what you need and we will do our best to help you out. Our Executive Director, Keith Bakken, has talked to many government officials, school boards, and curriculum directors on behalf of our members. We will work for you if you need us to. If you are not valued for what you do let us know how we can help you show everyone how important what we do is. If that still doesn’t work let us help you in your search to find those who will.



When I coached soccer and some of my athletes were discouraged because they weren’t in the game, I would tell them when you go in play so I can’t take you out. Now is our time to “play so you can’t be taken out.” Show everyone how important we are. I am extremely proud to represent over one thousand of the most talented and passionate Physical Education and Health teachers anywhere. I tell everyone I know. If there is anything I can do for you please let me know.

Feel free to contact me at any time - [brian.marx@yahoo.com](mailto:brian.marx@yahoo.com)

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



## 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 has been a faculty member at Purdue University in West Lafayette, Indiana since 1997. She just recently changes 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 13<sup>th</sup> 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 this year’s convention.



## 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!”



## “QUOTES of WISDOM”

*“Courage doesn’t mean you don’t get afraid.*

*Courage means you don’t let fear stop you.”*

*– Bethany Hamilton [Shark attack survivor and professional surfer]*

*“It is the mark of an educated mind to be able to entertain a thought without accepting it.” – Aristotle*

*“If you don’t have time to do it right, when will you have time to do it over?” – John Wooden*

*“The difference between the almost right word & the right word is really a large matter--it’s the difference between the lightning bug and the lightning.” – Mark Twain*

*“The happiness of your life depends on the quality of your thoughts.” – Marcus Antonius*

*“To know even one life has breathed easier because you have lived, this is to have succeeded.” – by Ralph Waldo Emerson*

*“Let your sunshine everyday!...The person who stresses more than necessary suffers more than is necessary...It’s not what you know but what you do that counts...Living in a fast paced world doesn’t mean that our lives need to be...Focus on what you can control... Be more aware.”*

*“Life is like riding a bicycle - in order to keep your balance, you must keep moving.” – Albert Einstein*

# 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)

## MIDWEST/WHPE BEGINNING AND ADVANCED FISHING WORKSHOP OCTOBER 28<sup>TH</sup>, 12:30-3:00



At the conclusion of our convention, Midwest District AAHPERD will be collaborating with WHPE and Advanced Fishing K 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

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.

## Larry Cain Memorial Scholarship

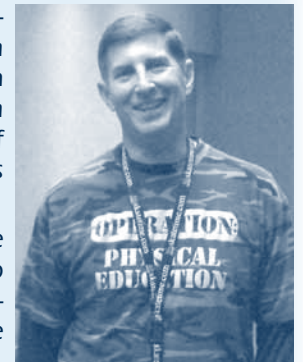
Larry Cain was a physical education teacher in Janesville, and a past-president and leader within the WHPE organization. He made a significant difference in the lives of his students and fellow colleagues and professionals.

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 9, 2011.



# 2011 Convention Schedule of Events

## WEDNESDAY, OCTOBER 26, 2011

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

**5:30-7:30 p.m.** Registration at Chula Vista, Wisconsin Dells

**8:00-10:00 p.m.** President Reception / Social

## 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 – *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 - hiring evaluator – *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 & Lessons using handheld tech – *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 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 Protecting and Preserving High School PE – *Wiesjahn/Bakken*
- 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 &Y 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 – *Mickschl/Malacek*
- 5 Nutrition Mission: Teaching Nutrition Educ thru Physical Activity – *Bailey*
- 6 Best of AAHPERD – *Roth*
- 7 Interdisciplinary PE Game/Activity from Ghana – *Asola*
- 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 Penquin Power – *O'Kura*
- 9 Unique and Innovative Activities for Large Groups – *Holt*
- 10 Speedmitton - 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 Equine Assisted Experiential Learning – *Blum*
- 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 Surf and Swim - Swimgym Fitness without a Pool – *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!!*

**Did You Know ... You can now renew membership and register for the WHPE Convention online at [www.whpe.us](http://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 _____	<b>AREA</b>		<b>OFFICE USE ONLY</b>			
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							

<input type="checkbox"/> SE – <u>Southeast District</u> - CESA District 1 & 2 <input type="checkbox"/> SW – <u>Southwest District</u> - CESA Districts 3 & 4 <input type="checkbox"/> C – <u>Central District</u> - CESA District 5, 6 & 7 <input type="checkbox"/> NE – <u>Northeast District</u> - CESA Districts 8 & 9 <input type="checkbox"/> NW – <u>Northwest District</u> - CESA Districts 10, 11 & 12	<b>TEACHING LEVEL</b> <input type="checkbox"/> E – <u>Elementary</u> <input type="checkbox"/> M – <u>Middle</u> <input type="checkbox"/> S – <u>Secondary</u> <input type="checkbox"/> U – <u>University/College</u> <input type="checkbox"/> O – <u>Other</u>	Mail to: <b>WHPE</b> 24 Mitchell Hall • 1725 State St. La Crosse, WI 54601-3788 Makes Checks payable to: WHPE	<b>TYPE OF MEMBERSHIP</b> 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"/>
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For further information go to our website:  
[www.whpe.us](http://www.whpe.us)

# 2011 WHPE CONVENTION PRE-REGISTRATION

**Deadline: October 5th, 2011**

*You must be a current member of WHPE through 11/10 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"/> 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 Past President

By Brenda Erdman

What an incredible year of opportunities. I think one of my favorite memories was attending the 2010 WHPE convention and catching up with friends. Another highlight was winning an ING Run For Something Better Grant. I had a great experience doing the running club. I was hoping for 20 students and ended up with 43! Thank goodness I had my student teacher, Renee Reuter, to help me with the club. If you have never looked into the ING grant you should! Another highlight this year was attending the AAHPERD convention in San Diego. Educational, beautiful and warm!

I am thoroughly enjoying putting together the newsletter. THANK YOU for all of you who have contributed. I will continue to ask the WHPE membership (you) for items and articles for the newsletter. Please help out when you can. YOU make this newsletter a valuable resource.

Plans are underway for the 2011 WHPE convention in Wisconsin Dells. Make plans to attend this great professional development

With  
Brad Strand  
and  
Vicki Worrell  
at AAHPERD



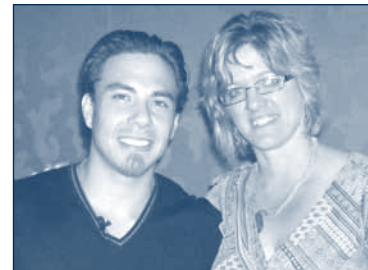
ING Run For Something Better Scholarship winners with Professional Football Player, Drew Brees. Brenda Erdman, Reedsburg, Wisconsin and Magaera Regan, New York City, New York. Brenda and Magaera both won the 2010 ING Running Grant. They presented their running club ideas at the AAHPERD Convention

New York City, New York. Brenda and Magaera both won the 2010 ING Running Grant. They presented their running club ideas at the AAHPERD Convention

opportunity! Consider volunteering at the convention-if you are interested and have the time give me a call or an email.

These are challenging times that the teaching profession is facing. I want to challenge you to not get frustrated and back down. PE and Health teachers need to choose to do more, not less. Hold that JRFH/HFH event, attend workshops and conventions, hold special events in your physical education classes, write a grant, try unique units, and keep up the great work. Use the new standards, create great assessment, join committees in your school, be a part of your PTO/A, and speak to your school officials. We have schools full of students that desperately need us! Do more. Be effective. Be knowledgeable. Set your standards high and you will be amazed at what you, and your students, will accomplish.

To steal a quote from a friend... "It is not, What are we PLAYING today? but rather, What are we LEARNING today?"



## Contacting WHPE Members

In an effort to keep the costs down for WHPE the executive committee has once again chosen to not produce a WHPE directory. A directory does exist on the 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 have the 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 only in the WHPE office on Tuesday's and Thursday's. If you are a member of the WHPE board/executive committee you can request a computer directory.

Thank you for your understanding.

WHPE office phone: 1800-441-4568 • Nicole's email: [popowich.nico@uwlax.edu](mailto:popowich.nico@uwlax.edu)

## 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](mailto:whpe@uwlax.edu)



## 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](mailto: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.



## 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](http://www.whpe.us).

# A Message from your Past-Past President



By Rosie Sylvester

As another school year comes to an end – ask yourself: How many “WAVES OF OPPORTUNITIES” did I ride this year? Hopefully you were able to ride many!! WHPE offered great district workshops (thank you district coordinators) and the Future Professionals workshop was very successful (thank you UW-O and Ryan Heath for your efforts). The

best “WAVE” I rode this year was my venture to the National AAHPERD Convention in San Diego. I was able to connect and network with many great professionals and students. The real California “WAVES” were much appreciated on my early morning walks. Remember there are still more “WAVES” to ride as the Best Practices workshop will be held this summer at Stevens Point and the NW District workshop which is slated for this fall.

## WHPE President-Elect



### Taking the Opportunity to Ride the Waves!!

By Crystal Gorwitz

I have been lucky to ride several waves of opportunity over the past several months. The first was attending the AAHPERD National Convention in San Diego. I would highly recommend attending the national convention if you have the opportunity!

One of the highlights of the convention was attending Dr. John Ratey's session. I learned a lot about how exercise helps the brain learn. If you haven't read Dr. Ratey's book, SPARK, you should. I think that it should be required reading for every physical education teacher! He also has a website [www.Johnratey.com](http://www.Johnratey.com) that I would highly recommend checking out! At the convention I also had the opportunity to network with physical education teachers from around the country. It is so great to spend time talking to other teachers about their physical education programs and what is going on in their state's regarding physical education. I also had the privilege of spending time with Kristin Okura (physical education teacher from California) who will be one of our featured presenters at the WHPE Convention in October. She is such an inspirational person and an awesome presenter. If you haven't attended her Penguin Power session before you are in for a treat in October!

Another great opportunity that I organized was our annual Hoops for Heart Event at my school. It is so great to see my students exercising and learning more about the importance of leading a healthy lifestyle. I encourage all of our members to plan a Jump Rope or Hoops for Heart event at their school.

Another wave of opportunity that I rode was attending the Future Professionals Conference at UW- Oshkosh in April. I am a proud graduate of UW-Oshkosh and it was great to be back on campus. I had the opportunity to spend time getting to know many great young people from around the state and also participated in the speed interview activity. It was inspiring talking to the students and seeing how enthusiastic they are about teaching. Our future is in good hands!

I hope that you are taking the time to ride the waves of opportunity at your school and in your community!

The biggest “WAVE” for me this year will be the leadership training I will attend in June as the Midwest President-Elect. I would like to thank those WHPE/AAHPERD members that supported me during the recent Midwest election process. I appreciate your votes of confidence and will do my best to represent you and the Midwest District. During my Presidency there will be a Centennial Celebration and Convention at the Hilton Chicago/Indian Lakes Resort in Bloomingdale, Illinois – near where it all began. This is another opportunity to ride “WAVES” especially for those unable to attend the National Convention. It is closer to home, and will be financially cheaper. Mark the date: April 25-28, 2012.

Right around the corner is our own State WHPE convention. This will be held at the Chula Vista in Wisconsin Dells once again. There is much happening behind the scenes already to bring you another wonderful convention.

I hope everyone has a GREAT rest of the school year, continue to make a difference.

## THERE'S AN APP FOR THAT!

If you are not “into” apps yet you may want to talk to a friend who has a device that has apps on it. And then play around with them and have fun! Something new and exciting to learn! J

### Heart Rate Free

No heart rate monitor, no problem! This app uses your phone's camera to detect your heart rate. Simply cover the camera lens with your finger to get a heart rate reading.

Jo Bailey

### Pedometer FREE

This free app calculates steps while walking, running or jogging. Measures distance, time, calories burned, speed and pace. It creates logs, calculates BMI, and can export results to a spreadsheet file. Challenge your students to a step competition using this app - how many steps can they get during a day or week?

