



2012 WHPE Convention ...

The convention is being held this year at the Country Springs Hotel - Water Park and Conference Center, 2810 Golf Road, Waukesha, WI 53187. Mark your calendars for this excellent professional development opportunity, October 24-26, 2012.

Convention schedule and pre-registration information are included in this special convention edition of the WHPE newsletter. SAVE \$15 by pre-registering by October 8th.

Building the Foundation for a Healthier Generation



Robert P. Pangrazi ...

Robert Pangrazi is a Professor Emeritus at Arizona State University and an Educational Consultant for Gopher Sport and The U.S. Tennis Association. He began his career as a 5th grade teacher and was an ASU professor of physical education for 32 years. Dr. Pangrazi's physical education textbooks have sold more than 750,000 copies. Pangrazi has published over 50 textbooks and 100 research and professional articles. He has been a keynote speaker for 39 state and district conventions and an invited speaker at nearly 400 national and international conferences. He regularly conducts training sessions for schools and universities and is regarded as a motivational speaker. His approach to elementary school physical education has been used worldwide and is used in hundreds of public, private and charter schools across the U.S.

Pangrazi has received numerous awards including the **Distinguished Service Award** from the President's Council on Physical Fitness and Sports, the **National Distinguished Service Award** presented by the AAHPERD Council on Physical Education for Children, and the **Curriculum and Instruction Emeritus Honor Award** from the NASPE Curriculum and Instruction Academy. He is a Fellow in the American Academy of Kinesiology and Physical Education and an AAHPERD Honor Fellow. WHPE is proud to announce that Dr. Pangrazi will be the featured speaker at our General Assembly, sponsored by Gopher Sport.



Sandra Sims ...

Sandra Sims is an associate professor at the University of Alabama at Birmingham. At UAB, she teaches undergraduate and graduate courses involving methods of teaching in physical education and coaching. She is also the Major's Club advisor.

Sandra has been a member of AAHPERD, Southern District AAHPERD and Alabama AHPERD since 1980. She loves to serve her professional organizations by working on committees or being a member on the Board of Directors. For AAHPERD, she has served as the Chair of the Public Affairs and Legislative Committee and Chair of NASPE Public Policy committee. For Southern District, Sandra is currently serving as President Elect. In Alabama, she has served ASHPERD in many capacities, including serving as their President. Sandra is currently serving as the ASHPERD Director of the Advocacy, the position she has held for almost 20 years.

Sandra has published many articles and has had the privilege of speaking nationally and even internationally. WHPE is excited to announce that Sandra Sims will be speaking at our convention on the subject of Advocacy and speaking personally to our Future Professionals at their luncheon.



Kristen Okura ...

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



Tammy Brant ...

Tammy Brant has been teaching middle school for 18 years; the last 9 have been at Selma Middle School in Selma, Indiana. She achieved her bachelors and masters degrees at Ball State University. Tammy has completely revamped the middle school physical education curriculum at Selma Middle School. Her program was evaluated and awarded NASPE STARS distinction in 2008. She has also been awarded grants to help bring new fitness equipment and technology in the form of heart rate monitors, and fitness assessment software into the curriculum.

Physical fitness must be a focus everyday in class. Increasing physical activity in the physical education classroom can be done by modifying the activity, small-sided games, more equipment, and teaching the kids how to get and keep themselves moving.

For all her time and efforts working with state, district, and national associations, as well as her teaching, Tammy was awarded the 2009 Indiana Middle School Teacher of the Year, 2010 Midwest District Middle School Teacher of the Year, and 2011 National Middle School Teacher of the Year.

Tammy's presentations help the participants in her sessions incorporate fitness and nutrition in their classroom. The sessions are high activity, high paced, and very informative. Participants will come away with ideas that can be Personally, Tammy currently resides in Selma, Indiana with her husband, David, of 19 years. They have a 15 year old son, Drew, and a 12 year old son, Nathan. Everyone in the family is very involved in numerous sports and activities which keep this family on the go 365 days a year.

WHPE is thrilled to have Tammy presenting her exciting activity sessions at our convention!



IN THIS ISSUE

2012 CONVENTION	1-5
FUEL UP TO PLAY 60	7
TEACHING IDEAS	10-11

WHPE Convention ... October 24-26, 2012 ... Waukesha

Using Educational Technology in Adapted Physical Education

By Manny Felix

University of Wisconsin – La Crosse
WHPE Convention Workshop
October 26, 2012 • 1:00 – 3:00 p.m.
Carroll University • Waukesha, WI



The pace of educational technology use in education environments has been accelerating at an incredible rate in recent years. The use of iPads and SmartBoards have emerged as useful technologies to assist students with unique learning needs who receive special education services, including those with autism, Down syndrome,

learning disability, and cerebral palsy among many others. Both can be used to enhance communication and instruction, facilitate behavior management protocols and strategies, encourage on-task behaviors, and organize record keeping. The emphasis of this workshop is focused on how SmartBoards and iPads can be used in adapted physical education programs to assist throughout the special education process. The augmented communication application, iProloquo2Go, will be demonstrated, and an overview of various applications and lesson activities will be discussed. Further, this workshop will address the challenges for educators to select and decide on which technology to bring into the physical education program.

Passionately Pink 5K Fun Run/Walk

When: WHPE Convention –
Thursday, October 25th starting at 3:45

Where: WHPE Convention Country Springs
Hotel, Water Park- Conference Center

Crystal Gorwitz, President of WHPE, will be celebrating 20 years of being breast cancer free in 2012 and would like to mark the occasion with all of her friends at WHPE by hosting a Passionately Pink 5K fun run/walk. A donation of \$5.00 (starting point higher donations are encouraged!) will get you a Passionately Pink t-shirt, which you can pick up at the Future Professionals table at the convention. 100% of the money from the sale of the passionately pink t-shirts will be donated to the Susan G. Komen Foundation.

There will also be a big raffle prize –
Pink Susan G. Komen Kayak!!! You can purchase

raffle tickets at \$5.00 a piece to try and win this awesome kayak!

100% of the money from the pink kayak raffle will be donated to the Susan G. Komen Foundation! There are only 6 kayaks like this in the United States!!! So come and join the celebration with Crystal and the rest of your WHPE friends! The 5K will be held rain or shine!!



