



www.whpe.us

Our mission ...

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

From your President . . . Crystal Gorwitz



I wanted to start by saying how excited I am to serve as your president! I want to thank Brian Marx for the awesome job he did as president last year. I also want to thank Brenda Erdman and everyone who worked on the 2011 WHPE convention. What an amazing convention!! The WHPE convention always provides such great opportunities to network with great physical education/health education teachers from around the state and country (especially California!) and also take back great ideas to our classes!

My theme this year is "Building the Foundation for a Healthier Generation". I believe that every day in Wisconsin physical educators/health educators are laying the foundation in their classes for all of their students to lead a healthy lifestyle. As your president I want to provide you with the most up to date information available and believe that the fastest way this can be accomplished is through the use of social media. I have a blog that I will be writing this year titled, "The Awareness Blog" in which I will share information about teaching high quality physical education/health education. You can read my blog by going to the WHPE website and scrolling down to the awareness blog. Once you have opened the blog, you can click on the button "Follow" and you will receive information anytime this blog is updated. Social media is one tool that teachers can use to access new ideas, share ideas and receive information on websites that provide the most up to date information on teaching high quality physical education/health education. WHPE also has a Facebook group that is a great tool that we can all use to build that foundation for not only our students but for ourselves. You can join the WHPE Facebook group by going to <http://www.facebook.com/groups/219120238105560/> to join the group. Think of all the great ideas we can share by using this piece of social media!

Another goal I have as president is to send out monthly challenges to the membership. The monthly challenges will relate to my theme, Building the Foundation for a Healthier Generation. In November the challenge was related to Choose My Plate and physical activity. I am also encouraging teachers



to invite an administrator or school board member to take part in each month's challenge. If you take the challenge and post your information along with a picture of one of your administrators taking the challenge you will have your name entered into the monthly drawing for a \$50.00 gift certificate from Sportime. Each month one WHPE member will have the chance to win the gift certificate. Because December is such a busy month you will have until the end of January to enter your information on the WHPE Facebook page. Look for information about the December/January Challenge in this newsletter and also on my Awareness Blog.

I want to encourage each WHPE member to keep building the foundation for all of our students' health. I know that this past year has been difficult on everyone but I know that the membership of WHPE is filled with positive teachers who make positive changes in the lives of their students every day! I want to encourage you to keep building that foundation by being the positive influence at your school! I also want to encourage you to host a jump rope for heart or a hoops for heart event. I am hosting my first Red Out Event on January 26th and I am really excited! I would love to hear from you about how you are building the foundation for your students! You can contact me anytime at cggymteach@aol.com with any questions you have or to talk about your physical education/health education program!!

IN THIS ISSUE

2011 WHPE Award Recipients	4-5
Future Professional News	9-10
Warm Up Ideas	19
Lesson Ideas	22

2011 WHPE Convention Highlights



2011 WHPE Convention Highlights

Thanks to the many volunteers, this year's WHPE convention in Wisconsin Dells was a great success. There were over 700 participants in attendance. These photos are just a glimpse of this year's professional development opportunity in health and physical education! Mark your calendars now to attend the 2012 WHPE Convention, October 24-26, in Waukesha.



Members Recognized at Convention Banquet

The annual Awards' Program took place at the WHPE Convention Banquet Thursday Oct. 27, 2011 in Wisconsin Dells. It was a celebration of the many 'waves of opportunity' that members participated in throughout the year.

The evening began with introductions of guests, honoring the memory of colleagues who had passed away, and by the offering of an invocation prior to eating. Following eating and socializing, WHPE Awards' Committee members introduced each award category and spoke briefly honoring our colleagues who received awards.

Carol Tyriver and Karen Cain presented the **Larry Cain Memorial Scholarships** in that assisted Jeremy LaFleur and Rebecca Ponick with professional development costs. The following individuals were recognized throughout the rest of the evening for having demonstrated leadership, innovative best practices, excellence in teaching and service to our Association:

Citation Award: Gail Milbrath, Fred Pelley, Pat DiRocco, Manny Felix, Garth Tymeson

An additional Citation Award was presented prior to the Banquet by President Marx and Executive Director, Keith Bakken, on campus at UW- LaCrosse. It was accepted by Chancellor Joe Gow on behalf of the University for extending WHPE a place to house its Executive Office over 25 years ago in Mitchell Hall of UW-La Crosse. This partnership has grown over the years and been beneficial to both WHPE and the University.

JRFH/Hoops Award: Jackie Clark and Neil Seering

Retirement Recognition: Sue Damske, Shawn Fredricks, Donna Meier, Anita Palmer

Membership Longevity: 20 Year: Cindy Albert, Brenda Erdman, Janet Fendos, Shawn Fredricks, Tonya Gnewikow, Christine Hein, Renee Marshall, Mary Sue Mikich, Anita Palmer, Michael Schmitt, Wendy Wiesjahn; Mary Ziegler; **25 Year:** Clare Boyle, Lois Garrity, William Kirsch, Donna Meier, Susan Mischler, Suzanne Montabon, Roberta Polikowski, Carol Tyriver; Bonnie Weyer

Ryan Heath was presented with the **Student Leadership Award** and the **WHPE Promising Professional Award** was given to Scott Carlson.

Teaching Honor Awards were given to Brenda Wenzel, Elementary and Joanna Bailey, Secondary. Outstanding contributions to the profession and the Association were recognized by the bestowing of **Recognition Awards** upon Sandy Hagenbach and Jan Kunert.

Brenda Erdman was given the **Award of Merit** signifying her completion of her three year Presidential term in recognition of extended service to WHPE. President Marx gave the following **Service Awards** to individuals who had helped him during his year as President: Keith Bakken, Mary DeMunck, Susan Flynn, Kristen Gurtner, Senator Herb Kohl, Jan Kunert, Deborah Marx, Rosie & Perry Sylvester, Lisa Schweitzer; Diane Ulezeski.

Prior to the 'passing of the gavel', Midwest President Elect, Rosie Sylvester, presented Scott Frazier with the **Midwest Honor Award** that is given by the Midwest District of AAHPERD to recognize distinguished service to the profession through teaching, leadership, publication and service.

With the 'passing of the gavel' from Brian Marx to Crystal Gorwitz, it was evident that our leadership team will continue to ride whatever 'waves of opportunity' that present themselves for improving our profession, while beginning to 'build a foundation . . .' for even bigger and better things to come.

Please take advantage of adding a 'brick' to Crystal's 'foundation' and honor a colleague by sending in your nominations for the WHPE 2012 Awards. Details can be found at www.whpe.us or by calling Nicole at 1-800-441-4568. The deadline is Feb. 1, 2012.



Larry Cain Scholarship Award
Jeremy LaFleur, Karen Cain, Rebecca Ponick



Gail Milbrath



Fred Pelley



Pat DiRocco



Keith Bakken, Joe Gow, Brian Marx



Jackie Clark & Neil Seering



Anita Palmer, Sue Damske, Shawn Fredricks



Anita Palmer, Tonya Gnewikow, Wendy Wiesjahn, Brenda Erdman, Shawn Fredricks



Carol Tyriver



Brenda Wenzel



Joanna Bailey



Ryan Heath



Scott Carlson



Jan Kunert



Sandy Hagenbach



Brenda Erdman



Keith Bakken



Mary DeMunck



Susan Flynn



Kristen Gurtner



Deborah Marx



Rosie & Perry Sylvester



Diane Ulezeski



Scott Frazier

*Thanks to the following professionals who sponsored a "future professional"
to the 2011 WHPE Banquet:*

*Shelly Benck, AB Culver, Kath Eaton, Scott Frazier, Kris Fritz, Crystal Gorwitz, James Gostomski,
Mary Kennedy, Jan Kunert, Kristi Mally, Gail Milbrath, Faye Perkins, Lori Petersen, John Rabe,
Sue Reinhardt, Martha Schuh, Scott Sponholz, and Rosie and Perry Sylvester!*

Midwest/WHPE a Success!

A perfect ending to a great convention – Duffy Kopf sharing his passion for fishing. While some of us are waiting for the opportunity to try out what we learned at the Midwest/WHPE workshop, we all know "the big one" won't get away if we practice what Duffy taught us. A special thank you to the following for



their sponsorships and door prize donations: Perry Sylvester, Chuck Pohlman, Wally Dueno – Pure Fishing, Larry Wipperfurth – Wilderness Fish and Game, Tom Langhoff – JB Lures, Mile Dwyer – Dwyer Marine, DePere Nicolet Bank and the DePere McDonalds'. Happy Fishing to all!