Jo Bailey

### AWARENESS App

As a teacher of Stress Management and Relaxation, I was excited to learn how to help people become more in tune with how they're feeling throughout the day, with the help from this app! It's \$3.99/mo. for iPhone users, and randomly chimes throughout the day which cues the person to check in with themselves to see how they're feeling mentally and physically.

Pam Connolly, UW Platteville

### Calorie Counter FREE

This app has a barcode scanner so students can take a picture of the barcode and it will upload all of the nutritional information. I'm amazed at all of the items on it! I have my students set up a meal plan and then we go to the grocery store and they gather and “purchase” items. They scan them and fulfill requirements for a healthy one-day diet. The students enjoyed using the technology and took a lot away from the project...cool!

Natalie Anderson, Whitehall High School

### GLUTEN FREE SCANNER

Do you/family member have gluten free dietary needs? This app is FREE, with another gluten free scanner (a bit more reliable) for a cost. This app allows you to scan the bar code on a food item and the app will tell you whether it is confirmed gluten free or not.

Brenda Erdman, [berdman@rsd.k12.wi.us](mailto:berdman@rsd.k12.wi.us)

# Waves of Opportunity

## "Spring Graining 2011 - Road to the World Series"

March 1st, the students and staff at Meadow View Primary, Waupun started their most recent fitness challenge called "Spring Training 2011 - Road to the World Series" organized by physical education teacher Jackie Clark. For the month of March, each student and their family tried to accumulate as many moving miles as they could to move the school from Waupun to Phoenix, AZ before spring training ended. Every 15 minutes = 1 moving mile. Our school had 139 families participate and not only made it to Phoenix, but made it there and back 10 times. Meadow View logged over 35,000 moving miles. Thanks to a Play GO grant written by physical education teacher, Jackie Clark, our school was able to bring Wisconsin's favorite baseball mascot, Bernie Brewer to celebrate our event. Bernie drew names for some



great Milwaukee Brewer prizes for those families that participated.

The event was based around the baseball theme as former teacher, Sandy Rohrer gave her rendition of the "Casey at Bat" poem, Brewer Trivia was shared and the Racing Sausage race was performed by MVP staff. During TEAM TIME with Mrs. Clark there was dancing to "Take me out to the Ballgame" and "Centerfield". Bernie Brewer drew for prizes and to conclude the event, class photos were taken with Bernie. It was a great celebration to encourage family fitness. To see the smiles on the kid's faces was worth it. This will be a memory that they will have for a lifetime, just as fitness should be a lifetime adventure. One student came up to me the next day and said "Hey, Mrs. Clark, when does our next fitness challenge start!". Comments like that, warm my heart and I know that I am making a difference in the lives of these kids and making fitness fun for them and their families!

Jackie Clark, Waupun

## National Sport and Physical Education Week at Westside

What a day at Westside that ONE warm afternoon in May! To celebrate ACES, Shape Up WI, and this year Let's Move in Schools, our school always does a school wide one-mile run/walk. This year a fellow teacher wanted to hold a mini-relay for the cancer society and combine all of our special events into one day. The day was filled with a variety of stations outside including skin care, no smoking, water station, mileage track walking/running, dancing, and Yoga. Students moved to a new station every 20 minutes throughout the afternoon. The students had cards to get punched at each station. I taught Yoga for 2 hours and was the most relaxed person at school that day! It was great to look around and see so many students walking and running on the mileage track and excited about getting as many miles that they could for the afternoon, and to see them leave the Yoga station relaxed and smiling. Several students ran 5 plus miles that day and one student ran over 8 miles for the afternoon! Plan an event for National Sport and Physical Education Week – celebrate movement!

Brenda Erdman, Reedsburg School District,  
Westside Elementary School

## 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](mailto: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](mailto:wycoffh.marc@uwlax.edu) to discuss possible options.

## Lake Superior Studies and Kids Kayaking

Hi, my name is Becky Rathke and I teach Pre-K through 6<sup>th</sup> grade PE and Middle School Health at Washburn Public School in Washburn, WI. I also own my own summer business renting kayaks and stand up paddleboards here on Lake Superior. Our school is about a mile away from the lake and our 5<sup>th</sup> grade classes have a special unit to finish the year called Lake Superior Studies. As part of the unit, we spend one day at the local beach, learning different ways to enjoy being on or near the lake in a safe and eco-friendly manner.

We divide the class into 4 groups and each group spends 45 minutes at each of the 4 stations. There are stations for fishing, sailing, building sand castles and my station is kayaking. Each student wears a PFD and agrees to follow the safety rules posted on my trailer. We go over those rules to make sure everyone understands what they mean, then we practice using a two bladed paddle on land. After a quick check for understanding, we go down to the shore where the kayaks are waiting for us. We learn how to get in and out safely and identify the parts of the boat. After that, we all get into our own kayak and paddle around a course I've set up using empty milk containers for markers.

The kayaks they paddle are very stable, sit-on-top models so we don't have to practice wet exits or rescues. It is a great introduction to kayaking and the kids love it as much as I love teaching it. Next year we may add stand up paddleboarding!

Becky Rathke, Washburn School District - [brathke@washburn.k12.wi.us](mailto:brathke@washburn.k12.wi.us)



# Waves of Opportunity

## March to Vet Fest

Every year I do the Movin' and Munchin' program with my students offered through the DPI to promote exercise and eating healthy. This year we held our Movin' and Munchin' challenge in conjunction with our community's spring event called the Vet Fest, a 1-mile walk/run, 5K walk/run, and a half marathon. The Vet Fest and the local National Guard offered a challenge to the schools – which school could walk or run the most during the 4-6 weeks leading up to the Vet Fest Event in April? This exercise could be done at school and at home. The students and their families from Westside Elementary walked and ran over 2,400 miles leading up to Vet Fest and many more were turned in the weeks after the event. Movin' and Munchin' is an excellent grant for beginners. Check it out at [www.movinandmunchin.com](http://www.movinandmunchin.com)

**Brenda Erdman, Reedsburg School District,  
Westside Elementary School**

(sample form included below)

MARCH TO VET FEST and MOVIN' and MUNCHIN' Exercise Sheet #5								
Name _____								
Please circle your class: KB KL KM IMS 1P IS 2MY 2O 3S 3U 3WJ 4R 4S 5C								
1. Do whatever exercises/health activities you can as a family.								
2. ONE POINT PER PERSON per day for each activity.								
3. Return the signed and completed exercise sheet to the homework box in the gym. Only parents/guardians may sign the parent signature, not students.								
MRS. ERDMAN WILL SEND HOME A NEW SHEET EACH MONDAY.								
WEEK OF: April 4-April 10, 2011								
	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	POINT TOTALS
Walk/run ½ mile								
Walk/run 1 mile								
For this one your mileage is your points... Walk/Run more than a mile. Write down how far you went.								Total miles=
No fast food.								
Brush your teeth for two minutes.								
Cross Crawl sit-ups for 1 minute.								
Yoga Tree for one minute. ☺								
<b>TOTAL POINTS =</b>								

## Even Start Holds Family Fun Night

The April event at Sheboygan Early Learning Center consisted of the normal food, fellowship, craft making and literacy shared among children, parents and Even Start staff. Later, a special program was conducted by ELC Physical Education teacher, Kris Fritz, who has been doing the DPI program ("Movin' & Munchin' Schools") with the Pre K building for several years. "M & M" promotes healthy active lifestyles for students and staff and offers information on awareness of healthy eating to improve nutrition. Kris spoke to Even Start parents further extending the reach of "Movin' & Munchin'" into the Sheboygan community.

Information on obesity statistics compiled by the American Heart Association was shared with parents along with 'what to do' to fight childhood obesity and improve children's nutrition. Following the mini lecture, Kris engaged the audience in physical activities such as Animal Aerobics, Going on the Good Food Train, and also offered parents ideas to help them 'move' with their children at home using simple items found in most homes with which children can experience the joy of moving and bond with a parent.

**Kris Fritz, Sheboygan**

## "Sleeping on the Ice Grip"

Ice fishing over Christmas break in northern Wisconsin with family and friends. We call it "sleeping on the ice trip," 4<sup>th</sup> year. Two days of fishing, food, and fun. We also took Antigo middle school kids out January 28<sup>th</sup>, 2011 ice fishing for a day of fun, as well to Pelican Lake. Three northerns caught and lots of little perch.

**Tom Weix**



## College Students at Work!

In my fall Emotional Health class, students chose to gain 8 hours of experiences with a population they knew little about. They then gave a presentation to the class about their service learning, on why they chose this population, what they did, and most importantly, what they learned. In my spring Movement Education classes, students go to an elementary school to teach animal walks as part of their gymnastics unit. We will also be participating in a Walking School Bus program, which started in Platteville 2 years ago, where we walk groups of elementary students to specified locations in Platteville where they will then be picked up by parents/guardians.

**Pam Connolly, UW-Platteville**

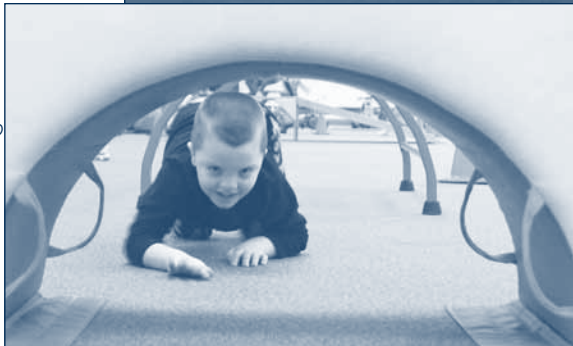
# Waves of Opportunity

## ELC Celebrates Dr. Seuss / Read Across America

Dr. Theodor Seuss Geisel once said, "The more you read, the more things you will know. The more that you learn, the more places you will go." This was truly the experience Early Learning Center students received during the nationwide 'Read Across America' celebration of the famous birthday of Dr. Seuss. Traditional and popular "Cat in the Hat" and "Green Eggs and Ham" echoed from classrooms while children and staff donned pajamas for a day to further awareness of the crazy escapades of the famous author. Media specialist, Ms. Jesse, read children "The Foot Book" while also infusing math skills as children counted all the feet of those listening to the story. Stickers and bookmarks were given out and when children 'moved' downstairs to their gym class, they were greeted by Ms. Kris who was wearing the same "Cat in the Hat" hat, many of them were also wearing, having made them as an art project.

Hats were quickly placed on a table and Ms. Kris provided opportunities for children to move their 'feet' from "The Foot Book". They began the day's activities with 'running feet' and then moved at stations placing words into actions by moving: over, under, around, in & out, up & down, sliding, balancing and walking 'on' large foam feet. Linking reading and physical activity was not only fun but it provided a solution in part to two of our Nation's major problems, the inability to read and lack of physical activity. Yahoo for Dr. Seuss!

Kris Fritz,  
Sheboygan



## Police, Bows, and Arrows, Oh My!

This past fall the Physical Education staff at Shiocton and our police liaison officer were able to gain enough funds through donations from the Outagamie County Deputy Sheriffs Union and Shadows on the Wolf Conservation Club to purchase bows, arrows, and targets to start a National Archery in Schools Program (NASP) at our school. After attending a training session this past fall, we were able to successfully implement the program into our curriculum this past winter. It was a huge hit with our students and something that fits in well with our rural community. Some of our students have even come together to form a co-curricular Archery Club and will be shooting at the state meet this coming weekend!

Chuck Brehm , Shiocton Middle and High School

## Walking and Running Challenge

My 4-6<sup>th</sup> grade students are participating in a walking and running challenge from April 14 to April 30<sup>th</sup>. Each student is handing in mileage they do at recess or at home to be entered in a program called Mojave Desert Trek with Paul Staso.