Earn Undergraduate or Graduate Credit at the 2012 WHPE Convention

WHPE members attending the annual convention in Waukesha, WI 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. Michele Pettit would be glad to discuss these possibilities with interested individuals and can be reached at (608) 785-6789 or mpettit@uwlax.edu.

THE TWO PRIMARY CRITERIA FOR EARNING THIS CREDIT ARE:

1. documented attendance in at least 5 program sessions during the conference in Waukesha, WI; and
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 technique 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.

*Instructional 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. Pettit at (608) 785-6789 or mpettit@uwlax.edu to discuss possible options.

WHPE Convention ... October 24-26, 2012 ... Waukesha

Country Springs Hotel – Water Park and Conference Center

2810 Golf Road, PO Box 2269, Waukesha, WI 53187

Reservations – (800) 247-6640 or (262) 547-0201

Reservation deadline – October 8, 2012

When making reservations refer to the WHPE group

Rates:

Standard Deluxe Non-Smoking –

\$94 Single/Double (without water park passes)

Standard Deluxe Non-Smoking –

\$114 Single/Double (with water park passes)

Executive Suite – \$129 Single/Double

(without water park passes)

Executive Suite – \$139 Single/Double

(with water park passes)

Governors Suite – \$179 Single/Double

(without water park passes)

Executive Suite – \$189 Single/Double

(with water park passes)

Water park rate includes up to 4 passes to

The Springs, our 45,000 sq ft indoor water park.

Rates include Continental breakfast each morning

Larry Cain Memorial Scholarship

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

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

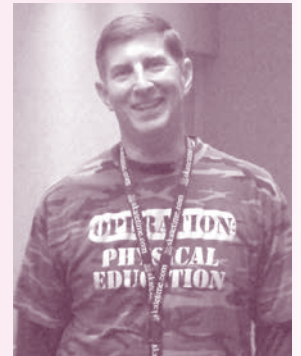
The Larry Cain Memorial will provide financial support for one student and one professional to attend the WHPE convention (registration & hotel) and one year's membership to WHPE. A committee from Janesville will represent the memorial and will help Mrs. Karen Cain choose the recipients. All WHPE members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

Karen Cain

3742 Skyview Dr.

Janesville, WI 53546

If you would like to apply for this award please see the WHPE website for application information. The deadline for applications is September 15, 2012.



WHPE Convention Dates

October 23-25, 2013

Country Springs Hotel/Waterpark, Waukesha

October 29-31, 2014

Kalahari Resort/Waterpark, Wisconsin Dells

October 28-30, 2015

Kalahari Resort/Waterpark, Wisconsin Dells



WHPE Wear...Check it out online!

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



**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, 2013. You may contact is WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.

Follow us on Facebook



and Twitter



2012 Convention Schedule of Events

WEDNESDAY, OCTOBER 24, 2012

4:00-7:00 p.m. Exhibitor Set up at Country Springs Hotel/Water Park, Waukesha

5:30-8:30 p.m. Registration at Country Springs Hotel/Water Park, Waukesha

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

THURSDAY, OCTOBER 25, 2012

7:00 a.m. - 3:00 p.m. Registration at Country Springs Hotel/Water Park, Waukesha

9:00 a.m. - 4:30 p.m. Exhibits Open at Country Springs Hotel/Water Park, Waukesha

Session 1 ► 8:00-9:00 a.m.

- 1 Technology in Physical Education: Using Heart Rate Monitors As An Effective Assessment Tool – *Powers*
- 2 Get up and Dance! A 6 Day MS Dance Unite Made Easy! – *Maly*
- 3 GYMSTICK: Systematic Approach to Strength Training Education – *Griffin*
- 4 Mad for iPad (Don't be a sap) – *Sjoerdsma*
- 5 Peaceful Playgrounds – *Flint*
- 6 Fuel Up to Play 60 – *Andrae/Losee*
- 7 Active Schools Eval: Active Kids are Fit Kids – *Hisgen*

9:10-10:30 a.m. ► General Assembly

Announcements/Elections

Keynote Address – *Bob Pangrazi*

Session 2 ► 10:40 a.m.-11:40 p.m.

- 1 Standards-Based Activities and Assessments – *Blask/Campbell*
- 2 Experience Gliding – *Forsythe*
- 3 Just Beat It - Heart Disease Dance – *Kitty Erdman*
- 4 Playgrounds to PE: Make it Matter – *Schultz*
- 5 Wikis in PE – *Mulloy*
- 6 Using Technology to teach AODA prevention education – *Anton*

11:40-1:00 Convention Luncheon

12:00-1:00 Future Professional Lunch – *Speaker, Sandra Sims*

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 Creative Basketball Activities – *Slade*
- 2 Kin-Ball Skills and Drills – *Omnikin*
- 3 Health Entertainment Part 2 – *Wentland*
- 4 The Keys to a Healthy Student: Fitness and Nutrition – *Brant*
- 5 Measuring Your "Value-Added" - Assessing Student Progress in PE – *Wheeler*
- 6 Many level of Indo Board Use – *Groshek*
- 7 2013 Graduates and beyond, what do they need? – *Ringennberg*
- 8 Student and Teacher Perceptions of Bullying in PE – *O'Connor*

Session 4 ► 2:20-3:20 p.m.

- 1 Teaching the Components of Fitness through Games & Activities – *Carlson*
- 2 BCAW - in School Bowling – *Hildebrand*
- 3 Fun Fitness - C'motion – *Skatetime*
- 4 Adventure Education – *Okura*
- 5 GREAT Jump Rope Tricks Broken Down for YOU! – *Brenda Erdman*
- 6 Creative Dance – *Rumbelow*
- 7 Connecting the Pieces: Round Table for PETE Faculty – *Petersen*
- 8 Teaching PE PreK-12 Using the Sport-Ease Teaching System – *Pruchnicki*
- 9 How Can I Use Twitter as a Professional Development and Teaching Tool – *Caravella/Handel*

3:30-5:00 p.m. 5K Pink Walk/Run - registration and run

3:30-9:00 p.m. ENJOY THE WATERPARK

7:00-9:00 p.m. Award's Banquet

9:00 p.m. - 12:00 a.m. All Convention Dance - Dueling Pianos

FRIDAY, OCTOBER 26, 2012

7:00-8:30 a.m. Jo's Board/RA at Country Springs

7:30-10:00 a.m. Registration

9:00 a.m. - 12:00 p.m. Exhibits Open

Session 5 ► 8:30-9:30 a.m.