Let's Move in School Information

Nearly 6000 schools across the country, representing over four million students and 21,000 physical education teachers have registered to date for www.LetsMoveInSchool.org, an initiative of AAHPERD. Let's Move in School is spreading the word about the importance of implementing a comprehensive school physical activity program.

The second Wednesday of every month AAHPERD sponsors a webinar about what's new with Let's Move in School, resources to use in your school, and real life examples from those in the field. Each webinar is archived on the Let's Move in School site. Also available from the website is a new comprehensive school physical program is now available online for PTAs and PTOs to use to assess and promote physical activity in schools.

Editor's Note:

If you have any news, upcoming events, outstanding achievements, professional articles, etc... you would like to share with our members, please submit a typewritten copy of these newsworthy items (include photos when possible) to:

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

Deadlines for publication are: Dec 15 for the Winter issue; May 1 for the summer issue; August 1 for the Fall issue. It is important that everyone adhere to these deadlines to ensure that all newsworthy items may be included in each newsletter in a timely fashion.



**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.

Past President News . . . Brian Marx

My year as president went by faster than I could have ever imagined. It was a very challenging year as we all know. I learned so much and am grateful for all the help along the way. Our job is not finished. We must continue to share all the good things we are doing in our classes and for our children. Personally, I invited my director of human resources to our convention and she was so impressed that she said we need to get all of the PE staff in our district to the convention next year and it wouldn't hurt the classroom teachers to attend either. We are planning on including more brain-based sessions to appeal to "classroom teachers." Let's show them how important being physically active is and how PE can help our students in their classes. The more people that can stand beside us the better.

Thank you to everyone who attended and helped with the convention. It was a huge success and that is due to our amazing planners, volunteers, presenters, and everyone that attended. If you have ideas or suggestions for the convention next year please send them to us at the WHPE office or contact me directly. We want to make the convention better every year but we need to know what you want. Thank you to everyone who answered the survey as well. Those responses will help us plan for the 2012 convention. You can keep up to date with other members on Facebook and send ideas there as well. Just join the WHPE page. There is also a lot of great information on the WHPE website. That is also the place you can purchase WHPE clothing. There is a link on the WHPE page. If you want something that is not listed just write to the e-mail address on the page and they will give you some options.

"Building the Foundation for a Healthier Generation" starts with us. Let's make this the best year ever for WHPE!



A Message from your Past-Past President

Building the Foundation for a Healthier Generation is no easy task as many of us know. Crystal has given each of us a great challenge in her theme and the blogs. As I was working with the students in my 10th grade classes today, I thought about the challenge of setting the foundation for students to learn why it is important to include physical activity and healthy eating in their lives after they graduate. Including a large spectrum of activities in the curriculum helps to expose students to activities they will participate in after graduation. Our students at Hortonville High School are fortunate to have the availability to walk to the bowling alley, golf course and Black Otter Lake so we can include those lifetime activities in our curriculum without the expense of field trip transportation. We do not always know how we can and do impact the students we work with. By being positive role models for our students and including healthy choices in our daily lives we set examples students remember. Think about it...do you remember your physical education teacher? What do you remember? ***Stay active and healthy!!! Marcia***



WHPE President-Elect . . . Jo Bailey

Firstly I would like to say a huge THANK YOU to you the members of WHPE – I spent November trying to secure a \$10,000 grant from the Pepsi Refresh Project and I sent out an email to the membership asking if anyone would mind voting for our project. The support I received was just wonderful and it was so lovely to have so much help from fellow members. The whole grant process was very valuable – we lost out on the grant by one place within the last 30 minutes of voting which was heart breaking BUT what we gained was far more important. Our students came together as a school to support our grant bid, engaged other members of the community, and really took ownership of trying to win the grant. It was a fantastic opportunity to demonstrate to them that their voice and votes really did matter as they saw us move from 155th place up to 10th and ultimately finish in 16th place. They were gutted to hear that we had just missed out and have been continually asking if we can try again – I am hoping we can! It also allowed physical education to be at the forefront of their minds and I had the opportunity to tell students, parents, and community members over and over what we were trying to do and why.

The grant bid also provided many opportunities to address the phrase "It's just gym". I am sure we have all heard this statement many times – from our students, parents, colleagues, and members of the community. Even physical educators can be heard calling their own subject area "gym". This may seem like a frivolous point but by allowing our profession to be held in contempt by so many people, aren't we inadvertently contributing to the problem?

It is more important than ever that we stand up for our profession and take every opportunity we can to educate and inform our communities of the benefits of physical education, about what constitutes quality physical education, and about the quality teaching practices that go on in our classroom. It would probably be very eye-opening to find out how your students perceive physical education.

Take every opportunity to have what you do in the classroom publicized – let the local newspapers know what you are doing and why it is important, invite your school board members to your classes and write to your legislators about your class. These are the people who are making decisions on local, state, and national level about physical education and health education and our voice needs to be heard. I am sure that Senate Bill 95 is going to be discussed at many school board meetings in the near future – make a video and show your school board everything that we do in physical education that doesn't take place in sports or extra-curricular activities.

Finally- we might not always see the results of what we do in class but it does make a difference. My colleague and I went to our junior high recently to introduce them to Zumba as part of their dance unit and to discuss physical education classes at the high school. A couple of days later I was in a meeting and a lady spoke about how she had someone she would like to thank. Her daughter had come home buzzing about the experience she had had in physical education that day and told her mother she wanted a Zumba Wii game for Christmas and another dance game as well. Her mother went on to explain that her daughter did not generally enjoy being active and struggled with her weight, so for her to be so excited was simply thrilling for her. I am not too proud to say it made me cry because it just demonstrated how important our role is as physical and health educators and the difference we can make in a student's life.



WHPE Treasurer

By Khyl Berndt

Hello to all my fellow WHPE members! My name is Khyl Berndt and I am now serving in my second year as WHPE's treasurer. You may have seen me around at the past couple conventions as a greeter, handing out our fancy WHPE pins when you checked in, or at one of my presentations. Either way, I know I

have met some amazing members in the past couple of years as I have become more involved. A little bit about me: I am in my fifth year of teaching at the elementary level in the School District of Holmen. The past five years have been very crazy as I have always been a full time teacher. However, my position has jumped around between four of our elementary schools and I have been splitting time between regular P.E. and S.D.P.E. Needless to say, I am a busy person balancing my time between teaching, working with student teachers and clinical students from my alma mater UW-La Crosse, coaching the varsity girls soccer team, spending time with my husband Ryan Berndt (another fellow member and P.E./Health teacher), and my red lab CALLA! I wish you all a happy, healthy and active new year!



Parliamentarian



By Brenda Erdman

Hello everyone and Happy New Year! I have been teaching elementary physical education in Reedsburg for 18 years. I was a traveling teacher the first three years I taught here and have not been one since...until this year! This year I have three schools! I have the opportunity to spread the joy of movement and fitness to MANY more students. I love all those bright little faces! Another change is all of the district 4th and 5th graders moved to the same elementary school and all the other schools are K-3. I feel like I am really focused on K-3 more, but I do miss my older students and the progressions I can do with them. I think the hardest part of my year this year is finding the time to get everything done! I am sure many of you can relate to that!

My family is doing well. My three girls are growing into beautiful young ladies. I also continue to coach swimming for the Swim Reedsburg Stingrays.

This year for WHPE I will be President Crystal's parliamentarian. I look forward to this new task, but I mostly look forward to staying connected with WHPE, being on the board with great professionals and helping build a strong foundation for a healthier generation through WHPE!

Inspiration

submitted by Jim Clark, retired Stevens Point Public Schools Physical Education Coordinator

Stevens Point Elementary Schools have been holding a 5th and 6th grade track meet since 1969. In recent years it has been a two day affair. Gene LaRose, then PE Coordinator and now retired elementary Principal, was the force behind the first one which was the culmination of the track unit in physical education for the 5th and 6th graders.

Martha Schuh thought it would be a good idea to name the track meet after Gene. Martha was a first year teacher hired by Gene in the 68-69 school year. With the help of present Superintendent Winegar and the official recognition of the school board - the Stevens Point Elementary Track Meet is now the GENE LAROSE ELEMENTARY TRACK MEET. An official plaque will hang on the entrance of Goerke Field recognizing Gene's efforts.

What is neat about the whole thing is that the Superintendent asked Gene to defend the two day meet to the school board under the guise that they were studying out-of-school field trips. Gene was well prepared and had two or three pages of notes supporting the values learned from the event. He didn't even get a chance to talk because Superintendent Winegar took over with the announcement and a replica of the plaque. Needless to say Gene was surprised!