Our team will be aiming to match or exceed the total distance the Paul Staso actually does running solo across the Mojave Desert.

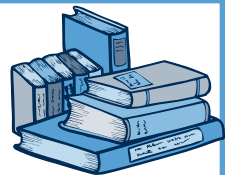
I like this opportunity because it not only involves physical fitness but also technology. Paul has a daily journal, audio and video of his run on line for all the students to see. The students report their mileage to me but watch his videos in computer class.

I discovered this opportunity on the web site of Safe Routes to School Program. The site for the trek if you are interested is [www.pacetrek.com/mojave](http://www.pacetrek.com/mojave)

It is too late for this adventure but he does many more during the year. Check it out. If you have any questions you can email me.

Debra Grundahl, Saint John School Elementary, Waunakee WI.  
[dgrundahl@stjib.org](mailto:dgrundahl@stjib.org)

## Book Reviews



### Something Worth Leaving Behind

by Brett Beavers and Tom Douglas

This is a quick read book telling about history's greatest people; their stories unforgettable, the marks they made indelible and they all left behind something that has allowed them to live on in history. Most of us will never affect the world as they have, but each of us can touch another life and that's "SOMETHING WORTH LEAVING BEHIND". This is a must read for those days when everything seems to be going wrong. It also makes a great thank you gift for someone who has made a difference in your life and that's something worth leaving behind.

Submitted by Rosie Sylvester



### Devotes

by Dick Hoyt

It's the story about Dick Hoyt and his son Rick now almost 50), who was born with Cerebral Palsy. They have raced everything from a 5k to an Ironman, together, and as a result, the infamous Team Hoyt came to be.

## A Member We Will Miss...

Robert McLaughlin, former director of Physical Education with the Milwaukee Public Schools and Lifetime WHPE member passed away on March 11, 2011.



## Patty Kestell, State Hoops for Heart Coordinator



**Hello WHPE members and educators,**

Jump Rope and Hoops for Heart sessions have been wrapping up across Wisconsin, and I would like to personally say THANK YOU to all coordinators who hosted events this year and for creating “waves of opportunities” for your students to learn the importance of healthy hearts and developing active lifestyles! Your efforts are truly appreciated!

### Jump Rope and Hoops for Heart National Award Winners

At the 2011 AAHPERD National Convention in San Diego two Wisconsin physical educators were recognized for demonstrating great leadership in their respective Jump Rope for Heart events! Congratulations to Lisa Haberli and Sandy Hagenbach for receiving the 2011 AAHPERD Jump Rope and Hoops for Heart Grant award! These two educators received a one year AAHPERD membership, a trip to the AAHPERD National convention, and a \$1200.00 gift certificate from US Games. Hope you had a great time in San Diego, Lisa and Sandy! Thanks for sharing great Jump Rope for Heart experiences with your students!



### JRFH Spotlight on Karen Kunschke and Wilson Elementary School! Don't Get Left in the Dark: Jump in the Dark!



Wilson Elementary School's school theme for the month of February was “Jump into Fun”. As Karen and her school began planning for their JRFH event and their school's Fun Fair, “Jump into Fun” was tied together with a Glow in the Dark theme. Over 300 Wilson Elementary School students participated in an after school JRFH event that featured Glow in the Dark hopscotch, skip its, hula hoops, long jump ropes, short ropes, and other assorted glow in the dark jumping activities. High school students, teachers and parents volunteered their time to help make this a great event for the students. The school's food service provider also provided free healthy snacks and water for the students, and promoted nutritional information during the event.



Adding to the glow in the dark fun, students were able to purchase glow in the dark “Jump into Fun” t-shirts to wear for both the JRFH event and the Fun Fair. Students also received a glow bracelet for participating in JRFH and additional bracelets were available for \$1. At the Wilson Elementary Fun Fair held later that month, there was a special

Glow in the Dark room set up for students to jump in, and tickets for that event brought in additional \$100. Wilson Elementary School brought in close to \$4961 for AHA and JRFH.

**Kudos to Karen Kunschke and Wilson Elementary School for creating an amazing, fun Jump in the Dark event!**

**Do you have a Facebook page?!?  
Join us at: [WI Jump Rope and Hoops for Heart!](#)**

Did your school participate in Hoops for Heart this year?  
Share your pictures and great Hoops for Heart ideas with me!

**Hoops for Heart:  
We Jump. We Shoot. We Save!**

**Feel free to contact me if you have any questions about Hoops for Heart!  
[pkstell@cedarburg.k12.wi.us](mailto:pkstell@cedarburg.k12.wi.us)**

American Heart Association  
Learn and Live

Hoops 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 awareness programs to fight heart disease and stroke. Join millions of kids in serving others, saving lives and supporting research — hold Hoops For Heart.  
Call 1-800-AHA-USA1 or visit [heart.org/hoops](http://heart.org/hoops) to get your school involved.

**WE JUMP. WE SHOOT. WE SAVE.**

American Alliance for Health, Physical Education, Recreation and Dance  
AAHPERD is a proud program partner of Hoops For Heart.

©2010, American Heart Association. Also known as the Heart Fund. 610DS3766



## Jump Rope for Heart Message

*Neil Seering, State JRFH Coordinator*

I would like to thank all that put on a Jump Rope for Heart program this year. We had a great year and much of that success is due to the professionals that work in our state, the AHA, and the youth market directors.

I attended our National Convention and received some great information that I will pass on to all of you at a future date. I think it was very successful and our hope was for all to get more ideas on how to have a successful Jump Rope for Heart event and what type of options you have with equipment and set-up. If you were not able to attend, I would be happy to help you with any ideas or materials I can send you to help plan your event.

Please get in touch with me at 920-845-2371 ext. 134 or [nseering@luxcasco.k12.wi.us](mailto:nseering@luxcasco.k12.wi.us). Also, contact your local Youth Market Director. Each of them does an excellent job in providing you with great materials. This year there are posters/handouts that are colorful and educational and can be used throughout the year.



Also, I would like to thank all of you that used the on-line feature. I had a huge success with it by handing out free pedometers I received from a company.

If you need newsletters, on-line help, lesson plans, JRFH ideas of any kind, please contact me or your local Youth Market Director from the American Heart Association.

## Tammy Rocker leaves Wisconsin

On April 1<sup>st</sup> I will be leaving my position as Vice President of Youth Market with the Midwest affiliate of the AHA. I'm not leaving the AHA - I will be joining the Western States affiliate when my family and I head to the west coast as I take on the role of Metro Executive Director for Orange County CA. This promotion offers me the opportunity to lead one of the top 13 metros, for those of you who know me that's my kind of challenge! This change also takes us back home; or at least a little closer to Phoenix.

Of course there's certainly a mix of sadness as I prepare for the transition, I'm leaving a great team - the Youth Market Director's working in Wisconsin are a dedicated group of professionals our accomplishments over the past few years have been most rewarding. I will definitely miss WHPE; I've taken great pride in being a member of this organization and of the partnership we've developed in WI between the AHA and WHPE, it has definitely been built on mutual respect. I'm confident the groundwork has been laid for the partnership to continue to grow and flourish.

Please connect with me when you vacation in sunny southern California!

**Tammy Rocker, Vice President, Youth Market AHA**

American Heart Association  
Learn and Live

JUMP ROPE FOR HEART

**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 — hold Jump Rope For Heart!

**Call 1-800-AHA-USA1 or visit [heart.org/jump](http://heart.org/jump) to get your school involved.**

American Alliance for Health, Physical Education, Recreation and Dance  
AAHERD is a proud program partner of Jump Rope For Heart.

©2010, American Heart Association. Also known as the Heart Fund. 6/10DS3766

## Changes at AHA!

Hello WHPE members. First I want to thank you all for a great year of Jump Rope and Hoops for Heart. Thanks to your great events we are projecting an affiliate-wide increase for the first time in three years! Each event held makes a huge difference in the fight against heart disease, stroke and childhood obesity.

As many of you know, there have been a few changes at the American Heart Association. I have taken the RVP position previously held by Tammy Rocker who is already comfortable in her new role as Executive Director in Orange County California! In an effort to even out our youth market team (Tammy's team was the largest) Lisa Schweitzer has moved to the Chicago based team and Carrie Nevins will rejoin the Minneapolis team. These moves have no effect on the schools that Lisa and Carrie serve. My team will now consist of our two eastern Iowa directors, Shayla McBride and Maike DeMaria, Jackie Weir in eastern WI, Joe Hoffman in southeast WI, Tim Nicolai serving some Milwaukee schools and as our team admin., and Korren Jewitt who will be replacing me as the NE WI and UP MI director.

Please feel free to contact me, or any of the directors, should you need anything. We all look forward to continuing the AHA/WHPE partnership.

*Thanks for all you do!*

**Kori Coffeen, Regional Vice-President, Youth Market  
American Heart Association, Midwest Affiliate  
920-562-5682 • [kori.coffeen@heart.org](mailto:kori.coffeen@heart.org)**

# "Oceans of Opportunity" - AAHPERD 2011 Convention Highlights

Wisconsin sent a large number of professional and future professionals to take advantage of AAHPERD President, Vicki Worrell's theme. We travelled to San Diego to learn, share, connect and network with both old and new friends and even explore some of the surrounding area. Whether it was a first time PEP winner, or a seasoned convention attendee, opportunities were abundant for professional development encompassing WHPE President Marx' theme 'Waves of Opportunity' into that of the Alliance convention.

WHPE members again contributed greatly to the overall success of the Convention as evidenced by Early Childhood and Adapted PE sessions presented by Kristi Mally and Kristi Roth. Manny Felix, Garth Tymeson and Penny Portman were all involved with Poster Sessions while Ryan Heath and other FP members attended leadership development sessions with AAHPERD professionals from across the nation.



Keynotes of interest were: Dr. John Ratey, author of SPARK who shared information on the relationship between

physical activity and brain development; NFL player, Drew Brees, who highlighted the Alliance General Session with remarks about the value of physical activity. A special event was held off-site at PETCO Park to showcase 'Let's Move in School' with standards' based activities demonstrated by various San Diego school children of multiple ages. First Lady, Michelle Obama appeared via video and Dave Winfield, Tracy Austin and the Padres mascot were present in person to entertain all who attended.



WHPE members served in leadership roles with President Marx, Past President, Erdman and Executive Director, Keith Bakken, all attending and voting during the Alliance Assembly. Rosie Sylvester is currently serving as Midwest President - elect and she helped to conduct MW business. Kris Fritz continues to fulfill her term on the AAHPERD Award & Recognition Committee by helping at the Alliance Award Ceremony and attending required meetings. Brenda Erdman is also a part of the Joint Projects Committee.

Wisconsin was very visible during award recognition events.

Brenda Erdman won an ING Running Grant and also presented for ING. She won, one of two ING scholarships that only Grant winners could compete for, and in turn was given the opportunity to have lunch with Drew Brees. Future professionals were recognized as Majors of the Year, and Lucas Rank was presented with an AAHPERD Abernathy Presidential Scholarship. Sandy Hagenbach and Lisa Haberli were awarded JRFH grants and recognized at the AAHPERD Award & Recognition Ceremony where Keith Bakken, SAM President, accepted a Presidential Citation on behalf of his group. At this same event, Rosie Sylvester was presented the AAHPERD Honor Award with which the Alliance recognizes members for meritorious service to our profession.



In addition to all the professional involvement, WHPE members still found time to explore the beach, visit the USS Midway Museum, walk, run or bike along the Bay and share beverages and socialize with friends. Yes, San Diego provided both 'Waves of Opportunity' and even larger experiences with 'Oceans of Opportunity'. We encourage all WHPE members to start planning for Boston [March 13 -17, 2012] where we can relive history and create new memories as we live and are involved with our profession.