- 1 Fitness Finesse - Fitness and iPad technology – *Roth/UWSP*
- 2 Let's Move with Let's Move in School Skillastics – *Slade*
- 3 Using Advocacy to Build the Foundation for a Healthier Generation – *Sandra Sims*
- 4 Jump Rope and Hoops for Heart Coordinators Breakfast Social – *Kestell*
- 5 Dance and Fitness: Bringing Dance Back to PE – *Blanchette*
- 6 The Nuts and Bolts of a Comp Middle/HS Fitness Based Pe Program – *Scharbarth*
- 7 Kin-Ball Initiation and Cooperative Games – *Omnikin*
- 8 Untying Your Hands; Helping You Help Students Who Need It – *Lybert/Nielsen*
- 9 Combat Obesity and Promote health and Wellness Online! – *Anton*

Session 6 ► 9:40-10:40 a.m.

- 1 Eclipse Ball/co-ed games designed for students of all abilities – *Benson*
- 2 Dance in Your Pants – *Sjoerdsma*
- 3 Cooling Down Your Classroom: Just 1,2,3 Breathe (2 hour) – *Tantillo*
- 4 The Keys to a healthy student: Fitness and Nutrition – *Brant*
- 5 Tips and Tricks that MOTIVATE! Skills and Drills that THRILL – *Thomson*
- 6 Training to Play; Maximizing Movement Potential Key to Athletic Success – *Ditter/Meeteer*
- 7 The "How To" of Approaching Your School Board – *Bailey/Erdman*
- 8 Preparing for the Teacher Performance Assessment Requirement – *Trilling*
- 9 How can your University help you? – *Ringgenberg/Swenson*

Session 7 ► 10:50-11:50 a.m.

- 1 Games, Mini Activities: Brain Breaks – *Fritz*
- 2 Meet me in the Middle - PE Program on an iPad – *Sjoerdsma*
- 3 Cooling Down Your Classroom: Just 1,2,3, Breathe (cont) – *Tantillo*
- 4 Adventure Education – *Okura*
- 5 K-2 Dance Party – *Birr/Koenig*
- 6 Texas Two Step - The Basics – *Carlson/UW Superior*
- 7 Creating Leaders – *Pflieger/Farrell*
- 8 Sports Medicine & Athletic Training Course for HS Students – *Klein*
- 9 Creating a Family Activity Resource Library – *Kwilinski/Demunck*

Session 8 ► 12:00-1:00 p.m.

- 1 Innovative Scarf Activities for PE and the Classroom – *Slade*
- 2 Lead Up Games/Activities for a Wrestling/Combative Unit – *Peloquin*
- 3 Getting to the Heart of it – *Hintz/Wenzel*
- 4 Standards-Based Activities and Assessments – *Blask/Campbell*
- 5 Floorball In School - A Global Out-look – *Borg/Gnewikow*
- 6 Texas Two Step - Part 2 – *Carlson/UW Superior*
- 7 How Can I Use Twitter as a Professional Development and Teaching Tool – *Caravella/Handel*
- 8 Untying Your Hands; Helping You Help Students Who Need It – *Lybert/Nielsen*
- 9 Combat Obesity and Promote Health and Wellness Online! – *Anton*

Session 9 ► 1:10-2:10 p.m.

- 1 Scooter - Lah - Tees – *Powers*
- 2 Mad for iPad (Don't be a sap) – *Sjoerdsma*
- 3 Fitness Can Be Fun! – *Flint*
- 4 Measuring Your "Value-Added" - Assessing Student Progress in PE – *Wheeler*
- 5 GREAT Jump Rope Tricks Broken Down for YOU! – *Brenda Erdman*
- 6 Get up and Dance! A 6 Day MS Dance Unit Made Easy! – *Maly*
- 7 Student and Teacher Perceptions of Bullying in PE – *O'Connor*
- 8 Wikis in PE – *Mulloy*
- 9 WHPE Grants Sharing Session – *Milbrath*

1:00-3:00 p.m. – Technology in APE, Manny Felix, Workshop - Carroll University

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

WHPE MEMBERSHIP

You must be a current member through 11/12 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	2012 to Month	2013	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____	AREA		OFFICE USE ONLY	
STREET _____	HOME PHONE (____) _____	<input type="checkbox"/> Health – H <input type="checkbox"/> General – G <input type="checkbox"/> Physical Education – P <input type="checkbox"/> Student – S <input type="checkbox"/> Sports & Athletics – A <input type="checkbox"/> Recreation – R <input type="checkbox"/> Dance – D		EXP. DATE _____	
CITY _____	WORK PHONE (____) _____			Date Rec'd _____	
COUNTY _____	STATE _____ ZIP _____			CK # _____	
E-Mail Address: _____	Year: Fr So Jr Sr Grad			Amt. PD _____	
*Students-School attending					

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

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

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

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

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

2012 WHPE CONVENTION PRE-REGISTRATION

Deadline: October 8th, 2012

You must be a current member of WHPE through 11/12 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 10/8)	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

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): Vegetarian Lasagna Sliced Roast Beef Marinated Grilled Chicken Breast

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.

The Difference Between Good and Great!



By Crystal Gorwitz,
WHPE President

I just returned from attending the WI Best Practices in Physical Education conference and I met one of the most inspirational physical education teachers

her name is Robyn Bretzing and she is a teacher at Timpanogos High School in Utah. She has inspired me to take a look at myself as a physical education teacher and to also see how I can take my physical education program from good to great!

I want to challenge the membership of WHPE to take their physical education programs from good to great by taking some time to answer the following questions: 1) Are you a great physical education teacher who teaches high quality physical education every day to your students? If you have answered yes to that question what can you do during the 2012-2013 school year to take your teaching from good to great (take a few minutes right now to write down two goals to accomplish this). If not, what can you do during the 2012-2013 school year to improve your physical education program? Write down two goals you want to accomplish this school year! 2) Do you teach with another teacher who is a “Ball Roller” and never challenge that teacher to change the way they teach! Make a plan to talk to that teacher and offer to help them to improve their teaching skills. 3) Do you have a written, K-12 sequential physical education curriculum at your school district? If you answered yes, write down two goals you have this school year to improve at least one of the units that you teach! If you answered no, sit down right now and make a list of the people you have to contact to form a curriculum committee to start working on your curriculum! 4) In order to take your program from good to great you must be a member of your state association (WHPE) and also attend professional development. If you are not a member of WHPE you can join online right now at www.whpe.us. While you are on the website you can also check out the WHPE

Convention that is being hosted at the Country Springs Hotel, Water Park-Conference Center from October 24-26, 2012.