Future Professional News



By David Lostetter Future Professionals Vice President

Hello all! First, I would just like to say how happy I am to be your new Future Professionals Vice-President for the upcoming 2011-12 year and I am really looking forward to the opportunity to serve our organization and profession! So you know a little about me, I am originally from Saint Paul, Minnesota (the state of hockey) and am currently entering my final year at UW – River Falls, finishing my Physical Education degree with an Adapted P.E. minor. Winter is my favorite time of year and I love to downhill ski, cross-country ski, play hockey, and snowmobile, so I am really hoping Mother Nature will dump some more snow on us soon!

I am super excited about the Future Professionals team I am working with this year and I happy to report that we are hard at work preparing for upcoming events in 2012! I would like to thank Ryan Heath for his kind mentorship to me and service to our organization over the past year as our Vice President. I would also like to welcome Natalie Neidorowski, who is our new Vice President-Elect and also Dan Yeager, who is our new Future Professionals Secretary. Both are students from UW – La Crosse and have already proven to be great assets to and leaders in our organization.

Currently, our biggest upcoming task is the preparation for our 2012 Future Professionals conference that will take place on the UW – River Falls campus on April 13th and 14th in Karges Center. We are hoping to host as many students as possible so please mark this on your calendar now and make sure you go to our Facebook page to download the registration form and brochure. This conference is a great opportunity for future professionals to meet students from other schools, make professional connections, and learn best practices from some of the best professionals in our field! Tentatively, we are planning on having several activity sessions, a panel session with 1st and 2nd year teachers, an Adapted PE session and a Health session. For more information and updates on this event, please go to our Facebook page at www.facebook.com/2012whpefuturepro (...there just might be prizes given away to people who “like” our Facebook page J!).



Coming up in 2012, if you are looking for some more awesome professional development opportunities, there is the annual AAHPERD National Convention in Boston, MA that will be going on March 13th – 17th. Also, there is The Midwest District Convention at the Hilton Indian Lakes Resort in Chicago, IL that will be going on April 25th – 28th. Both are exceptional opportunities for anyone interested in attending. If you are looking to coordinate room and travel with other UW students to either of these or both, please contact me at david.lostetter@my.uwrf.edu and I will help you get in touch with others. Don't forget to keep a look out for your local WHPE district workshops that will be announced soon. You can check for upcoming district workshops online at www.whpe.us.

That is all for now! I hope I have covered everything! I just want to in closing say thank you to those who put so much effort in the planning of the 2011 WHPE Convention and to all those who presented and/or attended. I thought it was a great success and I feel I gained and benefited so much in my own professional development from the experience. I am already looking forward to the 2012 convention in Waukesha, WI! Again, I am very excited to be working with so many passionate people and our field and very much looking forward to the many great opportunities ahead. I hope you all enjoy the holidays and wish you the best for this coming year!

WHPE Future Professionals Secretary

By Dan Yeager

I was born in Colorado Springs, CO, and am a graduate of UW-Stout with a degree in Business Administration. I am currently attending UW- La Crosse pursuing my Masters in Adventure Education. I have served seven years in the military as an Infantryman, spending two tours in Iraq. I am passionate about becoming a Physical Educator. My wife, who is also a teacher, and I aspire to someday find teaching positions in Cadott, WI, where we both spent our childhood.



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



Highlights from the 2011 WHPE Convention

By: Natalie Niedorowski, Future Professionals Vice-President Elect

For Future Professionals, coming to the WHPE convention can be an intimidating experience. There was a plethora of options each session for students to go to, and almost all of us could say that at-least once this year we faced the dilemma of picking one speaker over another. With all the buzz and hype about this year's convention, a few crowd pleasers stood out to everyone, even if we could not attend the session. "Minute To Win It", provided goes with quick and easy instant activities that incorporates pop culture into our classroom, giving us more tools to motivate our students. "Aqua Zumba" gave participants a great work out in the indoor water park, and showed participants a different take what an aquatics unit can look like. "Alternative Resistance Training for Physical Education" blew participants minds with the creativity and effectiveness of alternative workouts by using non-traditional materials to get in an effective workout. My personal favorite was "Health Entertainment" as it gave many of us new ways to incorporate self efficacy, self esteem, and other mental and emotional health issues along a little nutrition. Overall, all of the sessions presented were creative and all of us were able to walk away with some new and improved ideas for the classroom.

About Me

Hi everyone, my name is Nathali Niedorowski. My initial reason for choosing Physical Education as my major was on a flip of a coin after being set on being an athletic trainer. In my fourth year of school, I am double majoring in Physical Education and Health Education. I will be at the University of Wisconsin – La Crosse for a total of five and a half years. On a more personal note, I am a Chicago sports fan (minus the Soxs). I was born and raised in the North-West suburbs of Chicago. Swimming was and still is a part of my life. For music, I am a big fan of alternative music and metal. If you know of any good bands send them my way via Facebook or email and I'll be sure to give them a listen. If I had all the leisure time in the world, I would be DIY crafter. If you are still reading this, then you know that I'm an odd person overall (^_^) but I cannot imagine myself any other way. I look forward to representing the Future Professionals this year and next year, and I hope you all have a cheerful winter season!

Wisconsin Universities Major Club Happenings Fall 2011

UW-River Falls Health and Human Performance Club Happenings

By: Becky Ponick

What a year it has been thus far for the University of Wisconsin River Falls Health and Human Performance Club. This fall has been extremely busy for our club from going to the WHPE Convention in Wisconsin Dells to planning a Turkey Trot 5K Run and 1 mile walk which we had over 200 participants. At the WHPE Convention, some of our members had the opportunity to present two sessions. This was a great opportunity for our students to present to other professionals and represent UW-River Falls. Overall, we had 60 members attend the WHPE convention, which is a record number for our club.

Our club has grown tremendously over the past 3 years with members increasing to over 75 students. In April, we are hosting this year's Future Professionals Conference, which is very exciting. We've had the chance of sending students to the AAHPERD Convention and one of our current students holds the student vice-president position on WHPE. We have been very lucky to have support from our advisor, James Gostmoski, and many other faculty members on campus. Without their support, our club wouldn't be as successful and well known as we are today.

UW-La Crosse PEM Club Happenings

By: Natalie Niedorowski

The UW- La Crosse Physical Education Major's (PEM) Club has been very busy this fall semester. This past November we have help set up the Rotary Lights in down town La Crosse. PEM club volunteers take the day to help other city volunteers set up the extensive light display that overtakes Riverside Park from the end of November through the beginning of January. On November 19th, PEM Clubbers and the family and friends of Josh Mason ran the La Crosse Turkey Trot under the slogan Joggin' for Josh. Donning matching t-shirts and Mohawk hats, this group ran to keep the memory of Josh alive and well in all of our minds.

For ongoing and upcoming activities involving PEM Club and the community, PEM Club has collaborated with the La Crosse Salvation Army to provide a bi-weekly physical activity program for youth and adults. Every winter for three days Physical Education Majors run a camp to keep local children active during the holiday season. In February, the PEM club will also be participating as a team for Relay for Life.

DISTRICT NEWS

Central District News

By *Andrea Brehm, Coordinator*



Hello! I'm Andrea Brehm, the Central District Coordinator. I currently teach elementary physical education at Hemlock Creek Elementary School in the West De Pere School District. I am originally from Wrightstown, WI, attended UW-Stevens Point and attained a major in physical education, minor in health education, and an adapted 860 add-on certification. I live in Menasha with my husband, Chuck, pet dog, Leroy, and rabbit, Barry. I enjoy running, playing soccer, and spending time with my family and friends. I'm very excited to serve as your Central District Coordinator and look forward to seeing you at the Central District workshop on Sat, March 3rd!

Southeast District News

By *Lisa Strauss, Co-Coordinator*



I have been teaching PE in health in the Milwaukee area for 16 years, with the last 10 being at Templeton Middle School in Sussex, WI. I am also an adjunct professor for Carroll University in the areas of Health and Physical Education for the past 5 years. I coach 7th grade girls and boys basketball, am married with twin boys age 8 and in my free time I do 3rd grade projects for my boys and drink Bud Light.

The date for the SE District workshop is not currently set, but will be in March or April. Our tentative topic is "Active and Healthy Schools"

By *Laura Stefancin, Co-Coordinator*

I am currently looking for a teaching position. I was teaching in a few small districts in SE Wisconsin but due to budget cuts I was let go. I am excited to be helping Lisa out with the South Eastern District Workshop, as well as taking over the Health Chair. With not having a full time position, I am working a lot of odds and ends jobs. I spend as much time with my puppy hiking the Kettle Moraine Area. I also enjoy playing volleyball and riding my bike. (Picture is of my second triathlon.) I am finding out that some of our best programs are hidden in the schools, not tucked away in a book. If you have any great ideas you would like to share, please let me know. I would love to come visit your class.