## Congratulations to WHPE/JRFH/HFH Grant Recipients

The following teachers/schools received funding for their programs in the February 2011 grant cycle. For more information on WHPE/JRFH/HFH grants, see the web page at [www.whpe.us](http://www.whpe.us)

**Brian Marx**, West Allis Lincoln Intermediate School, received \$1,800 for his "Outdoor Education at a Low-Income School" grant.

**Patty Kestell**, Thorson Elementary School, Cedarburg School District, received \$1,120 for her "Thorson Elementary School Wellness - Building Strong, Health and Fit School Community" grant.

**Diane Burg**, Rock River Intermediate, Waupun, received \$1,800 for her "Exercise can be "Snow" much fun" grant.

**Jackie Clark**, Meadowview Primary, Waupun, received \$550 for her "Can You Hear Me?" grant.

**Sandy Hagenbach**, Heritage Elementary School, DePere, received \$300 for her "PE the Pulse of Education" grant.

**Jenna Starck**, Holmen High School, Holmen, received \$1800 for her "Adapted Aquatics in the Community" grant.

## Sylvester Receives AAHPERD Honor Award

Rosie Sylvester was recognized at the AAHPERD Awards' & Recognition event held Thursday afternoon at the San Diego National Convention. The award is given to individuals who exhibit devoted service within the Alliance and for promoting the advancement of the profession. Candidates must document leadership roles, committee work, writing or research and such activities as speaking, excellence in teaching/coaching or supervising others at multiple levels of participation on State, District and at National.



Rosie has served AAHPERD and WHPE for nineteen years as a member, while having been in the HPERD profession for over 35 years. Even after retirement, she continues to 'lead by example' as evidenced by serving as a WHPE Presidential advisor and embarking on her new leadership endeavor as Midwest President- elect. Serving two terms as WHPE President, involvement with American Heart Association, as a Board member, presenting numerous workshops and programs, having received recognition as a WHPE & Midwest Teacher Of the Year, developing and writing curriculum, and directing the National VERB Green Bay campaign are examples of qualifying service illustrating Rosie's extended service across all categories and levels.

WHPE offers additional congratulations to Rosie for receiving this prestigious AAHPERD award. We are proud of her accomplishments and most fortunate to have her as a contributing member.

# Future Professional News

By Ryan Heath

Future Professionals Vice President



It's incredible to think that the 2010-2011 school year is almost over. Looking back on some of the big events of this wild and crazy spring I am very proud to say that I am from the state of Wisconsin! The national AAHPERD Convention in San Diego, CA was such a blast; there were so many great people, great ideas, and of course great weather. AAHPERD Past President Vicki Worrell did so much and put on an excellent conference before turning over the reins on Saturday to our current AAHPERD President Brad Strand who seems to have a lot planned to make his time in office the best he can. Even though I was on the go like everyone else while in San Diego, I did get a chance to see just about every university from Wisconsin represented including Oshkosh, La Crosse, River Falls, and Stevens Point which was awesome. Walking around the exhibit hall along with the remainder of the convention center, every time I got a chance to talk to someone from a different state it seemed like Wisconsin was the only group of people they had seen outside themselves which again really shows what our state is doing to take advantage of our opportunities and improve ourselves. I hope that we can continue to improve on our numbers and head into Boston next spring with even more to bring to the table.

On a more personal note, the WHPE Future Professionals Conference took place April 15<sup>th</sup> and 16<sup>th</sup> and was a HUGE success. I am so thankful to everyone who was at the conference and who helped me out in getting everything prepared. Friday night's festivities at "The Bar" in Oshkosh had a great turnout with over 40 people coming down to play some indoor sand volleyball. The competition was pretty intense and we all had a ton of fun. Saturday then we kept the fun rolling with an early 8:30 a.m. start. The sessions that were held included a presentation by two incredible UW River Falls students Brady Grewe and Rachel Moris who taught us all some very fun games, a presentation on teaching in the inner-cities by UW Alumni Katrina Schuh which left everyone speechless, a presentation on outdoor education by WHPE President Brian Marx that left everyone stumped, a speed interview session that opened everyone's eyes to what they can expect in the future, and last but not least a brief 2 ½ hours of fun with 1991 TOY and US Games guru John Thompson (the 2 ½ hours was only brief because John could go for hours so we unfortunately had to cut him short for the sake of those with a journey home left ahead of them). I would like to thank all the students from Oshkosh, La Crosse, and River Falls who made the trip. I really hope you enjoyed the conference as much as it seemed and that you really got some good information from it. I would also like to thank all the presenters and the professionals that came to help out with the speed interviewing including Rosie and Perry Sylvester, Crystal Gorwitz, Mary and Chuck DeMunck, Heidi Wara, Chris Stratton, Mollie Rieser, Dr. Deb Harris, Mandi Hendricks, and UW River Falls Professor Mr. Glover. One final thank you goes out to Christy Lane, Flaghouse, Rosie and Perry Sylvester, Crystal Gorwitz, Dr. Christine Tipps, US Games, Mandi Hendricks, Gopher, Sports Stacking, Birdie Ball, GeoMotion, Human Kinetics, Lifetime Disk, Palos Sports, McGraw Hill, and Sports Authority who all donated excellent door prizes. Thanks to all the incredible donations nearly everyone who attended the conference went home with two prizes each to help them improve upon their careers. Words cannot describe how great of an experience this was for me. I learned so much and even got to meet new people myself while going through the process of putting it all together. I can't wait for next year's conference to have David Lostetter and the UW River Falls campus host another great conference.

University of Wisconsin Oshkosh physical education majors would like to thank Brenda Erdman for being the guest speaker at our end of the year banquet. Brenda shared many stories and personal experiences with us about the joys of teaching physical education. She also ensured us the importance having an open mind and positive attitude in the field even today's economy. Thank you Brenda Erdman.

(Shown in picture: Ryan Heath- HPER Club President Elect, Brenda Erdman- WHPE Past President and Theresa Michalski- HPER Club President)



## What I've Learned as a Future Professional

By Jenna Handel, UWL Student

Being a senior in the Physical Education and Health Education Programs at UW- La Crosse, I am near the end of my coursework and preparing to step into the world of student teaching! As a future professional, two of the most relevant concepts I have learned this year have come from attending the AAHPERD Convention in San Diego, and from my Secondary Methods Clinical at La Crosse Logan Middle School!

### Get 'em UP and Get 'em MOVING (on a Budget)!

By Chad Triolet at 2011 AAHPERD National Convention!

I am very grateful for the opportunity to attend the AAHPERD convention this spring. It was awesome to be around professionals and future professionals who were all so passionate about physical activity and education.

A session that stood out to me the most was presented by Chad Triolet about how to teach standards based physical education on a budget. He showed us how to use plastic bags, cups, and bottles to teach fitness, as well as offensive and defensive strategies, and working with other students cooperatively. This session was relevant to me because I won't have much money when I begin teaching, and I know that many school districts are tight on budgets as well.

[www.perocks.com](http://www.perocks.com) [www.noodlegames.net](http://www.noodlegames.net)



### 8<sup>th</sup> Grade Clinical Experience

Michelle Obama's Let's Move! campaign is in full swing at La Crosse Logan Middle School! The Panther's were randomly selected from many schools in the area to participate in and learn a pre-choreographed Let's Move! dance exercise routine created by Beyonce. On May 3<sup>rd</sup> at 12:42pm, Logan Middle, along with other middle schools all over the country will perform this choreographed dance together at the same time during National Physical Education Week May 1-7<sup>th</sup>! It was awesome to be apart of this process.

I learned how educators can make a difference in communities through this nationwide campaign. I loved helping the kids learn this dance and can't wait to watch them perform together! [www.letsmove.gov](http://www.letsmove.gov)



## Save EVERYTHING!

By Samantha Ruedy

UW-La Crosse, Physical Education Major, Adapted Physical Education Minor

Although I'm only a sophomore here at UW-L, I have already learned how important it is to save EVERYTHING from our teaching classes! We are required to have binders for almost every class and although it seems like a pain at the time, they are a great reference tool. I have also learned that even if the professor doesn't check the binders for organization, it's a whole lot easier to find specific information if we organize the material as we receive it rather than paging through endless sheets when we need something. So in all, I've learned to keep any and all material from other future professionals and professors and to utilize these sources often.

## WHPE Future Professionals do great things...

Congrats to former WHPE member and Future Professional Vice President, Josh Springer for leading his North Carolina, Providence Day girls' basketball team to their second consecutive state title.





# Patty Kestell, Elementary VP

It was great to see so many WI physical education teachers at the AAHPERD National Convention in San Diego! There were Oceans of Opportunities to learn new activities and skills from great presenters, numerous opportunities to meet and network with professionals from across the country, and a chance to celebrate the accomplishments of several members and leaders of WHPE. Congratulations to Keith Bakken, Rosie Sylvester, Lisa Haberli, Sandy Hagenbach, Brenda Erdman, and Lucas Rank for the awards and recognition they received at the National Convention! Having the opportunity to attend the National Convention in San Diego was definitely a highlight of my year, and the experiences gained throughout that week will have a great impact on my students and me for years to come.

One of the highlights of attending the AAHPERD convention was having a chance to witness AAHPERD president Vicki Worrell lead a contingency of students from San Diego in Michelle Obama's initiated "Let's Move" outdoor physical activity session with the help of New Orleans Saints quarterback, Drew Brees; professional tennis player Tracy Austin; Sandy Spin Slade from Skillastics, and 9 time gold medal track star, Carl Lewis. The hill just outside Petco Park Stadium was FILLED with students, parents, and AAHPERD attendees participating and getting active! Get involved with "Let's Move" in your own schools and help to keep the energy of the program alive and to help emphasize the importance of physically active lifestyles for kids and families!



## PROFESSIONAL MAP...Are YOU on the map?

Submitted by Brenda Erdman

To be the very best and most effective teacher you can be you need to have goals, and you need a plan.

I would like to help you plan for next year with a "PROFESSIONAL MAP." Take some time to think about your year, your professional goals, and what you would like to accomplish. With a working plan you are guaranteed to have a successful year!

### PHYSICAL EDUCATION PROFESSIONAL MAP Part 1

<p><b>Special Physical Education activities for the year:</b></p> <p>List all of the things that you would like to do that are special activities that require thinking ahead and planning. These activities could be special events you do each year and/or a unique activity.</p> <p>For example: JRFH/HFH Track and Field Day PE Family Night</p>	<p><b>Special School activities to plan ahead for:</b></p> <p>List all of the special activities that your school does that would affect your scheduling, or that you are involved in.</p> <p>For example: Music program Field trips School assemblies</p>
<p><b>Committees/Professional Organizations/Memberships</b></p> <p>List all of these things that you are involved in.</p> <p>For example: WHPE member AAHPERD Committees at school - PTO</p>	<p><b>Grants/Awards</b></p> <p>List any possible grants or awards you may apply for, or are interested in. Include the date it is due.</p> <p>For example: Movin' and Munchin' Grant JRFH Grant WHPE Grant</p>
<p><b>New Ideas I want to try:</b></p> <p>List all of the ideas you would like to try. Even if you are not sure how to do them just yet - list them anyways!!!</p> <p>For example: Snowshoeing Geocaching Orienteering Books or CD's to purchase and try.</p>	<p><b>Equipment to purchase:</b></p> <p>This is a great spot to write down equipment that you think of or see and would like to purchase, or look into. When it is time to do your budget you can refer to this list.</p>

## PHYSICAL EDUCATION PROFESSIONAL MAP Part 2 UNITS OF INSTRUCTION

List all of the possible units you could teach this school year.

This is your opportunity to brainstorm all of the possible units you could teach. This list could be units you currently teach, units you have taught in the past, and units you would like to teach.

Be creative, be positive, and don't hold back. This list does not mean you will necessarily teach it all, it is a brainstorming list: a list of possibilities (think big!)