This fall’s WHPE Convention is going to be awesome! Again, it is being held from Oct. 24th -26th at the Country Springs Hotel, Water Park-Conference Center. Our featured presenters and WHPE presenters are amazing! By attending this convention you will learn so many new ideas that you can take back to your schools! You will also have a chance to network with physical educators from around the state of Wisconsin who also teach high quality physical education! On Thursday, October 25th after the last session you will also have the chance to participate in a fun Passionately Pink 5K and all the proceeds from the sale of the pink t-shirts will be donated to the Susan G. Komen Foundation. This is my 20th year of being breast cancer free and I want to celebrate by walking/jogging with all of my WHPE friends!!! You can also purchase a raffle ticket for \$5.00 to win a pink Susan G. Komen Kayak!! There are only six kayaks like this in the United States! So please attend the WHPE Convention this fall and learn how you can take your physical education program from good to great!!! See you at convention!!

Building
the
Foundation
for a
Healthier
Generation



Fuel Up To Play 60

By Jackie Clark

The WMMB and the NFL sponsor a great program called "Fuel Up To Play 60". If you haven't heard of it, I encourage you to check out their website at www.fueluptoplay60.com. Every year I do fitness challenges for my kids but believe that this program has made the biggest impact on my kids.



I love the theme "Eat Healthy, Get Active, Make A Difference". Isn't that what we as physical education are all about? This summer I was lucky to attend the 1st Annual FUTP60 Summit in Green Bay. I was a great day that was concluded with a the Packer Family Night Scrimmage game. This summer I also offered a FUTP60 workshop in Waupun for teachers interested in learning more about FUTP60. Each participant walked away with a CD full of games/activities/fitness challenges that they can use back in their schools. If you weren't able to come and are still interested in the FUTP60 program, I would be happy to share the information with you. Send me a pre-paid postage envelope and I will send you the CD (Jackie Clark, 101 Young St, c/o Meadow View Primary School, Waupun, WI 53963). If you currently do Moving and Munching, this is a great program to piggy back off of.

This summer I offered a Summer School class called "FUTP60". I had 45 kids involved with this 3 week class. We lived the theme "Eat Healthy, Get Active, Make A Difference" every day by taste testing new healthy foods, being physical active for 60 minutes and doing random acts of kindness. Pictured here are my kids who made "Exercising Foods" that represented all foods from the food pyramid that we are hanging this fall in our cafeteria as one the "Plays" - "Decorate the Cafeteria". They are adorable and will add a little needed life to our cafeteria.



WHPE member is new official contact for Floorball aiming towards the USA and Special Olympics

In January 2013, Floorball will for the first time be a demonstration sport with eight teams playing in the World Games, Special Olympics in Korea. This is the global multisport winter event within Special Olympics. The International Floorball resource group within Special Olympics that made this demonstration possible also look forward to the next Special Olympics, World Games in 2017. Therefore they have named four individuals as official contacts for Floorball towards Special Olympics, one in USA,

Canada, Korea and Australia each. Michael Borg is a WHPE member and also a student at the University of LaCrosse, where he is enrolled in a Masters degree within Special Education. He has been asked by the International Floorball resource group to fill this function as a US based official Special Olympics Floorball contact. Michael will be available at the WHPE convention with both a Floorball presentation and in the exhibits hall. He will also talk briefly about LTAD (Long Term Athletic Development).

Patty Kestell- Elementary Vice President



The first week of the London Summer Olympics are currently underway as I write this, and already, there are so many great Olympic moments in the record books and in the hearts of all who have witnessed these incredibly talented athletes compete. From Michael Phelps being honored as the most decorated Olympic athlete with his 19+ medals to the Women's Gym-

nastics team for achieving their gold medal with tremendous performances during the team competition, the Olympics truly show the ultimate rewards (and the agony of defeat) that come from years of training, and hard work, sweat, and tears. We ended this past school year at my school with an Olympic Field Day, and I look forward to hearing what my students saw and learned from this Olympic experience! (It was somewhat amusing to explain to kindergarten students what the Olympics were about, knowing that this is the first Olympics that they were experiencing and "might" remember.)

The 2012 WHPE Convention is just around the corner (October 24-26th, Country Springs Hotel, Waukesha), and promises to be a great opportunity for you to network and learn from exceptional Physical and Health Educators from around WI and across the US. Mark your calendars now! Come join us at the WHPE Passionately Pink for the Cure 5K Run/Walk on Thursday afternoon to help celebrate WHPE President Crystal Gorwitz's 20 years of being breast cancer free. Think Pink! I look forward to seeing you in Waukesha! I wish you all a great 2012-2013 school year as you continue on the path of Building the Foundation for a Healthier Generation!

Follow my blog at www.fairviewpe.blogspot.com

I have been a Physical Education teacher for 15 years. My P.E. program is completely designed around the fitness P.E. model!! Health related fitness with movement skill learning is the key to a quality Physical Education Program!! The primary objective of physical education is for students to demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. In a quality physical education program built around the Movement Framework, students will develop competency in locomotor skills: skipping, running, hopping, galloping, sliding, leaping, jumping and landing; non-locomotor skills: curling, twisting, stretching, bending, swaying, spinning, swinging, sinking, rising, opening, closing and gesturing; and manipulative skills: striking, collecting, carrying, catching, throwing, kicking, dribbling and volleying. These skills are what the body does in the Movement Framework. It is important to remember that achieving competency in motor skills requires focused practice, feedback, encouragement and perseverance. Hopefully, this leads to a physically active lifestyle that promotes lifelong wellness!

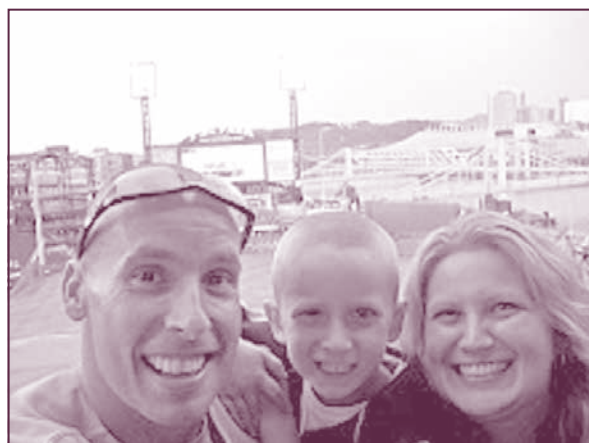
Michael Beringer Physical Education Specialist MPS Fairview k-8

Life Changes...