Southwest District News

By *Samantha Tahic, Coordinator*



Hello, my name is Samantha Tahic and I am your new SW District Coordinator. I am excited for this year and look forward to planning the district workshop. I have five years of Middle School Physical Education teaching experience and one year of Middle School Health in the Sparta School District. I am a proud mother of a four month old girl. I spend most of my time playing and cuddling with her but when

I get spare time I like to run, roller skate, and go on adventurous vacations with my husband. Please watch your emails to find when the SW District workshop will be. It will be at the Sparta Meadowview Schools this spring. If you know of a PE or Health teacher that is not a member of WHPE, please inform them of the opportunity to go to these workshops and how it is great for getting ideas to bring back into the classroom, expand your network, and have fun engaging in activities for a day. If I can assist you with anything please feel free to e-mail me at stahic@spartan.org. Join the WHPE team in following this year's theme of "Building the Foundation for a Healthier Generation".

Northwest District News

By *Lori Diesburg, Coordinator*



My name is Lori Diesburg and I have been teaching PreK-5 Physical Education for the last ten years at Mellen Public School in Mellen, WI, which is a small town in northern Wisconsin. I always tried to emphasize to my students from an early age the importance of eating right and keeping fit through many different activities, such as participating in Jump Rope for Heart, skiing the Barnebirkie Ski Race in Hayward, WI, and completing the Presidential Physical Fitness Test. I earned a Bachelors of Science Degree in Physical Education and Health from UW-Superior in 2002, where I also received a PK-12 teaching certification and a Coaching Minor. I then earned my Masters Degree in Physical Education, Health, and Recreation online in 2010 from Emporia State University located in Emporia, Kansas. When I'm not teaching I enjoy spending time at home in Ashland, WI with my family, and participating in a variety of activities that keep me active. I decided to become a member of the WHPE Board of Directors so that I could be a part of a great organization that gives a voice and recognition to a profession that many don't deem as worthy. I am proud to have this opportunity to help make a difference by serving as the Northwest District Board of Director Coordinator. Thank you.

Northeast District News

By *Don Scharbarth, Coordinator*



My name is Don Scharbarth. I have taught physical education at Lakeland Union High School for the last 21 years. Prior to that I taught 2 years in Phillips WI. and 2 years in Lamarque TX. I am a UW La Crosse graduate and also have a masters degree in administration from Marion College. Last December I retired after 18 years as the Head Football Coach at Lakeland. My wife Tracey is also a teacher and my son Tyler is a freshman at UW La Crosse and daughter Abby is a Junior at Lakeland High School.

Elementary Division News



Hi, I am Patty Kestell... I have been enjoying serving as the Elementary Vice President for WHPE this past year! Being a part of WHPE has given me a great way to network and meet other physical education and health educators throughout our state. If you haven't had a chance to take on a leadership role in WHPE and are interested in getting involved, contact any one of us to learn more about it! It is a great way to give back our great organization! The WHPE Convention at Chula Vista this past fall was an OUTSTANDING experience, and planning will soon begin for the 2012 WHPE convention. Please contact me if you have any great sessions you would like to see in Waukesha next fall. Help us "Build the Foundation for a Healthier Generation" this year by presenting a session you have some expertise in! You may contact me at pkestell@cedarburg.k12.wi.us . I look forward to hearing from you!

Middle School Division News

My name is Mandi Hendricks, I graduated from UW-Oshkosh and teach at Unified Catholic Schools in Oshkosh. My favorite class to teach is Lifetime Sports. I am married to my wonderful husband, Bill and have two grown children. In my spare time I enjoy reading, playing cards, training my dog and traveling. I am a lifetime member of WHPE and am excited to be representing the Middle School Division. If you have ideas you would like to see at conferences, please email me and let me know.
mhendricks@ucs.k12.wi.us



Middle School PE Chair

By Kathy Borski

I am in my 15th year at Winneconne Community Schools. I currently teach Specially Designed Physical Education for 1/2 my day, 6th and 7th grade PE and 6th grade Health for the other 1/2 of my day. I coach Middle School Volleyball and HS Powerlifting. I am also an advisor for our Intramurals program and our Student Council here in the middle school. I am a mentor for our school district, a PDP reviewer, and have just completed my Masters in Educational Leadership from UW-Oshkosh. I have been a lifetime member of WAHPERD/WHPE since 1997. I have four daughters, all in their 20's; and three grand-dogs.

High School Division News

By Wendy Wiesjahn, VP

Hello Everyone! I hope everyone had fun this past holiday season. I hope we all found time to get a work out or two in as well! My name is Wendy Wiesjahn and I am again glad to be on the Board. I am your High School Representative. So please send me any information about what you'd like to see at the convention next October; or if you'd like to present something. I hope we can all convince our districts to let us "off" for those two days. In my district we are scheduled for Thursday of inservice and Friday is off. I'm pretty sure I can convince them that what they are doing won't be as beneficial as me going to the convention.

I am in my 18th year teaching Health and Physical Education at West Bend East High School. With the stress of all the other "stuff" that is going on in the state and around my district; I still really, really enjoy teaching my students. I sometimes wish that's all I had to do--is teach. My job is never dull!

I live in Germantown and have two wonderful boys. Ryan(8), who is in 3rd grade and is loving learning how to write in cursive; and Kyle (7), who is in 2nd grade who loves to snuggle with his Mom (don't tell anyone though--that's embarrassing you know). I have them both brainwashed that we need to exercise everyday. On the weekends they often are the ones that say "come on Mom, let go downstairs and do boot camp!" I'm hoping to get them running a few races with me in the spring and summer.

I hope you are finding ways to energize yourself and realize that you are the most important teacher in the building. Have a great school year everyone and start planning your strategy for getting yourself and your colleagues to the convention next fall.

High School PE Chair

Hello. My name is Jeff Johnson. I am currently serving on the WHPE representative assembly for high schools. I recently served a one year term as the Southwest District Coordinator. I am currently teaching Health and Physical Education for the Riverdale School District in Muscoda, WI where I also coach football, powerlifting, and softball. My wife Dawn is a speech-language pathologist in the Iowa-Grant Schools District. My son Caleb (12) attends the Riverdale Middle School where he is involved in football, wrestling and baseball. My daughter Taylor (8) attends the Riverdale Elementary School. She is involved in dance, gymnastics, basketball and piano. In my free time I enjoy most outdoor activities, especially cross-country skiing in the winter and running and biking in the summer. I recently completed my 3rd sprint triathlon and came in 4th place...out of four!! (You can't take last place if you're sitting on the couch!) I look forward to serving our membership over the next two years. If you have any ideas or suggestions for our convention in October, feel free to contact me. My email address is jjohnson@riverdale.k12.wi.us.



College/University Division News

By Russ Peloquin, VP

Hello All! ... This year instead of writing about me, and what I have been up to lately, I would like to share with you an essay one of my former student/athletes has written. His essay gives an excellent “feel” for what I do alongside of teaching. I think many of you will be able to relate, even if your sport is not the same. The essay is written by Ted Sikowski who currently teaches in Rice Lake, WI.

“No one ever drown in sweat” By Ted Sikowski

The smell of a wrestling room is one of the best smells in the world. It is not a particularly good smell, but that is part of what makes it great - it smells like sweat. Years and years of sweat. Sweat that has seeped into the mats, floors, ceilings, and walls. Sweat that never got a chance to leave, because before it dried, another layer of sweat was added to it. And then another. And another. It is inevitable that all wrestling rooms eventually succumb to this smell – the smell of hard work. A smell that never leaves.

The smell of hard work is more than an idea, though. It is the act of bleeding, sweating, and crying throughout a practice, a season, and a career. It is the countless hours of physical punishment and emotional anguish, and it is what separates wrestlers from all other athletes. No other sport requires the combat skills, conditioning, strength, flexibility and pure sweat required of wrestlers. No other sport requires the will-power, the self-control, and the mental toughness of wrestlers. These skills and character traits are developed and honed to points of such detail throughout a career, that they often stick with a wrestler long after his competitive days have ended, just as the aroma of sweat will never leave the wrestling room.