## PHYSICAL EDUCATION PROFESSIONAL MAP Part 3 PHYSICAL EDUCATION CURRICULUM MAP

\*Use this chart to fill in the curriculum you plan on teaching for each quarter for your grade level. This is a guide to plan your year. Don't worry, it can change!

	K-2	3-5	6-8	9-12
Q1	Example: Cooperation, personal space, self-awareness, balance, beginning fitness.			
Q2	Locomotor/non-locomotor, throwing and catching, kicking, climbing, intro to jump rope, juggling.			
Q3	Speed stacking, review throwing and catching, jump rope, dance, tumbling.			
Q4	Tumbling performances, dance, paddles/striking, bicycle safety, Frisbees, review basic gross motor skills.			
ONGOING	5 components intro, fitness, locomotor movement, dance, brain gym			

# High School Division News

By Wendy Wiesjahn, VP

Where has the school year gone? I cannot believe we are almost done. Start saving up your pennies now and get prepared to attend next year's WHPE convention in the Dells. We have a great line up again. Have you been making waves of opportunities in your district? More than ever, now is the time to do it. I've been sending articles to our principals, school board members and counselors about all the great things we do for kids and well as the benefits exercise has on the brain. It's all about test scores in our district. All of you need to keep an eye out for what is going on at the Capital in regards to using sports as PE credit. It's coming...so if you don't want that (I don't) then you best start making some waves in your district as well to your representatives.



Lisa Strauss sent an email out recently that had a quote that I love and use every day when my high schoolers ask me "What are we doing today or what are we playing today? Instead of saying we are playing... I say we are learning....today". I think changing the verbage of some of the things we say can help us out tremendously.

Are you being a good role model? The weather is finally starting to warm up and we should have no excuse to get outside and exercise. Speaking of exercise what are you doing with your families this summer? My soon to be 7 & 8 year boys and I will be taking a week camping trip to Peninsula State Park in Door County this June. We plan to do a lot of hiking and biking. Later on this summer we are taking the trip to Disney World. It will be their first trip there. Needless to say, they are very excited. Any suggestions, please feel free to email me.

Enjoy the rest of your school year, and may you all have jobs next year. Even if you don't, come to the convention and make some connections. It's not always what you know, but who you know that will help you get a job.

# College/University News

By Russ Peloquin, VP

I can imagine most of you are getting the summer itch like I am right now. Hopefully you are able to take most of your classes outside, now that we are finally having some nice weather. As you prepare for summer break and you are busy wrapping things up, I hope you have time to reflect on this year and think about all of the wonderful opportunities you were able to present to your students.

On the University side of WHPE, things are going well. We will have three presentations for the Fall Convention which focus on the University side of things. Staff from UWRF, UWEC, and UWOC will all be covering a variety of topics which will be insightful for anyone in our field, especially instructors in the Post-Secondary Level. So if you are an instructor from the University Level, I hope you able to make it to the Convention and check out those sessions.

Have a great Summer!



## Feature Article

### Becoming Standards-based: a Step by Step Approach

Are you interested in taking a standards-based approach (SBA) to your physical education teaching? Or does your district have SBA coming down the administrative pipeline, without providing any direction for you on how it applies to your area of physical education? We would like to give ideas on what SBA can look like in physical education, and hopefully



David Blask



Nick Campbell

provide the basis and direction for you to develop a standards-focused physical education program. Keep in mind, this is what we do at the elementary level for all schools in Franklin, however we make no claims that our approach is the textbook correct way to develop a SBA for your school and district.

#### Step 1: Start with the standards

This may seem obvious, but for most of us physical education is rooted in an activity-based or unit-based approach instead of a standards-based approach. When we try to fit the standards into what we are doing, it either does not work or becomes way too overwhelming with too much to cover. Typically, you likely go from unit to unit teaching different activities to your students, and at the end of the unit assess your students if they have mastered the skills involved in the activity. Occasionally there is a written quiz if knowledge of the activity is expected, such as the rules of a sport. By taking this approach, we are demonstrating that what is essential for students to learn is the specific activity. For example, a basketball unit might expect proficiency in dribbling, passing, shooting, and knowledge of the game. In the activity-based or unit-based approach, we expect all of our students to master those skills and then move on to the next unit with a new set of skills. Trying to teach the standards with that approach becomes nearly impossible, because there is too much involved for each activity to then try to meet the standards on top of that.

The standards-based approach changes that focus. Instead of trying to have each student learn each activity or game, everything is geared towards using sports or activities purely as a means to teach and assess standards. In doing so, the finer points of each sport or activity are NOT essential, and can be skipped over altogether if they do not fit in the goals of meeting that standard.

**To easier illustrate this, first we will list the standards:**

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

**Standard 2:** Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning and performance of physical activities

**Standard 3:** Participates regularly in physical activity

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

When we make our calendar plan for the year, instead of planning days or week going from activity to activity (ex. locomotor movements, basketball, and then badminton), we set blocks of time for each standard and have the freedom to choose any activity to meet that standard. We decide when we are going to cover each standard and for how many classes. Those classes are then devoted towards meeting that standard, and ANY activity or sport can be used as long as it demonstrates learning towards that standard. Maybe we will use soccer as a means of teaching standard 5, or a capture the flag type game to teach standard 2. The key is that the rules or skills involved in the activity are not essential, but meeting the standard is. We still can cover the finer skills involved in the activity, but it is not the focus nor are they assessed. The standard is the focus, and assessments are geared towards that specific standard.

This is a huge change. Instead of putting the emphasis on the sport, game, or activity, the emphasis is on the standard and it is just a matter of determining how you will meet that standard. All the teachers at our elementary schools meet the standards, but we teach different sports and activities to reach those standards. Even though the activity is different, the focus and the learning toward the standard is the same. Being able to do that leads us to the next step.

#### Step 2: Develop common assessments that are not activity-specific

Most of us have piles of assessments for any activity you can imagine. However, this approach would make your assessment stack much, much smaller. For example,

*Continued on following page*

### Past President and Retirees Luncheon

There will be a luncheon for all Past Presidents and retired WHPE members on Thursday, October 27, 2011 at the Chula Vista, Wisconsin Dells from 12:30-1:30 p.m. A Past President's meeting will be held prior to the luncheon from 11:30 am. - 12:30 p.m. Further information will be sent directly to individuals.



when you are covering standard 2 you can use any sport or game you want, and you do not need to develop individual assessments for each one. Strategy is part of the knowledge-based component of standard 2, so you can develop assessments that demonstrate student knowledge (usually a written quiz for this standard) in strategies that are universal. For example, several games require offensive spacing and movement. These broad topics give a greater understanding for the student because their knowledge can be used in several activities, and is not just limited to one sport.

This method of creating non activity-specific assessments works with all the standards. For standard 5 you show that students can behave responsibly (possibly through observation, or students doing a self-assessment) in activity settings. Once again this assessment could be for ANY activity, as long as it demonstrates the standard you are trying to meet.

For the sake of length of this article, we will not go through how you meet every standard, but we can say that we have assessments to meet each one and would be happy to share how we do that with you. See our emails at the end of this article. Keep in mind though, each standard is an umbrella that covers A LOT underneath it. It truly is impossible to meet every aspect of every standard, which leads us to the next step.

### Step 3: Limit to what you agree is ESSENTIAL!

Every large idea can be micro processed into a million little ideas, and if that happens it becomes the downfall of this approach. There is not enough time to master every little aspect of every standard, so you need to decide what is essential to each standard and that all of your students will master.

For example, standard 1 is skill-based. There is not enough time to have students master every possible skill and still meet other standards, so we trimmed down the standards to four essential ones that we expect all of our students will master. Throwing, catching, kicking, and striking are the four skills we focus on and assess at all of our elementary schools. Obviously that leaves several skills (such as locomotor movements) out. But given that we only have a set amount of time for each standard, we chose the four that we felt were most essential for all students to master. We still teach the other skills and include them in our activities, but they are not the focus of the lesson and we do not assess them. The reason we chose those specific four is because we felt they encompassed the greatest variety of games and activities, and provided our students the skill foundation they absolutely needed. We make no claims that our choice is the correct way to go, and your district certainly can add and drop where you see fit.

Keep this approach with each standard though! Remember that you are focused on meeting 6 standards, not hundreds or thousands of tiny aspects of each one. Determine what you feel is essential to each standard and design your lessons and assessments around that.

As long as this article is, it definitely does not cover everything. Hopefully it gives you an idea of how to get started on the standards-based approach. Feel free to contact either of us with questions or suggestions, though as stated before we make no claims of being experts. Our emails are below. Good luck!

David Blask and Nick Campbell

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## Southwest District News

By Jeffrey Johnson, Coordinator

As I write this letter, spring is supposed to be at hand. However, it still feels and looks like winter. As much as I love my winter activities and coaching duties, I am anxiously waiting to move forward into spring softball and summer little league (and fishing, and biking, and...).

On March 26<sup>th</sup>, the Southwest District hosted its workshop with mixed success. Though the number of participants was not as great as expected, we did have a number of attendees from the area as well as a few from other districts. The presentations were excellent as they all provided useful and practical information.



Christmas sleigh ride at Grandpa and Grandma's

Dr. Scott Ringgenberg of UW-Platteville presented a tool (PECAT) used to evaluate your current physical education curriculum. This was a helpful session as each semester he has a group of students who are willing to assist in your curriculum assessment. If you live near Platteville, it would be worth the call.

WHPE President Brian Marx was on hand to deliver his presentation on middle-school outdoor pursuits. He covered many points when developing a large group trip including risk management, expense forms, and liability. He has put together a long-standing program that is very popular within his district.

WHPE Executive Director Keith Bakken hit on some of the controversial discussions of the month as he brought up the topic of Current Issues in Health and Physical Education. This was an open-ended forum that brought about some great discussion, some problem solving, and some new ideas that could be used with in current classrooms, especially with the possibility of already declining budgets and personnel.

Finally, Dr. H. Clay Dean of the University of Wisconsin School of Medicine and Public Health showed his presentation related to preventing childhood obesity and increasing active lifestyles.

The winter months provided us with many Waves of Opportunities. One of the advantages I have had at Riverdale High School in the past 15 years has been the tremendous opportunities and support for non-traditional and lifetime physical education activities. In January and February, 78 students cross-country skied. Over half of them participated for the very first time. During the fall and spring semesters, my PE11 classes spend time with map and compass in an orienteering unit which includes GPS and geocache.

The Waves of Opportunities during the summer months provide the opportunity to teach enrichment courses. I have elected to enrich our students with strength and conditioning opportunities which include Bigger-Faster-Stronger programs, running clubs and other weightlifting and training opportunities all the way down to the middle school. Yes, I said it...weight training for middle-aged boys and girls. This program began in 1998 and it has really taken off. Combined with "Boot Camp" classes, offered by Jen Mau at the elementary/middle school, and we have a pretty good group of students who are certainly getting their share of minutes of "moderate to vigorous activity".

Three years ago, after telling my students of my goal of completing a triathlon and them holding me accountable (never tell students anything like this...they will remember!), I began the "Riverdale Lazyman Triathlon" as a summer school offering. Students (and adults) have three weeks to complete the distances for an Ironman Triathlon. We usually get between 20-30 students who sign up every year, though only a few have been able to actually complete a full Ironman.

Riverdale elementary and middle school teachers Jen Mau and BJ Hinkle recently invited "Rope Warrior" to our school for a jump rope performance. Also, the 8<sup>th</sup> grade is planning a field trip to UW-Platteville which will include a day full of geocaching, disc golf, and ropes course.