I have tried to watch what I eat with the occasional pastry, donut or danish. I cut out soda and High Fructose Corn Syrup, but hadn't exercised that much on a regular basis. Last summer I ate two PopTarts every morning for breakfast, though. What a difference a year makes! On a plea from my daughter, with reluctance, I agreed to bike ride on the Hank Aaron Trail on April 12, 2012. I enjoyed it so much I kept riding as much as I could! I also entered the National Bike Challenge. Because of this I have ridden my bike 94 times, 61 days in a row, have logged 1359 miles, burned 106,312 calories, ridden 70 miles at one time with a goal to ride 100 miles and most importantly, have lost 19 lbs. in 15 ½ weeks. Needless to say I have had no PopTarts since March. My goal is to ride 2500 miles by October 31st. I look forward to riding my bike everyday because it is something I enjoy and I know it is great exercise. Bike riding has also provided quality family time as my wife and daughters ride with me periodically. I would encourage all to find some type of movement that you enjoy and get out there and do it! It will change your life!



*Dave Weidenbach
P.E. Specialist
Milwaukee Public Schools*



HERSHEY'S Track and Field Scholarship

In March of 2012, Kayla Kodet and Megan Lund of UW-Oshkosh were awarded a \$500 scholarship through the HERSHEY'S Track and Field Games organization. The scholarship helped to pay for the registration and traveling fees that go along with attendance at the 2012 AAHPERD Convention in Boston, MA. As many of you know, the AAHPERD convention in Boston was quite eventful with outages, cancellations, and cold showers. However, they were fortunate enough to be able to attend a session put on by HERSHEY'S Track and Field. This session was extremely beneficial! They learned some great teaching strategies, lesson plans, and fun ways to get the kids excited about track and field and moving in general. They also learned the administrative side of facilitating a HERSHEY'S meet. Later during the week at the convention in Boston, they were also recognized at the "candle-lit" Hall of Fame Ceremony where they heard speeches from great teachers from Wisconsin, the Midwest, and our entire nation. In order to receive this scholarship, they worked hand-in-hand with the Oshkosh Recreation Department's planning and assisting with the annual HERSHEY'S Track and Field meet held early June in Oshkosh. Participants of the meet were between the ages of 9 and 14, and competed in running, jumping and throwing events. After this whole experience, both Kayla and Megan as well as the Oshkosh community have truly developed a passion for the HERSHEY'S Track and Field event and are very grateful to the HERSHEY'S organization, AAHPERD, and WHPE.



Congratulations to Jeff Sikich

The newest member of the West Allis-West Milwaukee School Board is a long time member of WHPE, Jeffrey Sikich. Sikich taught physical education in the elementary schools from 1988 until he retired last year. Sikich, a West Allis native who graduated from Nathan Hale High School, said his children benefitted from the district's high educational standards and other enriching experiences the district affords and he wants to be part of the team that continues to provide those. He brings a deep background as to the workings of the schools to the board. He even joined School Board members and the superintendent in going to bat for the West Allis-West Milwaukee schools at a legislative hearing in Madison.

WAH1209

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"Teaching Idea"
Getting to Know You

**PHYSICAL
 EDUCATION
 SHEET**

Jackie Clark, Waupun

Name: _____

Teacher: _____

Jump Rope 10 times	Has the letter j in their first name	Has the letter G in their last name	Sit and Reach 8 Inches	Has climbed the traverse wall
Knows the real name of your heart muscle	I Right-handed	Went to Wisconsin Dells this summer	Plays a musical instrument	A Person with 2 or More Sisters
Has a dog	Has a Sister	FREE SPACE	Taller than 60 Inches	Likes to Rollerblade or Skateboard
Can Hula Hoop	Knows at least 2 Health-Related Fitness Components	Is Lefthanded	Can Do 5 Pushups	Likes Asparagus
Perform a Cartwheel	Can jump and tough the basketball net	Ate Breakfast Today	LOVES PE CLASS! ☺	Been to another country

K-12 Teaching Tip – Welcome to Physical Education Class, today we are Learning...

At the Best Practices Conference Keith Bakken started his opening speech by putting up a magnetic sign that said, TMWelcome to Physical Education Class, Today we are learning^o. This aligns with the work being done in MPS and across the state. We need to let students know what they are learning, not just what they are doing. Using the Charlotte Danielson Framework for Effective Teaching this is called a TMlearning intention .

Through using daily Learning intentions/Success Criteria students will be more engaged in their own learning and know if they are successful. It is common practice for teachers to write up on the boards what the students are going to do for the day. Teachers will take these TMobjectives from the lesson plans. For example you may list TMToday we are going to have students learn how to pass the ball in volleyball . The key to effective learning intentions is to flip them to student point of view and with student friendly language. So the learning intention could be, TMWe are learning to pass the ball to teammates . Be certain you explain what the students are doing and WHY they are doing it. Students need to know the why and be able to express it.

Finally, it is also recommended that you have Success Criteria listed for the Learning Intention. In the above case it might read like, TMI know I am successful when I can pass the ball to a teammate at least three times during the class period . It is important for students to know how they are successful in every class. Success Criteria help to have students take responsibility for their own learning. Students may find it easier to be successful if they know what the target is.

MPS started using learning intentions in the 2011-2012 school year. It was not always an easy transition, finding the best language to use took time and practice. Teachers who have been using learning intentions and success criteria in the last year have told us:

"I have accomplished more this year than ever."
 ± Chad Mickelson - Grant School

"...students know right away what we will be doing and what they are expected to learn."
 ± Gail Milbrath ± Greenfield Elementary

"We are expecting more, learning more, accomplishing more with fewer distractions because everyone is on the same page and in control of and accountable for their own success."
 ± Carrie Paterson ± Gaenslen K-8

If you want to learn more about learning intentions please read the Danielson Framework for Effective Teaching, it is a book that all teachers can take something from. You can also contact Brett Fuller in MPS at fullerba@milwaukee.k12.wi.us, if you have other questions.

Sample of Learning Intentions listed by standard is available.