People who have never wrestled before enter a wrestling room, and they say it “stinks.” That is because they don’t know, and perhaps more importantly, don’t appreciate, what goes on inside that room. However, for those accustomed to the smell, they cannot get enough of it. It is not enough to merely think about it, we wrestlers need to actually feel it. As Dan Gable famously said, “I might walk through the wrestling room once a week. I could go every day if I wanted. But just walk through; make sure it’s still there.” It is in a wrestler’s blood – the need to feel a part of that room. This need is due in no small part to the fact that their blood, sweat and tears have contributed to the smell of a wrestling room. But the need to feel a part of the wrestling room is also a result of the knowledge that every wrestler, past and present, to set foot on the practice mat, has made similar sacrifices, and acted with similar determination, to make themselves and their teammates better. Wrestlers aren’t special because they cut weight, or because they compete in a one-on-one situation, or because the sport requires the ultimate combination of strength, endurance, skill, etc. - these are simply aspects of the sport that make it unique. Wrestlers are special because, at the end of the day, they know that their life is better for having wrestled.

Over the course of the past few weeks, and as the start of a new season approaches, wrestlers begin making it a point to enter the wrestling room for preseason workouts. Coaches spend more and more time working in the wrestling room to organize equipment, work on practice schedules, and generally prepare for the upcoming season. The sense of anticipation and excitement increases more and more as the first day of practice nears. When those first drops of sweat hit the mat during the first practice of the season, most wrestlers and coaches aren’t thinking about the mark they are leaving on their school, their teammates, and their wrestling room. Make it a point to walk through a wrestling room this season, breathe deep, and remind yourself of what the sport once meant and will always mean to you. And just to “make sure it’s still there.”

On the WHPE side of things, I will be working with the College/University Division. Please let me know if you would like to lead a College/University session in our next convention in the fall. My e-mail address is peloqurs@uwec.edu

In ending, I wish all of you a great new year! I will be setting a VERY easy New Year’s Resolution this year. Hopefully I will be able to reach the goal I set for myself for a change.



College/University Division VP-Elect

By Kristi Mallyh, PhD



Hello Everyone! My name is Kristi Mally and I am thrilled to serve you in the role of VP-Elect for colleges and universities. I am the program director of the physical education teacher education program at the University of Wisconsin-La Crosse, where I currently teach three courses: fundamentals of movement, elementary methods, assessment and clinical, and curriculum and administration. I am married

to a crazy middle school science teacher and high school cross country and track coach. I am blessed to have 5 children, and one daughter-in-law, ranging in age from 8-21. I strongly believe that building the foundation for a healthy generation begins by preparing high quality physical educators who have the skills and knowledge to go out there and make a difference.

College/University Division PE Chair

By Lori Petersen, UW-La Crosse PETE Faculty

The alum that I recruited to replace me on the board of directors has bamboozled me into serving on the Representative Assembly. I guess it gives me an excuse to “check up on her” and the other “young ones” that are working so hard to move our profession forward in this ever-challenging field. I just hope I can keep up with them all.



From your friendly American Heart Association...



On behalf of everyone at the American Heart Association, we want to thank you for all that you do to support our mission of "Building healthier lives, free of cardiovascular disease and stroke." Many of us know first-hand how important the funds raised from Jump Rope For Heart and Hoops For Heart are to research, education and advocacy. Together, our work helps protect the lives of 55 million people in our 11-state affiliate.

With your leadership, passion, and hard work, the American Heart Association is making incredible strides. Please take a moment to consider these important accomplishments and milestones:

- ♥ We are currently funding more than \$115,000,000 in research funding – more than \$26,000,000 in the Midwest
- ♥ More than 80% of Midwesterners are covered with clean-indoor air
- ♥ More than 13,000,000 people were trained in CPR – more than 2 million in the Midwest
- ♥ Children are eating healthier because of standards provided by the AHA
- ♥ Millions of patients are being treated by the American Heart Association's scientific guidelines, which improves cardiac and stroke care for those with heart disease or suffering a stroke

In meeting with many volunteers throughout the year, we've been touched by your stories of how these strides are part of your life. Together, we're building a healthier WI and America.....

Please take a moment during this holiday season to watch the following video. With Heart Month quickly approaching, and many of your Jump and Hoops events right around the corner, please know how thankful all of us are at the American Heart Association, and more importantly how BIG of a difference you make in the lives of families touched by heart disease and stroke.

<http://www.youtube.com/watch?v=zEpWvOn3OcA>

With heartfelt thanks for all you do,
Kori, Korren, Jackie, Lisa, Renee, Mary Lee, Tim, and Carrie

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.

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

American Heart Association

HOOPS FOR HEART

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 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.



THERE'S AN APP FOR THAT!

Show Me Interactive Whiteboard - This is an iPad app. It allows you to record voice-over whiteboard tutorials and share them online. It is really great to use in physical education to draw stations you want to use in class and record what is going to happen at each station. You can also record your lesson plan and post it for students and parents to access. *Submitted by Crystal Gorwitz*

Daily Ab Workout, Daily Arm Workout, Daily Butt Workout, and Push Ups and Sit Ups - These are separate apps for each exercise listed. They are created by Daniel Miller and are FREE. You can select workout length and routine and a video appears to guide you through the workout. You can also set goals for number of minutes or number of total repetitions that you want to achieve. The video has cues listed for correct form as well as a countdown timer for number of seconds left of the exercise. It is like having your own exercise video library with you at all times. This can easily be used in a PE setting with iPads, etc. *Submitted by Lisa K. Strauss*

MyFitnessPal - A free app that allows you to enter your personal information to obtain the amount of calories and exercise needed each day in order to achieve fitness goals. When you enter in the food eaten, it tells you how many calories you have left to consume. *Submitted by Lisa K. Strauss*

Out of Milk - This free app allows you to keep electronic lists of items needed at the grocery store as well as items you have in your pantry or fridge at home so you won't have to worry about "what you need for a certain recipe" because you can't remember. This is great for cooking healthy recipes that may have ingredients in them that you normally do not keep in stock. *Submitted by Lisa K. Strauss*

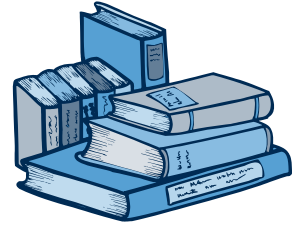
Stretch Exercises - created by My Yoga Routine, this free app provides a variety of stretches for all parts of the body including basic and advanced stretching levels. *Submitted by Lisa K. Strauss*

Fooducate - By using the scanner provided in this free app, or simply entering in the name of the product, the app will actually "grade" the product for you. For example, "Diet Coke" is graded as a C-. When you click on the product, it tells you why...such as package alert (leads to overconsumption), contains phosphoric acid, industrial caramel coloring, etc. This app simply educates you on what exactly is being offered for consumption by telling the whole story. It also sends messages to your phone about new information as well as contests. It is easy to spend hours reading information on this app. *Submitted by Lisa K. Strauss*

Book Reviews

Winning State

This is a collection of books for a variety of different sports that teach mental toughness. Sometimes how we win or lose is based on how we are mentally prepared. These books provide mental toughness exercises. Distributed by Let's Win International and labeled the 1 Confidence Book in Sports. Check it out at www.winningstate.com



Using Technology in Physical Education - 7th edition

Bonnie Mohnsen, bmohnsen.pesoftware.com
The seventh edition of the popular book Using Technology in Physical Education is now available. Everything you need to know about technology in the field of physical education. Includes information on spreadsheets, word processing, desktop publishing, web, pedometers, heart monitors, virtual reality-based exercise equipment, software, electronic portfolios, e-learning, and much much more! Lots of step-by-step directions and photographs showing how things work!

CHECK IT OUT!!!

President Crystal Gorwitz's Blog ...

<http://awarenessblog.wordpress.com/>

NASPE Talk Blog ...

<http://naspetalk.com>

Calorie Count ...

<http://caloriecount.about.com>

Body Brain Boogie Blog ...

<http://body-brainboogie.blogspot.com/2011/10/todays-wellness-quest-1.html>

Online stopwatch, metronome, egg timer, classroom timer, and MANY more! ...

<http://www.online-stopwatch.com>

Fuel Up to Play 60 Student Challenges Score Big for Wisconsin Schools

Wisconsin Milk Marketing Board's Fuel Up to Play 60 program has gained a lot of momentum this school year. The Back to School Back to Football Challenge was a huge success for Marshall Middle School in Janesville, when they earned the national prize for the challenge-The Super Bowl Prize Package.

Chase Glissendorf, an 8th grade student from Marshall Middle School, will be traveling to the Super Bowl this February on behalf of Fuel Up to Play 60. Chase has been a leader on his student-led Fuel Up to Play 60 team for the past three years. He helped his school plan their annual Marshall Mile event, coordinates the Fuel up to Play 60 healthy snack cart after school and takes charge at their team meetings to make things happen at his school.