Finally, I just returned from the 31<sup>st</sup> annual Wisconsin Adventure in Outdoor Education by UW-Stevens Point. This year's theme was "Families in the Outdoors." This workshop is an opportunity for educators to learn any number of new skills that they might take back to their schools, families, and communities. Activities included "Buckskin Village", canoeing and kayaking skills, GPS and geocaching, rappelling, wilderness survival and basic angling skills. What other Waves of Opportunities could we include in future programs? Archery, wilderness cooking, and backcountry camping are a few ideas. If you have any suggestions or are interested in presenting at this or other workshops like this, let me know. This is a great opportunity and I highly encourage anyone to attend.

One final note. After 37 years in education, Riverdale's Tracy Krueger will be retiring after this school year. Here are his Top 5 Keys to Success in K-4 Physical Education.

Number 5: High Fives with K-4<sup>th</sup> graders goes a long way in being positive and showing you care.

Number 4: Skill is more important than the overall game at the K-4 grades. I use more skill drills than playing a full out game.

Number 3: With kindergarten and 1<sup>st</sup> graders, always stop at the bathroom before going to the gym!

Number 2: Be Enthusiastic! Everyday start with "It is a great day to be a Chieftain (use your school nick name.) It promotes school spirit and is a positive way to start class.

Number 1: Never use a whistle! Why? Students will respect the whistle and not you. Use your voice. It is much more personal.

"I hope these help out. In 37 years in the educational field I have found these five little things to be very helpful. Have a great day." (Tracy L. Krueger)

These are just a few of the Waves of Opportunities that we have been able to incorporate here at Riverdale. As we roll into summer, what other activities and opportunities can we provide for our students, communities, and our families?

## Southeast District News

By Janet Fendos, Coordinator

The Southeast District Workshop was held on Monday, March 14, 2011 at Nathan Hale High School in West Allis, Wisconsin. We had a total of 38 participants for the workshop. The general session was entitled "Combining Healthy Lifestyle Information with Employee Wellness Strategies" by Ron Borkowicz. He provided realistic modifications for combating obesity, poor eating habits, and a sedentary lifestyle. Dr. Borkowicz has received many state and national awards for the health and wellness programs he developed. Now retired he continues to make presentations at state and national conferences, is a consultant for employee wellness programs, and develops health and wellness resources for K-12 teachers.

This was followed by two breakout sessions with the following options: Standards Based Grading/Report Cards, Disc Sport Activities, Engaging Middle School Health Lessons, and Grant Opportunities. Keith Bakken, WHPE Executive Director, and Brian Marx, WHPE President, were also in attendance and several students from Carroll University also became WHPE members that evening. All that attended had a great time and came away with some valuable information.

I am currently "making waves" in my district by talking to my legislator, administrators, and school board about the importance of all children receiving instruction in Physical Education by a certified Physical Education Teacher. With the current fiscal crisis in Milwaukee Public Schools, many schools are doing away with Physical Education at the elementary level.

With the school year winding down I just finished my annual "Jump Rope for Heart Event" and am currently planning another trip to the MPS Ropes and Challenge Course with my 5<sup>th</sup> grade students. They get to attempt the high elements this time! I'm also preparing 4<sup>th</sup> and 5<sup>th</sup> grade students for the Elementary Track & Field Meet at the end of May. Even though it has been very difficult for me to finish the school year knowing that my students will not have these experiences next school year, I continue to fight for them. After all, it is the kids that will lose the most.



## Northeast District News

By Jo Bailey, Coordinator

Firstly I have to say a huge thank you to everyone who attended the Northeast district workshop on April 30<sup>th</sup>. We had a small turn out but those who attended were treated to some great new teaching ideas to bring back to their schools – from hooping to processing activities, learning how to write comprehensive rubrics, active nutrition lessons, ballroom dancing, connecting activities with classroom content, and exciting jump rope and hoops for heart ideas, we covered a lot of different bases. I must also give an even bigger shout out to our presenters – Patty Kestell, Sandy Hagenbach, Matty Mathison, Jackie Lund, Todd Teeples and Julia Barrington, and Mary Pulak who gave up their time to share their ideas and enthusiasm at the workshop. As a presenter myself, I like hearing about how others would add their own flair to an activity and getting feedback which could make the lesson ideas and activities even better! If you haven't presented at a workshop or convention before and have been thinking about it PLEASE DO!! I am sure that there are many more teachers out there who have fantastic ideas that we would love to hear about.

When would you prefer to see the Northeast district workshop held? On a Saturday? During the school week? What time of year? Would you like to see one presenter specialize on a given topic or would you prefer multiple sessions in the workshop? Please let me know – [jbailey@dce3.k12.wi.us](mailto:jbailey@dce3.k12.wi.us)

I was fortunate to attend the AAHPERD convention in San Diego and even luckier to hear Dr. John Ratey, author of Spark, speak at the convention. At a time when many schools are being challenged with shrinking budget and when PE is being looked at as a potential area to make cuts, it is more important than ever that we advocate for ourselves and our profession and share the vast wealth of brain research out there which continues to demonstrate that active and fit kids perform better academically. In San Diego, active learning labs are becoming the norm and literacy connections are strengthened through physical activity. Make sure your principals are aware of the role you are playing in, through physical education and physical activity, adding "miracle gro", to coin Dr. Ratey's term, to our children's brains.

Summer is just around the corner again – which means another Best Practices in Physical Education and Health at UWSP. July 26-28<sup>th</sup> promises to be another great opportunity to network and become invigorated with new teaching ideas. It also means more activities outside J. What will you do to stay active this summer?

Wishing you all an enjoyable end to the school year and a well earned summer break!



## Northwest District News

By Jennifer Jensen, Coordinator

The Northwest District workshop is still in the planning stages with a tentative date in late September or early October. We hope to work with UW-Superior staff and students in organizing the event. More information will be coming to you soon.

Our district has been busy writing a PEP grant as I'm sure many other districts were this spring. We've also have been patiently waiting to get outside

but the unpredictable northern Wisconsin weather has made it difficult. With early spring snowstorms, lots of rain, and cold temperatures were getting a case of cabin fever. I look forward to summertime and the many opportunities for physical activity available in my community. I try to run in a couple 5 and 10 K's each year, commute into town on my bike, and hike the trails in the Blue Hills

If you're looking for opportunities for professional development this summer, I recommend Stevens Point's Best Practices in Physical Education. It's a great way to infuse energy into your teaching. The dates this year are July 26-28. I hope to see you there.



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## Fuel Up to Play 60 Scores Big and Meets National Physical Education Standards

The Super Bowl Champion Green Bay Packers and the Wisconsin Milk Marketing Board are looking forward to teaming up with you for another exciting year with the Fuel Up to Play 60 program. Teachers, we encourage you to join the lineup of schools using [www.fueluptoplay60.com](http://www.fueluptoplay60.com) and sign up to become a Program Advisor, draft a team of students and use the playbook in the program in conjunction with your curriculum and meet all of the Wisconsin Health Education Standards.

### What is Fuel Up to Play 60?

Fuel Up to Play 60 is a nationwide program that empowers youth to take action for their own health by implement long-term changes at their school. As a Physical Educator or a Health teacher we know your focus is to promote health and wellness and Fuel Up to Play 60 can be the MVP (Most Valuable Program) with your curriculum.

### How do I join?

Simply, go to [www.fueluptoplay60.com](http://www.fueluptoplay60.com) and select the "Join Now" link and the radio button "Educator". Follow the easy steps of entering your email address and locating your school. Once you have reached your homepage or dashboard, click on the box "I will be a School Advisor" and you will be part of the thousands of participants who can take this program to the next level.

### Why should I be a Program Advisor?

Program Advisors are the Coaches of the program to motivate youth to enter challenges to win prizes such as Green Bay Packer tickets or a trip to the Hutson Center and to earn grants to help fund their team's program.

Last year over 2000 Wisconsin schools joined Fuel Up to Play 60 and this coming year we will be awarding over \$75,000 in grants and student rewards to Wisconsin schools as the movement continues to grow. See if your school is registered at [www.fueluptoplay60.com](http://www.fueluptoplay60.com). It is a "Super" year to Fuel Up to Play 60 with the Green Bay Packers and the Wisconsin Milk Marketing Board.

*If we can be of any assistance, please contact us at [WDC@wmmmb.org](mailto:WDC@wmmmb.org).*

### FUEL UP TO PLAY 60 at Greenfield School

The students at Greenfield School-Milwaukee Public Schools, have worked to increase our school community awareness of increasing physical activity and better nutrition choices. The students, under the direction of Gail Milbrath, Physical Educator, have held healthy snack taste testing events, helped with Wellness Nights, created "Think Your Drink" posters and taken special field trips to increase their daily physical activity minutes. By taking the Fuel Up To Play 60 pledge and participating in these activities they won an autographed football from Greg Jennings and a visit by Mark Tauscher, #65 of the World Champion, Green Bay Packers. The school also was awarded \$1000 to help with these activities. The Fuel Up To Play 60 program is designed to help you manage and guide students as they lead the way toward school wellness. It is sponsored by the National Football League and the Wisconsin Dairy Council.



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## WHPE Advocates at School Board Conference

The WHPE delegation, composed of current and past officers, have been staffing a booth at the WASB Conference in mid January in Milwaukee for several years. The initial Advocacy endeavor was undertaken resultant of then Midwest President, Beth Mahar, writing an Advocacy Grant to support the project. WHPE Executive Director, Keith Bakken, along with Past Presidents: Kris Fritz, Doug Kane, Rosie Sylvester and Secretary, Jan Kunert, have played a major role in this advocacy event over three years.

In 2010, Jan Kunert assumed leadership for the coordination of the application process for WASB 2011. Keith, Tammy Rocker, AHA VP and others assisted Jan. Adhering to the WASB theme 'Bold Steps', WHPE has done just that, and take yet another 'bold step' in furthering its Mission via participation at the Convention.

The educational/ information booth in the Exhibit's Hall was staffed by President WHPE, Brian Marx; Kris, Doug, Jan, Tammy and other Heart staff with Keith overseeing the operation. Each member of WHPE and AHA spoke to several school administrators and board members from around the state offering information on Standards for PE, explaining 'What Constitutes QPE', and providing Convention attendees with handouts from NASPE and CD's from the October WHPE Convention. This year, these conversations were followed up with a breakout session:

"Meet the Experts – Fighting Obesity via Physical Activities / Generate Funds" which was presented by Patty Kestell, HFH Chair; Neil Seering, JRFH Chair; Kris Fritz, MW TOY showcasing curricular activities Pre K – MS that could be used to meet Standards, fight obesity and then be turned into JUMP / Hoops events.

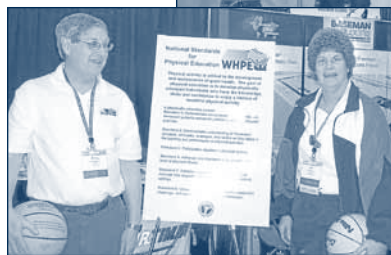
Students from Greenfield Bilingual School, MPS, were brought to the Convention by Gail Milbrath, PE teacher and they demonstrated various activities for session presenters. There enthusiastic participation greatly added to the credibility of the session and offered these Play 60 kids another avenue of activity to add to their logs for Play 60 participation.

Audience attention was high and the presenters interacted with several administrators and board members following. One administrator was most impressed with the NASPE Positive Physical Educator's Pledge used by Kris for summarizing the session. He inquired as to where he could obtain copies for his upcoming inservice session at his staff development day.

Although it required considerable work to pull this event together, coordinator, Jan Kunert, indicated, "I was proud to represent WHPE along with three top-notch presenters who communicated directly with those who hold power over

instructional curriculum and staffing for PE." President Marx said, "It was great to get our message directly to those in decision-making roles via this year's expanded participation format." Having been involved since WHPE's initial year at this Conference, Kris said, "It appears our school people are gaining in their knowledge and understanding of our PE programs for schools. By continuing to 'spread the word' through this WASB Conference and by striving to be the 'best we can be' by means of professional development, interaction with other HPERD professionals and by directly communicating with our school leaders, I know WI will lead the way to the future of PE 2020."