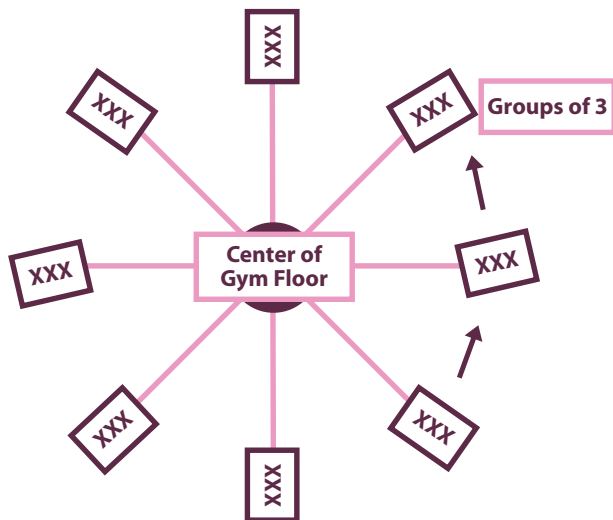
Teaching Ideas

Footloose - Dancing in 3's

- Jackie Clark, Waupun

Music: Footloose by Kenny Loggins, 15th Anniversary Soundtrack Album

Beginning dance formation: Students are in groups of 3 forming a circle around the center of the gym floor. They are all facing the same direction. The groups are similar to the spokes of a wheel radiating out from the center of the gym.



- * This dance is a fast paced combination done in groups of 3. There are partner changes in the dance.
- * If the class does not like holding hands the center person can have a scarf in each hand. The outside people hold onto the center person's scarves. During the group change the center person takes the scarves with them.
- * The movie, Footloose, was originally filmed in 1984. It was re-done in 2011. It is about a young man who moves to a small town where there is a ban on dancing.

Introduction: Hold for 4 sets of 8

Counts 1-8 – Beginning with the R foot, the groups of 3 run diagonally to the R for 8 counts. They are running at an angle away from the center of the gym.

Counts 1-8 – Beginning with the R foot, the groups of 3 run diagonally to the L for 8 counts. They are now running at an angle towards the center of the gym.

Counts 1-8 – The person in the center and the person to his/her R makes an arch and the person on the L runs 8 steps under the arch followed by the center person turning under the arch.

Counts 1-8 – Repeat the same movement with the person to the L of the center person.

Counts 1-8 – Place R heel forward, step R (1-2). Place L heel forward, step L (3-4). Scuff R foot and hold (5-6). Ball-change RL (& 7) and stomp R (8).

Counts 1-8 – Slide to the L 2x (step L, close R, step L, touch R, 1-4) Reverse to the R (step R, close L, step R, touch L 5-8).

Counts 1-8 – Kick L, step L, kick R step R (1-4) Center person jumps with L foot forward and R foot back, jumps and brings feet together, jumps with R foot forward and L foot back, jumps with feet together. (5-8) People on each side do the kicks also, but jump with feet apart, together, apart, together (5-8).

Counts 1-8 – Repeat the kicks and jumps with the center person now jumping out and in and the outer persons jumping front and back.

The dance is done 2x through. On the second time the following steps are added:

1-8 – While still holding hands, the center person moves back 4 counts and the sides move up 4 counts. (1-4). The dancers reverse their movements (5-8) and come back together. (This step could be called the "sling-shot step" as the center person is getting ready to leave and go to the next group.)

1-8 – Center person runs to the next group. Side persons run in place.

1-8 – Everybody claps 4x, takes hands and holds for 4 counts getting ready to begin the dance again.

Repeat the dance again, but in order to stay with the music the sling shot step is only 4 counts. The center moves up in 8 counts and the dance begins again.

Repeat the dance again, but in order to stay with the music put all 8 counts of the "sling shot step" in as well as the claps and 4 count hold.

Repeat the dance again this time with the 4 count "sling shot step" and an 8 count run.

At this point there are 8 sets of 8 count music that the students can freestyle to and add their own personality to the dance. They will stay with this group of 3 dancers while they are doing this. After the freestyle part the students will clap 4x, hold 4 counts and begin the dance again. They will repeat the 4 count "sling shot step" and 8 count run version of the dance 2x until the end of the song. The last few counts of the song are again a chance for each group to move how they choose for an ending.

Assessment Ideas:

Since there are 8 sets of freestyle movements, the class could be divided into 8 groups and each group could contribute 8 counts of movement to the dance and teach other members of the class their movements. Each class could then have their own version of Footloose!

Teaching Suggestions:

The dance can be taught without partner changes. The student could run in place instead of running to the next group. Once the dance is learned, it would be a fun dance to use for a presentation.



Patty Kestell State Jump Rope and Hoops for Heart Coordinator



Hello WHPE members and educators,

Welcome to the 2012-2013 school year! **Jump Rope and Hoops for Heart and "Red Outs"** are all amazing tools to use with your students to help incorporate lessons about healthy lifestyles and personal wellness. If you have not done an event yet, now is the time to get started! **Organize a "Red Out" event** for one of your district basketball games this year and help build student awareness about heart disease and prevention. Contact Kori Coffeen at AHA (kori.coffeen@heart.org) or me if you have any questions about any of the JRFH/HFH/Red Out events! Guaranteed, your students will have a blast!

2012-2013 AAHPERD Jump Rope and Hoops for Heart Grant Application

Applications are now being accepted for the 2012-2013 AAHPERD Jump Rope for Heart and Hoops for Heart Grant! The AAHPERD Jump Rope and Hoops for Heart grant provides a one year AAHPERD membership, a trip to the AAHPERD National Convention & Exposition, and a \$1,200 US Games gift certificate to purchase equipment to enhance your physical education program. All applications are due to the AAHPERD JRFH & HFH office by October 15, 2012. For more information, visit this link: <http://www.aahperd.org/jump/awards/grants/>



2012 WHPE Convention Sneak Preview

(Country Springs Hotel/Water Park Conference Center, Waukesha- October 24-26)

Basketball and Jump Rope Sessions-

Come check out the great jump rope and basketball sessions that will be offered at the WHPE convention this year! Don't miss out on Sandy Spin Slade's session, Creative Basketball Activities, or Brenda Erdman's session, GREAT Jump Rope Tricks Broken Down for You! Sandy and Brenda are both dynamic presenters, and will demonstrate great jump and basketball tricks/skills for you to share with your students!



