



www.whpe.us

Our mission ...

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

As WHPE works to reach everyone, here are some news items to keep members informed...

Spring Mini-Convention

WHPE will reach out to its members with a mini-convention on Saturday, March 27. Details were still being worked out at the time of the newsletter printing, but the mini-convention will be in the morning with break-out sessions and a featured speaker. There will be no registration fee other than being a WHPE member. More details will be coming as time goes on.



for proposals on a multitude of topics in health, physical education, adapted physical education, and the training of teachers. How do you incorporate social-emotional learning and equity/diversity/inclusion into your teaching? The call for proposals is now open and the proposal form, along with other information, is available at https://docs.google.com/forms/d/e/1FAIpQLSeLPI6XoFfn_AD3C8WOpaJ9-rQk99dGH4ao73Wqjqo46USrg/viewform The deadline for submissions is March 15.

2021 Awards Nominations

Each year WHPE recognizes deserving individuals for their work in health and physical education. Nominations are now open for the 2021 WHPE Awards. Award descriptions and the nomination form are available at <http://whpe.us/awards> Awards will be presented at the annual convention in October at the Kalahari Resort and Convention Center. Deadline for submitting an award nomination is February 1, only a few weeks away.

Board of Directors Nominations

Every year, WHPE holds elections to fill positions on the Executive Committee and Board of Directors. The following positions are up for election this year: President-Elect and Secretary (both on the Executive Committee); and Central, Northeast, Northwest, Southeast, and Southwest District Coordinators. District Coordinators serve on the Board of Directors. All positions except President-Elect are for a two-year term. President-Elect serves for a total of four years – one as President-Elect, two as President, one as Past President. Individuals must have been a WHPE member for two years prior to being elected to the EC or BOD and must remain a member during the time in office. It is recommended that persons interested in running for President-Elect have served a two-year term on the Board of Directors as a voting member. Members can self-nominate or nominate a colleague. If nominating a colleague, please be sure that person is interested in serving in an elected position. Deadline for nominations is March 15. The nomination form is available at 2021 Nominations for WHPE Executive Committee and Board of Director Positions https://docs.google.com/forms/d/e/1FAIpQLSeo1lozllqtZb2sGgdrxVUV3KO1HA8KvVwm_QzujCb_yPFOJg/viewform

Grants

Congratulations to WHPE grants recipients from the fall cycle: Hans Fester, Sauk Prairie Middle School – Health Outdoor Hearts; Amanda Rezny, Pelican Elementary School, Rhinelander – Student Personal Packs of Equipment
WHPE is having another grants cycle this winter. If you are in need of funding for a project or innovation, consider submitting a proposal. Information regarding grants and the application process can be found at <http://whpe.us/whpe-grants/> Deadline for submissions is February 1, coming up soon.

October Convention Presentation Proposals

As we look ahead to our convention in October, we are planning that we will be able to gather in-person and have a “regular” convention. What do you do that you could share with your peers? I’m sure each of you does something unique that benefits your students and could benefit others. We are looking

IN THIS ISSUE
WHPE Accolades 2
Fundraising Ideas 4
Technology Corner 6-7
Health Ideas 11



From Your WHPE President: Dan Timm

Happy 2021 everyone! Although we are grateful for the good things that have occurred in the past year, I hope, as I'm sure many people do, 2021 has better things in store for us than 2020 did. With a new year comes New Year's resolutions. Those promises people make to themselves for self-improvement and how to live a better life.

During my college days, I served as manager and statistician of the men's basketball team. After practice on New Year's Day one year, one of the players asked the head coach what his New Year's resolution was. "If it ain't broke, don't fix it," he replied. Everyone paused and tried to figure out what that meant. Did the coach mean there wasn't anything he needed to make a resolution about; nothing needed to be fixed? Or, was that just a general statement if things are going well, don't overreact and try to implement change?

Applying the coach's New Year's resolution to WHPE, what is going well? What needs attention? Following are a few thoughts on these questions.

Going Well

- Dedication of WHPE members to teaching their students. Are there better teachers anywhere?
- Attendance of members at the WHPE Convention. Approximately 76% of professional and future professional members attended the 2019 convention. Can we hit 80% in 2021?
- Dedication of the Board of Directors to give their time and provide leadership and guidance to the organization.
- Executive Director Penny Kroening and Association Manager Nicole Popowich for all the behind the scenes things they do to make WHPE successful.
- Twice monthly professional development sessions on ZOOM. Many other state associations are not providing this membership benefit.
- Continually trying to reach and serve our members.