Marshall Middle School was joined by four other Wisconsin schools to attend the Fuel Up to Play 60 game held on Sunday, December 11th at Lambeau Field. At the beginning of the game, the Green Bay Packers and the Fuel Up to Play 60 program recognized students from the following schools:

- Westwood EL, West De Pere
- Wauzeka-Steuben, Wauzeka
- River Ridge MS, Bloomington
- Benjamin Franklin EL, Milwaukee

Four additional schools received a \$100 NFL Shop Gift Card and be recognized as Runner Ups:

- Meadow View EL, Waupun
- Heritage EL, De Pere
- Hatley EL, Hatley
- Northside Intermediate, Milton

Now it's your turn to win! Physical Education and Health teachers, this next challenge is perfect for you!

- The Physical Activity Skit Challenge
- Deadline: March 26, 2012
- Wisconsin Prize: A tour of Lambeau Field and a Skills and Drills workout at the Don Hutson player practice facility with lunch provided. Six schools will win and each school can send up to 20 students.
- National Prize: HOPSports system. A virtual work-out program that is downloaded to a school's main shared drive. Each classroom teacher can then access it for their own classrooms to personalize the work out for their students. The system comes with enough software licenses for every classroom in the school. Workouts can be projected on whiteboards or Smart Boards for each classroom and students can access the workouts from home...at NO COST!
- How to enter? Develop a video or photo story to showcase what your school has done for Fuel Up to Play 60. Check out the video guidelines and contest rules on line at 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@wmmb.org.

GET ORGANIZED!

Tips for getting and staying organized.

submitted by Brenda Erdman

1. Clean your desk everyday. Put papers in proper folders, files, piles, but keep your desk looking clean and organized so you come to work each day and greet your desk with a smile! **I have one pile on my desk that I put things on that need to go in the filing cabinet. When I start to notice it too much I know that it is time to file it away. I do not allow myself to make any other piles. My desk is clean everyday when I leave, and sometimes that is a big task just in itself!

2. Throw things out. How many piles and files do you own that you do not know what is in them? Once a day, or once a week, or once a month take some time to open a file and throw out what you do not need. **I am on a mission to clean out my 4 drawer filing cabinet! I love to take out a file and stand over the garbage and circular file whatever I can!

3. Find a place for every item. Everything needs to have a "home." And then force yourself to put that item in its home. Less will pile up if you stay on top of it. This works for the items on your desk and the equipment in your classroom or equipment room.

**Get some tubs, hooks, shelves, etc. and put things in their place. Don't drown in your own clutter!

4. Dump duplicates! Only keep what you truly need. If you get something new, get rid of something old. **When it comes to samples of student handouts/work/units I always think that I need a copy on the computer and in the filing cabinet. But all I have now is A LOT of paper filed and taking up space. Release your hold on the paper trail!

5. Weed out your equipment. Do you have too many jump ropes or other equipment? You could share with other PE teachers in your district, share with students for recess, or share with classroom teachers. **I had excess playground balls, ropes and hoops at one time and donated a few to each classroom. They were old, but in good condition and the students loved having them for recess.

6. Sit at your desk or stand in your classroom or office and look around. What needs to be cleaned first? Tackle that part first. Then move on to the next part that needs to be cleaned. Keep going until you are done. **Don't get overwhelmed, just get started!

7. Make a to-do list. Look at it everyday and update it. Use your list to get things done **Paper or computer - just make one and use it!

8. Keep your unit files cleaned and organized. Whether your files are in a filing cabinet or on your computer keep them up to date with relevant, useful material. **This will also help you stay current with great ideas!

9. Take the time. It may seem overwhelming at times, but take the time to declutter and organize often. You will stay better organized if you take the time to follow the tips above! Set a goal for getting organized and stick to it! **There is never enough time, so just do one thing at a time. Bit by bit it will get done.

10. Teach your students to be organized. Whether you teach in the gym or in a classroom, encourage your students to keep their desk, area, and equipment clean and organized. You need to teach your students that taking the time to care about staying organized is by choice and needs to be practiced. Teach them how and let them practice in order to get better at it. **"Look Mrs. Erdman, look how clean the equipment looks!" That is a quote from a few kindergarten kids that took the time to straighten some equipment. The love to do it and it saves me time!

How I get organized.

submitted by Pam Connolly

e-folders on my computer, "junk" drawers at home (I for mom and dad, and I for the kids), file cabinet at school, files at home, calendars at home and school. Keep up on everyday, mundane tasks (it's worth the effort) and chores. Create a pile of "I don't know what to do with this right now's" and clean it out every week! Maybe some stuff stays in that pile, maybe some stuff gets recycled, and maybe you can deal with some of the other stuff."

School District of Reedsburg's Elementary Schools Win The HealthierUS School Challenge GOLD Award

Westside, South, Loganville, La Valle and Pineview Elementary Schools are making national news by working to support and improve the health of our children and our community by achieving the GOLD award level for the HealthierUS School Challenge.

The HealthierUS School Challenge (HUSC) is a voluntary national certification initiative for schools participating in the National School Lunch Program. It supports First Lady Michelle Obama's Let's Move campaign by recognizing schools that are creating healthier school environments through their promotion of good nutrition and physical activity. Sponsored by the USDA Food and Nutrition Service (FNS), the initiative encourages all schools take a leadership role in helping students to make healthier eating and physical activity choices that will last a lifetime. Schools, such as Westside, South, Loganville, La Valle, and Pineview that champion the HUSC work hard to make changes to their school nutrition environment in order to (1) improve the quality of the foods served, (2) provide students with nutrition education, and (3) provide students with physical education and opportunities for physical activity.

Schools awarded receive: a monetary incentive, an award plaque from the United States Secretary of Agriculture, Tom Vilsak, their school's name listed on the USDA's Team Nutrition Web site, recognition from the State Superintendent, Tony Evers, and a personal letter from the White House and Michelle Obama.

The Westside, South, Loganville, La Valle, and Pineview schools each qualified for the GOLD award level. Reedsburg is one of only two districts in the state to win the Gold Award, and one of only five districts in Wisconsin to receive an award at any level.

To qualify for an award, a school must submit a formal application and meet criteria set forth by the USDA. The HUSC criteria reflect the recommendations of the 2010 Dietary Guidelines for Americans, and the Institute of Medicine (IOM) published recommendations for foods that should be served in schools, during and outside of the organized school lunch meals. HealthierUS Schools must also have a local school wellness policy, as mandated by Congress. Schools receiving a HUSC award commit to meeting the criteria throughout their four year certification period.

The HUSC application process was led by Debra Wollin S.N.S., a team of school physical education professionals, administration, and a representative of each parent organization. Special recognition is also due to the school nutrition staff for their efforts in achieving school lunch menu changes leading to a HUSC GOLD award!

Midwest District Centennial



100 Years

1912-2012

April 25-28, 2012

**Hilton Chicago
Indian Lakes Resort
Bloomington, IL**

**Don't miss out on being part
of this historic conference!**

**A Few Great Reasons to Attend
the Midwest Centennial Convention:**

- Safe & easy access to Indian Lakes Resort
- Economical hotel rates at a world class resort
- Free Parking
- Complimentary Wi-Fi in hotel guest rooms
- Great shopping & tourist attractions nearby; bring the family!
- Registration fees will include some meal functions
- University & CEU credit will be offered
- Thursday night, Midwest District's 100th Birthday Celebration
- Outstanding Student Leadership Conference included
- Over 100 outstanding educational presentations; including:

Daryl Siedentop - Emeritus Professor; The Ohio State University

Dennis Docheff - NASPE President; University of Central Missouri

Jean Driscoll - University of Illinois-Champaign

Don Hellison - University of Illinois-Chicago

Tammy Brant - 2011 NASPE Middle School TOY; Selma, IN

For further information, please go to the convention link on our Midwest District Website:

<http://www.aahperd.org/about/districts/midwest/index.cfm>

Enjoy these

"QUOTES of WISDOM."

There is nothing wrong with change if it's in the right direction – Winston Churchill

"Focus on today! Nothing is worth more than this day." – Goethe

"Let your sun shine everyday" – Pam Connolly

"Living in a fast-paced society doesn't mean that our lives need to be fast-paced." – author unknown

"A person who suffers or stresses before it is necessary suffers more than is necessary."
– author unknown

"It's not what we know, but what we do that counts"
– D. McCasland

"We don't stop playing because we get old, we get old because we stop playing." – George Bernard Shaw

"Intelligence plus character-that is the true goal of education." – Martin Luther King Jr.