Through Advocacy by WASB Conference involvement, WHPE is 'moving WI forward'. WHPE is fortunate that our Board of Directors continues to support this endeavor through its budget process. Congratulations and thanks to all who participated to make this advocacy event a success.





# Teaching Ideas

## Pedometers

*Submitted by Jackie Clark, Waupun*

I use Walk 4 Life classic pedometers for my K-2 kids. These are step only pedometers and use them daily with my K-2 kids. The kids love wearing them and are excited to find out how many steps they take at the end of each class. I also use toe tokens as incentives about once/week (I don't announce which day will be toe token day however). It is amazing how excited they are to get that little token. I used to record their step counts but now it is simply a visual check. This keeps me informed as a teacher if I did my job keeping my kids active during class. My personal teaching goal is for my students to get 2,000 steps in a 35 minutes class with my K-2 kids.

## Basketball Ideas: K-2

*Submitted by Jackie Clark, Waupun*

**1. Dribble Ring:** I put a deck ring on the floor and have an index card with a number on it under the deck ring. I then put a basketball on top of the ring. I have students start at an ring. On my signal, they pick up the basketball, look at the number, and then bounce the ball that number of times. When finished, replace the basketball and move on to a new basketball, pick it up, bounce the basketball that number of times, replace it and then continue. This is a great activity to assess my dribble skill with my kindergarteners. Everyone is active and moving and a great way to practice their counting also. I use number 0-20 in this activity.

**2. Snowballs:** Each student has 1 fleece (yarn ball) ball in one hand and a basketball in the other. They simply hold onto the fleece ball while they are bounce the ball with the other hand. They start by bouncing it 10 times and then switch the fleece and basketball to the other hand without stopping their dribble. Then bounce the ball 10 times in that hand and switch. The next time they do 9 dribble and switch, then 8, then 7, until they get to 1's. On 1's the bounce it once and switch - alternating hands. It is basically a modified V dribble but takes a lot of coordination. Some catch on quickly, but after I introduced it, I had kids come and ask me to borrow a fleece ball so they could practice it at recess. (I crumbled up a piece of paper and had them use that instead.)

## Shooting Activity for Grades 6-12

*Submitted by Chuck Brehm, Shiocton Middle and High School*

### Name: 3 – UP

Students should find a partner and have one ball for their group. The scoring is similar to Match Play in Golf. The partners should determine a leader by playing rock, paper, and scissors. This game is similar to H-O-R-S-E as the leader gets to choose where each shot is taken from and always shoots first. The follower will always shoot from the same spot as the leader, even if the leader misses.

- If the leader shoots and scores and the follower misses, the leader goes 1-UP
- If the leader shoots and misses and the follower makes, the follower goes 1-UP
- If the leader shoots and scores and the follower makes, there is no change in score
- If the leader shoots and misses and the follower misses, there is no change in score

The game continues until one person is 3-UP. At that point the students should report to the teacher and report who won. The teacher will then match up the students from one matchup with students from another matchup as the students start to report back. If it takes a while for two games to get done in similar amounts of time, have the students go back and have a rematch with the other person being the leader. Some games will be won very quickly while other games will not have a winner in the allotted amount of time.

I use this game as an in-class activity and the first time we play it I let the game go for about 15 minutes. This allows students to play many games and also mixes the students up, so they are continually mixing and playing with people they might not normally play with. After the first time I teach it, we use this game as an instant activity.

## Climbing Wall Integration

*Submitted by Jo Bailey*

### Climbing Wall Nutrition

<http://www.peuniverse.com/Videos/VideoDetail/tabid/221/IndexID/379/Default.aspx>  
I found this activity on the PE Universe website (see link below for video). All activities are K-5 based and done on a traverse wall but they could be adapted to a higher wall as well.

<http://www.peuniverse.com/Videos/VideoDetail/tabid/221/IndexID/379/Default.aspx>

### Food Group Climbing

Place pictures of various foods above your climbing wall. Students roll a dice - each number on the dice corresponds to a food group e.g. 1 = grains, 2 = fruits etc. They then climb the wall, find and touch a food picture from that food group, climb down and repeat the activity. The activity is framed before hand by reading the book "The Edible Pyramid" by Loreen Leedy.

### Food Group Climbing Match

Students pick a card from a pile of face down cards. Each card has the name of a food printed on it. Students climb up and touch the picture corresponding to the word on their card, climb down and then place the card in color-coded hula hoops, each of which represents a food group e.g. red hoop = fruits, purple hoop = meat and beans. A food pyramid posted on the wall of the gym will help students determine which group a food belongs to if they are unsure.

## AAHPERD Lesson ideas

*Submitted by Jo Bailey*

Budgets are tight but these activity ideas, brought back from AAHPERD, can be done with very little expense. All you need are some plastic bags and plastic cups!

### Partner Bag Toss and Catch

Equipment: 2 plastic bags per group of two students

Skills: Teamwork, throwing

Organization: Small groups of two students

Activity: Partners will stand toe to toe in a line with the other participants.

To start each team will need only one bag that is balled up. The partners will take two steps away from each other. The partners will then begin passing the balled up bag back and forth to practice throwing and catching using a safe and unintimidating piece of equipment.

Adaptations/Tips: 1) Have the students throw and catch using an overhand or underhand throw 2) Have the students alternate the throws using the dominant and the non-dominant hand 3) If students can throw and catch a designated number of times (the teacher decides), then the students will complete a task (run to the wall and back) 4) Introduce a second bag that is tossed at the same time as the other each

### Lava Lamp or Hour Glass Challenge

(AKA Builders and Bulldozers)

Equipment: A large collection of cups (i.e. - Solo cups)

Skills: Locomotor Patterns, Changing Levels, Cardiovascular Endurance

Organization: Students will be on one of two teams and will be spread throughout the playing area. Activity: The students will be on one of two teams. One team creates Lava Lamps, the other team is creates Hour Glasses. The Lava Lamp team will take apart any Hour Glasses and turn them quickly into Lava Lamps. The Hour Glass team will take apart Lava Lamps and build Hour Glasses with the cups. In order for the stack to count for a team, they must be standing properly. After a few minutes doing one job, allow the students to switch jobs.

Adaptations/Tips: 1) Have the students use different locomotor patterns when traveling from cup to cup. 2) To strengthen the upper body, students must be in bear walk position or crab walk position 3) To add to the challenge, have students work in pairs as the either build their Lava Lamps or Hour Glasses (each partner can only touch one cup)



## Pirates of the Caribbean

I modified this game from a swimming pool version that my colleague, Allisha Blanchette, uses. The land-based version involves teamwork and a lot of cardio! I normally have my students wear heart rate monitors but pedometers will work just as well.

**Equipment:** hoops – one per team, foam tennis balls – as many as possible (50-100), jerseys.

**Organization:** split your class into teams. Each team has a ship (hoop), in a designated safe zone (end zone of a football field works well), in which to collect their treasure (foam tennis balls). Place all of the tennis balls at the opposite end of the field or playing area. Designate one team to be pirates – they wear jerseys to identify themselves. The pirates have 3 minutes to prevent as much treasure as possible from being collected by the other teams (buccaneers) and returned to their ships (hoops).

Teams start by running across the playing area to collect a piece of treasure – they get a free pass over to the treasure chest. Each player can only get one piece of treasure at a time. Once they have it, they have to make it back to their ship without being tagged. If they are tagged by the pirates they must drop their treasure on the ground (no throwing), return to their ship, and try again. Dropped treasure can be picked up by the pirates and returned to the treasure chest OR be picked up by any of the buccaneers instead of visiting the treasure chest.

After 3 minutes each team counts up how many items of treasure they have collected – this is their team score. Add all the teams treasure count's together to get the pirates score. The lower the pirates score the better.

The pirate role then rotates to another team and the game restarts once all the treasure has been returned to the treasure chest. Each team gets one turn as pirates. After every team has been pirates, teams tally up their total treasure score from each of the rounds. You can award the team with the highest total treasure score the Best Buccaneer award, and the team who got the lowest pirate score Best Pirate award. If you are using heart rate monitors you can also reward the team with the highest number of minutes in their target heart rate zone (steps if using pedometers) and the individual who has the most minutes in their target heart rate zone. The game provides a great way to recognize multiple students and their efforts, regardless of score. It also presents a great opportunity to highlight examples of teamwork and sportsmanship. I have done this with both junior high and high school kids and they loved it!

## Quick Pedometer Challenges

submitted by Brenda Erdman

I record my students' pedometer scores every day in PE, but sometimes we take a break from recording and do some really simple quick challenges...

1. Post the highest score for the class (no name, just score.) See if other classes can beat it that day or during the week. Post one high score or post a high score for each class, or each grade level.
2. Check your score every 5 or 10 minutes. Did you increase it by 25? 50? 100?
3. Add up the high scores from each class to get a total for the day. Can you beat that total the next day?
4. Estimation...At the beginning of the week have the students "guess" how many steps they think the PE classes will earn. Add up the high score from each class every day for the entire week. See who comes the closest!
5. Which workout has the most steps? Do a variety of cardio workouts, checking your steps after each workout. Which workout has the most steps?

## Basketball Dance

Submitted by Pam Connolly

I learned a basketball dance at WHPE a few years ago which integrated proper form for various ball handling skills including dribbling, and working with beats of music.

## PEDOMETER "Walk Across"

Submitted by Pam Connolly

UW-Platteville has a 5-week contest every spring. Teams from all over campus, students and staff, are formed and work on walking across specific destinations over the course of the 5 weeks, such as Hawaii. We learn how to convert other forms of activities to walking steps. The teams who walk the farthest win a prize!

## HEALTH and RELAXATION

Submitted by Ann

Ronald Siegel has written some books around relaxation/meditation. On his website there are some free downloadable relaxation activities. Some are short enough to do in a class, either PE or Health.

Submitted by Pam Connolly

Exercise, being mindful, implementing 5 minute breaks throughout the day to shut my eyes and think about breathing, teaching relaxation to various classes and participating with the students, massage, and yoga.

Submitted by Brenda Erdman

Yes, times are tight, but I truly believe in saving up for a massage or visit to the chiropractor. Our bodies carry so much stress and our muscles become very tight. Massages are a great way to help me relax. I LOVE getting these as gifts on my birthday or at Christmas from the family! Treat yourself. You are worth it!

**11<sup>th</sup> Annual**



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Creating Active and Healthy Schools	\$50	\$60
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# Recipe's from WHPE Members ... Enjoy!



## Banana Chocolate Chip Bread Recipe

Submitted by Crystal Gorwitz

This recipe is blissfully gluten-free, dairy-free, egg-free, soy-free, nut-free, and corn-free (if you check the source of your xanthan gum and baking powder).

We used average, medium-sized bananas for this recipe. You need about a cup of puree.

Note: If you bake at higher altitudes, you may need to cut back on the baking powder (the baking powder basically replaces eggs for leavening). Follow the usual guidelines for your altitude.

Preheat your oven to 350 degrees F. Lightly oil the bottom of a standard bread loaf pan and dust with rice or corn flour.

### Combine in a large bowl:

3-4 ripe bananas, mashed (about 1 cup puree)  
1/3 cup light olive oil  
1 cup organic light brown sugar  
2 teaspoons bourbon vanilla extract



### Whisk together in a separate bowl:

1 1/2 cups gluten-free flour blend or gluten-free baking mix*	1/4 teaspoon sea salt
1 teaspoon baking soda	1 tablespoon arrowroot starch
2 1/2 teaspoons baking powder	1/2 teaspoon xanthan gum
	1 rounded teaspoon cinnamon

Add the dry ingredients into the banana mixture and stir until smooth. If the batter looks too thin and wet, add more gluten-free flour, a tablespoon at a time, to thicken the batter.