Needing Attention

- Schools have been signing up for Health.Moves.Minds. or Game On, but at a slower pace than last year. The majority of funds raised go back to the school. WHPE receives a percentage of money raised and this year because of no in-person convention, that income has a greater importance. What can you do to help? Contact HMM/GO Coordinator Katie Mulloy to find out.
- Becoming a more equitable/diverse/inclusive organization. This needs to become who we are and how we do business.
- Developing a new strategic plan, which we are working on. Every strategic plan gets revised every few years. We need to review our strategic plan annually and make any needed adjustments in what we are doing as an organization.
- An organization improves by examining itself and implementing change. That examination needs to come from different perspectives. To get those perspectives, I am reaching out to everyone. Please contact me at dtimm@education.wisc.edu and let me know what aspects of WHPE need attention. How can we become a better organization?

Summary of Board of Directors Meetings

After each Board of Directors Meeting, a short summary of items from the meeting will be included in the next newsletter.

October

- Membership is down due to no face-to-face convention in October. This obviously has a negative effect on the budget.
- Voted to cancel our booth at the Wisconsin Association of School Boards convention in January as the WASB Convention would be held virtually.
- Discussed how to become a more equitable, diverse, and inclusive organization.
- Decided to host two professional development sessions each month via ZOOM.
- Decided to develop a Demo Slam video.
- Approved the appointments of Ian Lacasse to the Grants Committee and Lori Peterson to the Awards Committee.

December

- Decided to survey members regarding offering a virtual convention in March.
- Voted to offer a second grants cycle in winter.
- The Demo Slam video will be rolled out to members before the holidays in December.
- Discussed strategic goals that should be part of the next strategic plan.
- Voted to align the Awards Committee's Operating Code with SHAPE America's awards criteria.
- Voted to recognize 40- and 50- year memberships.
- Approved the Parliamentary Operating Code.
- Voted to allow Midwest District reciprocity professional development opportunities, with the exception of convention, for WHPE members that are not SHAPE members.

WISCONSIN HEALTH AND PHYSICAL EDUCATION ACCOLADES

Mary Jane Carreno, of Racine received an honor this past summer from Phi Delta Kappa International as a "Distinguished Educator." Phi Delta Kappa International is an organization that promotes the most prestigious members for their achievements and contributions to their profession for their commitment to PDK core values of research, service and leadership for the advancement in the field of education. Currently, she is a Supervisor of Student Teachers and teacher of PK-12 Physical Education, Health Education, Adapted Physical Education and Dance. Mary Jane is also a Lifetime member of WHPE.

Jan Kunert, of Eau Claire was selected to referee Girls' volleyball regional & sectional games this fall. Jan had been a volleyball referee in Western Wisconsin for many years and this is an honor to which not many are elevated. Jan Kunert is a Lifetime member of WHPE, currently serving on the Executive Committee as Secretary.

Reflections from 2020

After teaching for 26 years, you think you have seen it all, but then comes 2020! Wow, what a year it has been! One of my favorite quotes is “You don’t stop playing because you grow old, you grow old because you stop playing”. Oh how true that is. I have always vowed to myself that I would never stop learning either. After so many years, I have seen teachers become complacent and just do what is familiar to them and not step outside of their comfort zone. I have never had a problem with this as I am always seeking that new thing to do with my kids. I feel that this year, teachers have been forced to step outside of their comfort zone and forced to try new things, teach in different ways, and adapt to the unknown from day to day! I am so blessed to be part of a professional organization that is not in it for themselves, but in it for the profession! I have received so many amazing lessons and ideas shared from my PE Peeps not only here in Wisconsin but around the world. I plan on uploading all of my Seesaw lessons to the shared Seesaw Community over Christmas Break, so if you are a Seesaw Platform school, look for them by January 1st! As the Members at Large board member for WHPE, I am here for you! If there is something you would like WHPE to do more of, better at, or just something new, please reach out to me and let me know your thoughts.....In the meantime my friends, stay healthy and thank you for all you do to make physical education and health an essential subject to the health of our future generations! Wishing you a safe and blessed 2021!

– Jackie Clark - Member at Large



Using the Middle Path to Guide New Years Goals

By Cynthia Allen, Carthage College

As the end of 2020 approaches, many of us are thinking about the things we’d like to change in 2021. Much of what is published on social media, professional media sources and advertisements promotes philosophical and behavioral extremes. Using *the middle way* as a guide can help protect against distorted mindsets that creep into our goal setting for the New Year. Let us explore how the idea of walking the middle path may improve the effectiveness of our New Year’s Goals.