ONE GYMSTICK=150 EXERCISES
ONLY AT NASCO!

Scan the code with your smartphone for more info

CONTACT NASCO FOR YOUR FREE 2012 PHY. ED. CATALOG!

Dedicated to Delivery

Nasco

1-800-558-9595 • eNasco.com/physicaleducation

GYMSTICK

WARM-UP IDEAS

Math Warm-up

*Submitted by Andrea Brehm,
WHPE Central Wisconsin District Coordinator*

I use the math warm-up activity with grades 3-5. When the students enter into the gym, I have them pick a ponytail holder from a small container (without looking), which determines who their partner will be that day. Students find the person who has the same color ponytail holder as they have and then place it around their thumb for the remainder of the warm-up. Students are given two boundary lines, about a quarter of the length of the gym apart, and start the game in the middle of the two lines. I write on the white board each class whether they are doing addition or multiplication (you could do subtraction or division, but I haven't tried either yet). The game begins a lot like rock, paper, scissors only the students say "one, two, three" instead of "rock, paper, scissors". On three, the two students show each other a number using their hands (0-10) and the first person to say the correct answer (either by adding or multiplying the two numbers) is the tagger. The other person is the runner and must turn to the boundary line behind him and run and touch it with his foot before the tagger tags him on the shoulder or back safely. If the person gets tagged before he gets to the line, the tagger gets a point. If the runner doesn't get tagged before he gets to the line, he is safe and the game starts again. The warm-up usually lasts about five minutes. I emphasize safety and personal space each time they play. Students really like this warm-up and ask to play it often!

Triathlon Warm-Up

submitted by Brenda Erdman

Students will be in groups of three. The teacher should choose three different exercise activities for the students to complete. Each person in the group of three will do a different exercise. After a certain amount of time (determined by the teacher) each person rotates to the next exercise. The type of exercises you choose will depend on the ages of your children. Often times I will stay at on the exercises that needs direction or the students need motivation because it is more difficult. With older students you can count laps or reps and see what the group total is at the end. I have also had the students add their pedometer scores together to see how many miles the completed as a group. I also take the time to talk to them about what a real triathlon is and what the event order is and what it feels like to complete a tri. This gets them more excited about completing a "triathlon" in class. We also talk about how they can make a "triathlon" at home so they can teach it to their family.

Some examples of triathlon exercises include: running laps, hand weights, medicine balls, scooters, climbing wall, hula hooping, dancing, jumping rope, exercise balls, shooting hoops, push-ups/sit-ups, resistance bands. Group into any combination of three and have each person choose what they will do first and then rotate on command.

Cards warm up *Submitted by Jo Bailey*

Equipment – deck of cards

Task cards

1. Spread out 1-2 decks of cards at the far end of a basketball court.
2. Pair students up and instruct them run across the basketball court and collect (without looking) one card. Student's then bring the card back, refer to the posted task card which tells them what to do, and complete the corresponding activity.
3. Students repeat this for the duration of the warm up, keeping their cards after completion
4. You can give out rewards/ provide incentives for the group who has the highest total sum of all the cards/ most pairs/ most of a named suit etc. Just don't tell the group what the bonus is until after they have completed the activity!
5. I added in some math as well to get them thinking! I did this activity with both my PE and adapted PE classes and they loved it.
6. You can adapt activity ideas depending on your unit! Ask your students which components of fitness they addressed with each activity or challenge them to create their own card based warm up.

Warm up Draw

KING – 20 jump ropes

QUEEN – Scooter shuttle across half of the basketball court

JACK – 5 standing long jumps as far as you can

HEARTS – That # of Frisbee passes x 3

SPADES - That # of hula hoop rotations x 4

DIAMONDS - That # of volleyball bumps x 2

CLUBS - That # of push ups

ACES – Shoot one basket

JOKERS – Whoever draws this card yells "Joker". Everyone in your group stops and immediately does 15 sit ups



Juggle Competition

Submitted by Mandi Hendricks

I have nine classes and every once in a while I will start class with a group juggle. I have 60 bean bags that I use but you can use less. We start in a circle and I throw a bean bag to a student who in turn throws it to someone else, this continues until each student has had the bean bag. (no student may have the beanbag more than once) The last student throws it back to me. Everyone must remember who threw the bean bag to them and who they threw it to. Then we start the competition. No one is allowed to pick up a missed beanbag. When all the beanbags have been thrown we count the number that made it back to me. Then we do it backward starting with me throwing it to the student that threw it to me.

We take the best number and compare class totals.



A Message from Patty Kestell, State Hoops for Heart Coordinator



Hello WHPE members and educators,

It's Jump Rope and Hoops for Heart time again! Now is the time to start thinking about how you plan to incorporate your district's physical education curriculum standards and fitness skills into a fun Jump Rope and Hoops for Heart event for your students! Take advantage of the great teacher resource kit and posters provided to coordinators this year to help make this year's event a great one for your kids! Don't forget to check out "WI Jump Rope and Hoops for Heart" on Facebook!

2011 Jump Rope and Hoops for Heart Educators of the Year

Congratulations to Jackie Clark and Neil Seering for receiving the WHPE Jump Rope and Hoops for Heart Educator of the Year Award for 2011! These two award recipients were honored for their efforts at the WHPE Awards Banquet in Chula Vista. Jackie and Neil have displayed exceptional dedication towards educating their students about the benefits of a heart healthy lifestyle, and have integrated and created positive Jump Rope and Hoops for Heart experiences for their students. Jackie and Neil, on behalf of WHPE and AHA, your efforts are greatly appreciated! Congratulations!



JRFH and HFH Coordinators Breakfast Social

These JRFH and HFH Coordinators attended the JRFH/HFH Breakfast Social at this fall's WHPE convention and were honored for their efforts to incorporate JRFH/HFH into their schools. These coordinators also collaborated and shared new event ideas with each other. Here is a sample of what they shared that may help you as you plan your next event!

How have you involved Parents, Teachers, Principals, Administrators, and other

Community Members in your JRFH/HFH events?



Parents

- Help with registration/check in jumpers
- Organize and serve healthy snacks
- Help tally money collected/Organize prizes when they come in
- Help with stations/turn long ropes when needed

Teachers

- Teacher/Student basketball game
- Help promote Jump Rope/Hoops for Heart event in their classrooms
- Volunteer/Jump/Shoot at event (during or after school)
- Give a donation towards your event- Earn the right to "Dress like a PE Teacher" on a given day 😊

Principals

- Principal Challenge- Dress like your school mascot, dye hair school colors, duct tape to wall, kiss a pig, wear a dress, etc
- Get principal involved in giving one of the morning announcements in support of your event or running a station at your event!
- Have principal do a robo-call to all families reminding them of the Jump Rope/Hoops for Heart Event

Students

- Involve your student council in some JRFH/HFH event planning
- Have older students come help with younger grade level students' events
- Create a jump or hoop performance team that can present a mini-show at your event

Community Members

- Invite a community business to match the funds you raise at your event
- Guest Presenters/Passion Speakers- invite local physician, cardiologist, or community member to present
- Invite High School Community Service students/ High School basketball teams to volunteer at events
- Ask former students to come back and volunteer. They love to be involved!





Jump Rope for Heart News



Quote:

“Confidence is when you believe you can overcome your deficiencies. Arrogance is when you think you have none.”

Jump Rope for Heart:

Hello, my name is Neil Seering. I am the Jump Rope for Heart Coordinator. I teach Physical Education at Luxemburg-Casco Intermediate School grades 3-6. We are located about 20 minutes east of Green Bay. I also coach varsity football and track. I have two children Grace (5) and Grant (2), who have as much energy as my students do after I get home. I am also married to Sarah, who teaches elementary Spanish.

The year is going quick and still no snow. Last year at this time we had two snow days. I hope all that attended the WHPE Convention received useful information to place in your curriculum. Jump Rope for Heart is a very important part of WHPE and more importantly for the students we teach everyday.

The **GOAL** this year is to keep it **Simple and Easy!** Please take advantage of the online resources and packets provided by the American Heart Association. If you haven't done this, I also would encourage incorporating a jump rope unit that coincides with your Jump Rope for Heart Event. This way, you are teaching important fitness skills while promoting life long fitness through JRFH.

DEAL OF THE YEAR!!!! Any information I use, I will give it to you for **FREE!** You can't do better than that, now can you.

Here are a few ideas I use to make my event **Simple and Easy!**

1. Create a link on your school website to the **student sign up** page for JRFH online fundraising.
2. Have students create posters to place in and around school to create awareness.
3. Have your computer/tech teacher creating a dual-lesson for on-line fundraising
4. Place any materials that you would like to be sent home on your website. That way, parents can be part of the process and be able to work with their child on this activity.