Sandy Slade - Creative Basketball Activities (Oct 25, Thurs 1:10-2:10pm)

Brenda Erdman - GREAT Jump Rope Tricks Broken Down for YOU! (Oct 25, Thurs 2:20-3:20pm/Oct 26, Fri 1:10-2:10pm)



Jump Rope and Hoops for Heart Coordinators Breakfast Social -

All JRFH/HFH Coordinators are invited to attend the JRFH/HFH Breakfast Social on Friday, October 26th. Please contact me by Monday, October 15th if you are interested in attending! We look forward to recognizing you for your efforts!

Wisconsin Jump Rope and Hoops for Heart/Red Out Coordinators' Breakfast Social Friday, October 26th, 2012 (8:30-9:30 am)

**Wisconsin Health and Physical Education
Convention/Country Springs Hotel**

YES, I plan to attend the Breakfast Social

Name _____

School _____

Please check one: Jump Coordinator _____
Hoops Coordinator _____ Jump/Hoops Coordinator _____
Red Out Coordinator _____

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

Who is your Youth Market Director? _____

Please RSVP to Patty Kestell by Monday, October 15th.

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

WE JUMP. WE SHOOT. WE SAVE.

American Heart Association | **HOOPS FOR HEART**

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

Hoops For Heart helps students:

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

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

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

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Culturally Responsive Health and Physical Education ... by Dan Timm

Hello everyone! I hope you had a rewarding summer. Do you recall the significant event that occurred to the U.S. population in May of this year? The national birthrate of persons of color in the United States surpassed the birthrate of European Americans. This should not have come as a surprise as the birthrate of individuals of color has been steadily increasing. For example, the U.S. Census Bureau reported that in Wisconsin the following percent increases in population have occurred between 2000 and 2008: African American 10.5%, American Indian/Alaskan Native 15.5%, Asian American 25%, Native Hawaiian/Pacific Islander 35%, Hispanic American 48%. The European American population in Wisconsin increased less than 4% during this same time period.

What does this population trend mean for schools? Researchers estimate that nationally, 46% of public school students may be persons of color by 2020. The U.S. Census Bureau estimated that persons of color will comprise over 50% of the school age population by 2040 and rise to 60% by 2050.

What do these changing student demographics mean for teachers? Students who come from backgrounds different than the teacher's background bring different knowledge, experiences, values, and perspectives to class. Getting to

know your students and their backgrounds is important. Research has indicated students do better academically, have greater interest in the content, and exhibit fewer discipline problems when course content is connected to their backgrounds. Think back to your days as a student; when an instructor referred to something or provided an example that you could personally relate to, didn't that peak your interest and pull you more into the material?

As health and physical education teachers, we're interested in getting students to develop healthy lifestyles. Being a culturally responsive health and physical education teacher can help your students develop those healthy lifestyles. The more connected your students feel to the content, the greater interest they will have in what you are teaching.

What should teachers do? Culturally responsive teaching involves using examples that connect the content to your students lives but it goes beyond that. Knowing who you are as a person, being familiar with communication styles, and what you put on your bulletin boards are just a few aspects of culturally responsive teaching. In future newsletters, I will be sharing ideas on how you can become a more culturally responsive health and physical education teacher.

Twitter: Physical Education and Health's new best friend

Twitter is a worldwide information sharing network where people share information via short messages called tweets (140 or less characters). While I am sure you have all heard of Twitter, and perhaps many of you are already tweeting regularly, how many of you know what a valuable resource it is for physical education and physical educators?

Twitter gives you an instant connection with physical educators all over the world - ideas, questions, resources, videos, and links are shared every day and, using twitter tools such as hash tags, favorites, lists, search, and retweets, you can quickly find a wealth of information. News articles and research articles pertaining to physical education are posted daily giving you excellent resources to share with colleagues, parents, your school board and community.

Hash tags are used to mark keywords or a topic in a tweet. The # symbol is placed before the topic or keyword so that if a user clicks on the hashtag, all the tweets containing that hashtag will appear. You can also use the search bar on twitter to enter a topic of interest - all tweets containing that word will be shown. Common physical education hashtags include #pegeeks, #physed, #pechat, #pe. Other pertinent hashtags for our field include #fitness #health #obesity #ipaded

Favorite allows you to save a tweet to a favorite list, which is ideal for bookmarking resources and links. All you have to do is click on the star which appears alongside the tweet you want to save and it will automatically appear in your favorite list.

Lists help you organize the people you follow - you can create a list for physical education so that when you click on it, all you will see are the tweets of those people placed in the list.

Retweets are an excellent sharing tool - if you find something you would like to share with people who follow you, simply click on the retweet button and it automatically gets reposted from your account.

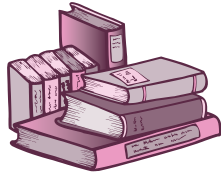
Signing up is very easy - go to twitter.com and create a log in ID. You can some information about yourself and add a photo if you wish. You don't even have to tweet - you can simply use it as a search engine of sorts but if you have a burning question, put it out there with an appropriate hashtag and see what happens!

Finally - for a video tutorial on Twitter and Physical Education visit: <http://vimeo.com/8932337> and <http://www.youtube.com/watch?v=AMjGcrBJK-c> And don't forget to follow @WHPE!

Jo Bailey aka @lovephyed

Book Reviews

Beyond Discipline: From Compliance to Community



Author: Alfie Kohn – Publisher: ASCD – Year: 2006

Kohn discusses various discipline programs which imply teachers have to be in control of a classroom to attain the desired result of getting students to comply with rules. He argues that students are not always the ones at fault when things don't go as planned and if students do act up, there is a reason. Kohn promotes that rather than doing things to students, teachers should work with students to create caring communities in the classroom, which can enhance learning and alleviate discipline problems.



Submitted by Dan Timm

A BIG THANK YOU!!!

The Future Professionals would like to thank Ms Kris Fritz for ALL the donations she has given us for our raffle at the State convention in October!! Make sure you all come and check out the photo signatures of Carl Lewis, Wisconsin Badgers football signed by Bret Bielema, T-shirt with the US Women's Open golfer autographs from 2012 (Paola Moreno, Alison Walshe, Cheyenne Woods (Tiger Woods niece), Na Yeon Choi (US Open Champion 2012) Jenny Gleason, Amanda Blumenherst), an Olympic fleece jacket and many more items. The future professionals will be selling raffle tickets for all these items and many more donations. If you have something you would like to donate to our booth at the convention please contact: David Lostetter at david.lostetter@my.uwrf.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@uwlaax.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.