### Add in:

1/2 cup vegan chocolate chips

Pour the batter into the prepared loaf pan and bake in the center of a preheated oven for an hour, until the loaf is firm, a bit crusty, and a wooden pick inserted into the center emerges clean.

Cool the loaf on a wire rack. Slice and wrap each slice in foil; bag and freeze.

This bread is tasty as is, but- it is truly sublime when grilled in a hot iron skillet with a touch of light olive oil. The chocolate chips melt and the banana fragrance intensifies and your taste buds- well, they get very, very happy.

Makes about 8 or so slices.

## Fruit Salsa

Submitted by Linda Slaby, McAuliffe Elementary Physical Education Teacher

2 Golden Delicious apples, Diced	1 bag frozen raspberries
2 Kiwi, Diced	1 tsp. brown sugar
1 pound strawberries, diced	1 T. white sugar

Mix all ingredients together and cover. Refrigerate overnight. Great with cinnamon tortilla chips, waffles, pancakes, or ice cream!

## Beef Soup with Vegetables

Contributed by Angie Halten from Gluten Free Girl website.

This soup is loaded with lots of veggies and packed with taste!

### Ingredients:

1 pound ground beef	4 cups hot water (or beef broth)
1 medium onion, chopped	2 teaspoons salt
Olive oil for frying	1/4 teaspoon pepper
1/2 cup diced celery	3 tablespoons chopped parsley
1/2 green pepper	2 Tbsp sugar
2 to 4 chili peppers (optional)	2 cups raw potatoes, cubed
1/2 teaspoon paprika	1 cup raw carrots, diced
1 28 ounce can of tomatoes, chopped	6 cups green cabbage (chopped) optional
2-5 1/2 ounce cans tomato paste	

### Directions:

Add the ground beef, oil and onion to a skillet and cook on medium heat until the onions are translucent.

In another skillet, over medium heat, add some olive oil and heat through. Add the celery and green pepper and sauté until soft. Next, mix in chili peppers, paprika, tomatoes, tomato paste, hot water, salt, pepper, parsley, sugar, potatoes and carrots. Cook uncovered for about one hour. After the soup has cooked for one hour then put in the cabbage and cook for another hour. This time cover while cooking.

## My Veggie Dip

Submitted by Dr. Scott Frazier

Equal parts of sour cream and mayonnaise (or light sour cream and light mayo), Two to one ratio of grated parmesan cheese to Lawerys season salt (apply as liberal as your tastes, I like mine cheesy, so I put a lot of cheese and season salt in mine). Have fun with it.

## Zesty Tomato Appetizer

Submitted by Janet Fendos, Southeast District Coordinator

Ingredients: Roma or Plum tomatoes (5 at least)  
Olive Oil  
Salt  
Black Pepper  
Oregano  
Parmesan Cheese  
Pepper Jack Cheese

1. Wash and slice tomatoes
  2. Drizzle olive oil over tomatoes
  3. Sprinkle with a little salt, pepper, and oregano
  4. Make sure tomatoes are coated on both sides with oil and seasonings
  5. Lay tomatoes flat in a baking dish
  6. Generously sprinkle Parmesan cheese over the tomatoes
  7. Slice Pepper Jack cheese and lay on top of tomatoes
  8. Broil for about 10-15 minutes until cheese is golden and bubbling
- Serve with crackers. Easy summer appetizer!

## No-Fat Brownies

Submitted by Janet Fendos, Southeast District Coordinator

One 9x13-inch pan	
2 c. Cocoa	1 1/2 c. Applesauce
1 1/2 tsp. Baking Soda	3 1/2 c. Sugar
1 tsp. Salt	2 tsp. Vanilla
1 c. Strong Coffee	2 1/2 c. Flour
1/2 c. Honey	1 c. Nonfat Yogurt

By hand or in a mixer, combine the cocoa, baking soda and salt. Add the coffee and honey, and mix well. Add the applesauce, sugar and vanilla, mixing well after each.

Add the flour and mix well, scraping the sides of the bowl, then fold in the yogurt until it's completely incorporated.

Spray a 9x13 inch baking pan with non-stick spray. Bake in 350 degree oven for about an hour, until a sharp knife-point comes out clean. Cool in the pan or on a rack.

\*While these shouldn't be thought of as low-calorie brownies, they do in fact have no fat, and are a delicious addition to your dessert repertoire.

## Marinated Fresh Vegetable Medley

Submitted by Mandi Hendricks

### Directions

8-10 servings  
Rub a large salad bowl with garlic; discard garlic.  
Combine dressing ingredients in lidded jar and shake well for 30 seconds.  
Place vegetables in salad bowl and pour dressing over them. Toss well.  
Cover bowl and marinate vegetables in refrigerator for 8 hours or overnight.

### Ingredients

1 Clove Garlic, halved	1 1/2 thinly sliced green onions including tops
1 1/2 cups thinly sliced mushrooms	1 1/2 cups thinly sliced green bell pepper rings
1 1/2 cups cherry tomatoes, halved	1 1/2 cups broccoli flowerets
1 1/2 cups thinly sliced zucchini	1 1/2 cups cauliflower flowerets
1 1/2 cups thinly sliced carrots	

### Dressing

1 teaspoon salt	2 T. red wine vinegar
1/2 t. freshly ground black pepper	1 T. fresh lemon juice
1/2 t. dry mustard	2 T. virgin olive oil
1 t. minced fresh chives	

## Peanut Butter Balls

Submitted by Pam Connolly

My favorite protein snack!! Mix 1 cup of the following (organic the better): honey, protein (chocolate is my favorite), muslei, granola, and of course, peanut butter. Scoop out small, ice cream scoop size balls and refrigerate. Eat 3-4/day as your protein snack!



# Midwest District of AAHPERD: Centennial Convention 2012

April 26-27, 2012

Chicago Hilton/Indian Lakes Resort  
Bloomington, Illinois

## Convention Proposal Form

*Objective/Purpose of convention:* To provide a program that celebrates one hundred years of growth and progress in the fields of physical education, health education, recreation, dance and sport. To provide professional development sessions and programs that meet the needs of the professionals and future professionals of the Midwest District.

*Proposals being sought:* any presentations related to our fields will be considered; however, **priority will be given to presentations related to leadership development (especially for students), adapted physical education, coaching, use of technology and social media, new research in our fields, history of our fields, and any program that offers certifications or some kind of professional credit**

*This proposal form* should be completed by at least one of the presenters for the proposed session and returned via email to Beth Mahar at [elizmahar@comcast.net](mailto:elizmahar@comcast.net) by no later than June 1, 2011. Proposals will be evaluated by the program planning committee. Presenters will be notified by August 1, 2011.

**AAHPERD policies will be followed: please see note on speakers at bottom of form.**

### Proposed title of session:

**Brief Description of Session:** (25 words or less)

**Subject Area:**  Health  Sport  Phys. Educ.  Adapted PE  Recreation  Dance  
 Other (explain)

**Subject relates most to:**  Pre K-5<sup>th</sup> grade  6-8  9-12  college  adult

**Suggested length:**  one hour  two hours  1/2 day  full day

**Special requests:**  None  A.M.  P.M.  Thursday  Friday

### Type of presentation:

**Audience Participation:** Activity-oriented for large group, with attendees taking an active part in the program

**Demonstration:** Individual or small group conducts activity for a seated audience which does NOT take an active part in the program

**Lecture:** Speaker with seated audience

**Group and/or Panel Discussion:** Audience seated at round table/or speakers at table

**Interactive technology:** attendees will use computers or other devices during the session

**Research Poster Session:** presenter would like to display his/her research

### Presenter Contact Information:

**Name**

**Title**

**Address**

**Phone (H)**

**(W)**

**(C)**

**Fax**

**Email**

**Names of Co-Presenters:**

**Space Requirements:** Check ONE type of room set-up you will need

Theatre seating  Large open area (ballroom)  Pool  Dance Floor

Golf course  Tennis courts  Poster Session Display Area

Special set-up or requirements/accommodations for the mobility-impaired--Explain?

Are you bringing students to perform/demonstrate?  No  Yes--Grade level?

Will students have special needs?  No  Yes--Explain?

*In accordance with AAHPERD policy, AAHPERD members and non-members eligible for membership may not be granted honoraria for services as a speaker except as part of externally funded projects and activities. Also, AAHPERD and non-members eligible for membership are required to register for the convention at the established registration fees.*



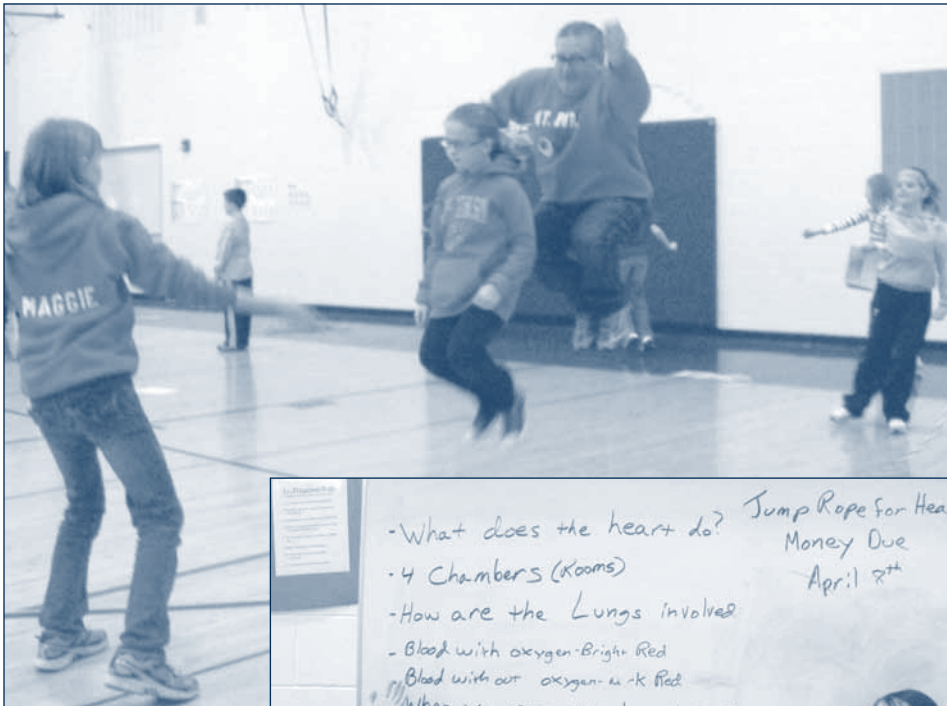
Wisconsin Health and Physical Education  
24 Mitchell Hall  
1725 State Street  
La Crosse, WI 54601

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## Executive Directors Report

Wow!

I'm not sure I could come up with a better greeting. As Wisconsin's political pendulum swings back and forth, we have to remember that professionals don't panic and professionals don't quit. When school boards and regents are cutting budgets, it is up to us to remind them that health and physical education are academic subjects and our students deserve certified teachers. The idea that elementary physical education can be taught by any classroom teacher is absurd. Any district that chooses this option is mortgaging its future.



Wisconsin needs high quality health and physical education now more than ever before. If you need some help with talking points, go to our web site, [www.whpe.us](http://www.whpe.us) and click on NASPE position papers.

Looking forward to next year, our WHPE convention at the Chula Vista remains unchanged and promises to be another truly rewarding event. The number of younger members who attended with their families last year has led your Board of Directors to consider the Chula

Vista as a permanent convention site. This year we have added a post-convention fishing seminar sponsored by the Midwest District of AAHPERD and WHPE. Pure Fishing Ambassador, Duffy Kopf will be presenting tactics and techniques to help all of us catch more fish. Be sure to add this to your cart when you are registering on-line.

Have a safe and healthy summer.

**Keith**