Hope all of you had a Merry Christmas and a happy New Year! - Neil Seering

Email: nseering@luxcasco.k12.wi.us **Website:** mrseering.pbworks.com

What is your school's PE Vision Statement?

My name is Don Scharbarth. I recently took over Joanna Bailey's vacant North East District Coordinator position. I have been teaching PE at Lakeland Union High School for the past 21 years also serving as the PE and Health Department Chair person. Last December I retired as the Head Football coach, a position I held for 18 years. Since retiring from football all of my energy has gone into promoting and improving our schools PE program. Just coming off of the 3rd year of a PEP grant and having a wonderful staff to work with, this was an easy thing to do. I have attached a short article.

Last Spring Lakeland Union High School was in its third and final year of a PEP grant. Fortunately, we had budgeted for the national conference held in San Diego and fortunately I was able to attend. On the first morning of the convention I attended a workshop where the presenter asked an audience of over 100 "what is your schools PE vision statement?" Our presenter was surprised to find out that less than 10% of the teachers in attendance reported having PE vision statements at their schools. We were given an assignment when we got back home to sit down with our staff and do the following:

1. Write down what we believe are the 3 or 4 most important skills/ideas that we want our students to learn while in PE classes at our school.
2. Combine those skills/ideas and create a short vision statement that contains those items.

Earlier this fall, Our PE staff created ours schools PE vision statement using those guidelines. We identified lifetime fitness, multiple activity choices, 5 Components of Fitness and target heart rate as our most important skills/ideas. We put all of them together to come up with the following vision statement:

To promote lifetime fitness, we will offer a diverse curriculum that is individualized, teaches our students the 5 Components of Fitness and how to exercise in their target heart rate.

We have our PE vision statement on our schools website and it posted in all of our PE facilities along with the 5 Components of Fitness. We give our students multiple choices for each unit, check for target heart rates when ever practical or possible and we practice differentiated learning. It has become our mission to teach to our school's PE vision statement.

LESSON IDEA

submitted by Ron Borkowicz

My name is Ron Borkowicz and I retired after teaching PE and health for 35 years in Port Washington. I am spending my retirement developing free and low-cost resources for Wisconsin teachers. Actually, almost everything is free as I only have two products and I gave over 100 of these DVDs away at various conferences. When I spoke again at the WHPE conference this year, (I've been speaking there since the mid 90s) I gave away a dozen more DVDs, some to the young professional group and some to those attending my session. I mention the above so you realize that I'm not a big business but simply a retired teacher who never stopped loving his work even though I am retired. So here's the info. on only the free stuff.

Included is a wellness newsletter on cholesterol. I intend to produce a half-dozen of these newsletters each school year. When teaching, I created these articles for the sports medicine and physiology classes and included a crossword puzzle on the back. This helped the students learn how to spell the unit terms. Initially, no one outside of my classes was interested in the articles until I included the crossword puzzles. After including the puzzles, even study hall students who were not in any of my classes would ask when the next puzzle was coming out. I had similar results with adults in regard to worksite wellness programs. Anyway, if any teachers are interested in

getting these newsletters and puzzles (with answer key), they can simply send me an email or download it from my website EnjoyTeachingHealth.com I already have the January 1st issue posted. It's on blood pressure and includes a number of websites that are good resources for that topic. Again, these newsletters will always be free and teachers can make as many copies as they want.

Also, some more free stuff. I spent the summer looking up health and wellness websites that were both valid providers of information and were primarily websites on health and wellness issues. There are over 70 links on the website.

In addition, I included links that have calculators for a variety of wellness issues, anything from measuring calories to checking your risk for a heart attack. When teaching, I found that the students took more of an interest in a unit topic when I included these types of activities.

Basically, as so many retired teachers, I have years of experience knowing what did and what did not work when teaching students. Since it costs me more than it earns I have been told that I don't have a business but that I have a hobby. I rather see it as a passion. I really like teaching interested parties about health and wellness issues. Otherwise, I would not spend so much time making so many free presentations.

Adventure Scavenger Hunt *by Jo Bailey*

I recently did a scavenger hunt/ amazing race style lesson with my Adventure Ed class. I asked my students to bring either their cell phones or ipods with them – basically any device that would take pictures – and gave them a list of tasks to complete. To be checked off for each task the group had to have photographic evidence or video evidence of the task being completed. My goal was to review some of the concepts covered in the class so far, encourage teamwork (standards 5 and 6) while having the students be physically active (standard 3).

The tasks you choose will of course depend on your location, resources, and objectives. My students had to identify animal tracks, tree species, use a GPS to help locate an answer, tie climbing knots, spell out the word "Adventure" by taking photos of the letters in a variety of forms and locations, build a 4ft snowman, sled down a hill, and solve various riddles which took them to a location in the school grounds. You could use pedometers and heart rate monitors to gauge and encourage more vigorous physical activity.

I also do a similar activity with another class called the Amazing Race. Teams of 2 have to complete 7 tasks, all of which require physical activity. I have punches secured at various locations in the school to verify that a group has been there and students are not allowed to start a new task until they have checked in at the pit stop (i.e. with me) to verify correct completion of the previous task.

VACATION WORKOUTS

Several students were ASKING for more workouts over vacation!!! I LOVE IT!!!

Here are some presents filled with workout ideas

*Choose ONE exercise from each box each time you exercise,
so you will do a total of 4 exercises.*

You should choose one cardio, one muscle, one stretch and one challenge.

Each day do another set of 4 exercises. If you are not sure how to do an exercise ask your student.

Happy Holidays and Happy Exercising! Mrs. Erdman, Physical Education

CARDIO-RESPIRATORY ENDURANCE

1 mile walk 2 mile walk
1 mile run 2 mile run
5 minute walk 10 min. walk
5 minute run 10 min. run
30 min. walk 30 min run
Go for a swim.
Ride your bike.
Skip for 2 minutes.
Skip for 5 minutes.

FLEXIBILITY = STRETCHING

Hold each stretch for 30-60 seconds.

Yoga Dog
Table
Standing Straddle Stretch
Seated Straddle Stretch
Butterfly
Shoulder and Arm Stretch
Seated Hurdle/Number 4 Stretch
Lunges - Right and Left
Right and Left Triangle

EXERCISE CHALLENGES

Hover for 1 minute.
Hover for 2 minutes.
Hover for as long as you can.
V-Sit for one minute.
V-Sit for 2 minutes.
V-Sit for as long as you can.
Wall sit (back against the wall, legs at 90 degrees),
 1 min. Can you go longer?
Table Hold for 1 minute.
Stand on one foot for 1 min, 2 min, 3 min.
On legged hover for 1 minute.

MUSCLE STRENGTH AND ENDURANCE

We have learned a lot of sit-ups and push-ups!

SIT-UPS: Do 12 sit-ups.
Clapping sit-ups
Elbow to Knee sit-ups
Partner sit-ups
Regular sit-ups, twist touch elbow to knee
Regular sit-ups, twist punch-punch
Cross Crawls
V-Ups
Pilates 50 pumps in the V-Up position
Cross Crawl HOLD-5 sec each hold.

PUSH-UPS: Do 6 REALLY GOOD push-ups.
LOW AND SLOW!

Regular push-ups
Shoulder High Five push-ups
Foot High Five push-ups
 One-legged push-ups
Burpee push-ups
Diamond push-ups
Table push-ups
 Scorpion push-ups
 Partner High Five push-ups

OTHER EXERCISE FOR YOUR MUSCLES:

Use a medicine ball or cans of soup
to do 12 slow bicep curls.

Use a resistance band to pull apart
for arm strength.

Use an exercise ball for sit-ups.



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

Non-Profit
Organization
U.S. Postage
PAID
La Crosse, WI
PERMIT NO. 175

Executive Directors Report

Location! Location! Location!

That might sound like an intro from your local real estate broker but it is actually about our future advocacy efforts. Senate Bill 95 is now a Wisconsin law. Here is a direct quote from the part that affects us.

“A school board may allow a pupil who participates in sports or in another organized physical activity, as determined by the school board, to complete an additional 0.5 credit in English, social studies, mathematics, science, or health education in lieu of 0.5 credit in physical education.”

There has never been a better or more important time for our professionals to reach out to school board members across the state to make sure they understand the value of physical education. They have to believe and understand that physical education is an academic subject that needs certified teachers just like you.

The NASPE position papers linked to our web site have excellent talking points that can help.

***Enjoy your winter sports, my friends.
Keith***