Great Books for PE

Jackie Clark, Waupun

Showdown At The Food Pyramid – Rex Barron

- Junk food takes over top of food pyramid and they start kicking off fruits and veggies and were "bullies".
- Pyramid tipped over – too much on top.
- Veggies, fruits, grains, meat and milk rebuild the pyramid and allowed a few sweets at the top

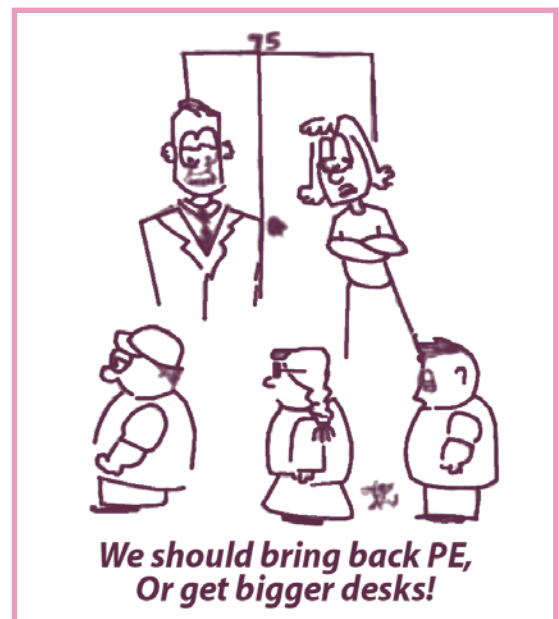
**Great way to integrate bullying, food pyramid into your lesson.*

IQ Get Fit – Mary Ann Fraser

- IQ is the class pet (mouse) and wants to pass the fit test like the kids in his class and get a ribbon
- It was Health Month and every week they talked about a different concept
- They practiced in PE class
- Week 1: Eat a Balanced Diet
- Week 2: Stay Active (warm-up and stretch first)
- Week 3: Drink plenty of water
- Week 4: Get Lots of Sleep
- IQ tried hard on his fit test, but didn't make the standard but did get a ribbon for "most improved"

Mr. Sugar Came to Town – Harriet Rohmer (Spanish/English Version)

- Grandma made tamales. Kids heard the Ice Cream "Sweets" Truck
- Mr. Sugar was the driver. Kids ate sweets and then felt sick. Every day the kids ran out to the ice cream truck to get sweets and stopped eating meals at home.
- They got fat, holes in their teeth, hyper from too much sugar and then got sleepy.
- Grandma warned them about Mr. Sugar. She took off his mask and discovered Mr. Sugar had rotten teeth and was not very good looking.



A Great Recipe from WHPE

No Bake Peanut Butter Bars

3 cups powdered sugar
1 2/3 cups peanut butter (creamy or crunchy)
1 1/2 sticks of oleo (melted)
1 package graham crackers (crushed)

Mix above ingredients together and then press into the bottom of a 9 x 13inch pan.

In small saucepan melt together:
3/4 stick of oleo
1-12 ounce package of Nestle's chocolate chips.



Spread over mixture in pan.

Serves: Depends on how big of pieces that you cut the bars into.
Makes 36 bite sized servings at best guesstimate.

- Chuck Stangl



In picture: Rosie Sylvester, Brad Strand (AAHPERD President), Chris Zvara

Rosie Sylvester and Chris Zvara enjoyed attending the Southwest (AAHPERD) District convention on the Island of Oahu, Hawaii in June. One unique experience was a traditional Hawaiian blessing and welcome at the general assembly.

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



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

Fooducate - you can use this app to scan bar codes on food and find out the calories per serving, the number of food points, if it has any vitamins and a healthy recipe using that product!

Easy Portfolio-ePortfolio - this app lets you create electronic portfolios for your students. You can add the following records to showcase your students work: photo and video, audio recordings, web links to online work and digital documents.

3D Brain - this app consists of 29 interactive structures that can be rotated in 3D space. Each structure contains information on associated functions, disorders, brain damage and links to research.

American Heart Association | **JUMPROPE 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.

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

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

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Executive Directors Report

Remember, our WHPE convention schedule remains unchanged through 2015. If your school district calendar has been redrawn, you might want to have a conversation soon with your principal to make sure you will be able to attend. We will be at the Country Springs Hotel and Water Park in Waukesha for 2012 and 13 then back to Wisconsin Dells at the Kalahari for 2014 and 2015. Because our conference is in-state and less than \$100.00 for pre-registration, many school districts are willing to pay for their teachers to attend. Go out on a limb and ask your principal to pay your way.

I trust your summer was rewarding with plenty of opportunities for recreation and other healthy activities. Many of us had the privilege of attending DPI Best Practices in Health and Physical Education in Stevens Point. This summertime workshop is going strong after more than a decade and continues to grow in popularity. This year, WHPE added 31 new or renewed memberships including 10 dedicated professionals who paid up for life. This is a picture of Matt and Stephanie FencI, our first husband and wife team of lifetime members.

Welcome back, my friends.

Keith

As WHPE members for the past several years since we were undergraduate students at UW-La Crosse, we (Stephanie is a health and physical education teacher in the River Ridge School District and Matt is an assistant professor in the Department of Health, Exercise Science, and Athletics at UW-Baraboo/Sauk County) have had the opportunity to become better educators because of the many professional development benefits of membership in the organization. When presented with the chance to acquire a lifetime WHPE membership for half price while attending the Best Practices in Physical Education and Health Conference in July at UW-Stevens Point, we thought, why not? We're both relatively young and still early in our careers. We both plan on continuing to be health and physical education professionals in Wisconsin for years to come and are excited to make a difference in the lives of the students we teach. We both want to stay current in the field and to never forget the importance of attending regional and state conferences, interacting with colleagues throughout the state, and of course learning about new and fun ways to educate our students and keep them active for a lifetime.

Now, as lifetime WHPE members, we'll have the opportunity to continue to be actively involved and up-to-date in the profession, and will have a great resource for the rest of our lives to help us become advocates for the development of a healthy, active population in our great state of Wisconsin. While acquiring lifetime memberships also made financial sense for us, it more importantly will inspire us to be the best that we can be in our profession throughout the remainder of our careers and beyond.

– Matt & Stephanie FencI