What is the middle path?

In Sharon Salzberg’s book *Lovingkindness: The revolutionary art of happiness*, she discusses the extreme mindset that there is a ‘singular experience that will give us unchanging happiness’. **Avoid the goal setting trap that the answers lie in one book, a trip, a specific diet, or a retreat with a popular teacher.** So many products and experiences are marketed as being *the thing* that will change our lives. Well-written articles or advice from an expert can provide a motivation boost, however there is no secret that once learned will immediately change our lives.

Rather than focusing on outcomes requiring months or years of effort, work towards simpler daily goals that help build capacity for the long haul. Focusing on long-term outcomes such as losing 50 pounds, making a career change, or finding a life companion is called ‘*binocular thinking*’. Faraway objects seem close but when the binoculars are set down, we see just how much ground needs to be covered. Looking only at long term outcomes can cause us to give up when we have the inevitable setbacks. Be sure to set daily and weekly goals that lead toward the life you imagine. It’s the small, consistent daily actions that lead to long-lasting positive changes.

Another goal setting strategy is to practice the mindfulness technique of gently letting go and beginning again. The middle path thinking can be a guide to stay in the moment when working toward a new goal. Make only the next right decision. Let go of feeling upset that you didn’t exercise this morning before work, or that you bought a pastry

while fueling up on coffee. Instead, focus on the current decision only; the next right thing. Release any shame or self-judgment that arises from regret over past choices. And release the overwhelming feeling you have to make a specific decision for the next 6 months. Those kinds of thoughts can cause us to give up before making any headway.

Another middle path mindset is **recognizing that we need help.** Clinging to the old way of doing things, can sometimes leave us feeling helpless; we have great intentions but many of us get in our own way. The two extremes in goal setting are a) I can and must do this all by myself or b) I am completely helpless. Reach out to a qualified professional who can help provide information and support. They can help us recognize some of the unhelpful patterns leaving us feeling stuck. Oftentimes being accountable to someone else can provide needed motivation when getting started down a new way of living.

Notice the side effects. Being laser focused on a specific outcome may limit our ability to see positive side effects from our efforts. This is often the case with weight loss. When focused solely on the number on a scale, we fail to notice that we are sleeping better and feeling a bit less stressed. Look for the unintended outcomes of the pursuits of new goals. Do you feel less reactive with your kids? Are you more connected with friends? Do you have more energy throughout the day?

Build on past success. Spend time pondering the ways in which your life is going well. Remind yourself of all that you did to achieve the goals you are most proud of. Use those same skills to approach the next breakthrough.

Lastly, **don’t forget the power of peers.** Join or create your own group of people who are doing the thing you want to be doing and make an effort to foster friendships. Use Facebook or Meetup.com to find groups doing healthy things that interest you.

If you feel inspired to change things up in the New Year, do it! Plan for success just as you would for any important life event. Notice what you already do well and build upon those skills to find success in 2021.



SHAPE America

health.moves.minds.

Health.Moves.Minds is the perfect program to address the social-emotional needs of your students and can be used no matter if you are in-person or virtual. Register your school today at www.healthmovesminds.org to take advantage of the free instructional resources that are available. Once you register, you have the option to just use the materials with your students or to use the materials AND fundraise for your school. Keep in mind, fundraising not only helps to support your school, but also benefits WHPE and SHAPE America so we can keep providing professional development and support to all HPE professionals.

HMM offers complete flexibility in how you choose to run your program/fundraising event. You can follow the lessons provided by SHAPE America or you can adapt and change the lessons to fit your school's needs. Take a look at the different HMM resources that are located in the WHPE Zoom folder (www.whpe.us).

If you have any questions or need some assistance with getting a Health.Moves.Minds program started in your school please contact me at Katie.Mulloy@nbexcellence.org

Be well!

- Katie Mulloy, WI State HMM/Game On Coordinator, WHPE Treasurer

SHAPE America
health.moves.minds.

DID YOU KNOW?

SHAPE America provides teacher-friendly, student-friendly resources that have a strong focus on equity, diversity & inclusion, and are adaptable for your school and classroom needs.

Learn more today & download FREE educational material at healthmovesminds.org

#GameOn in 2021!

2021 is almost here! Plan a FUN fitness event that helps your students, your school, and a charity of your choice. **GAME ON!** is a fitness-based fundraiser, developed to fit the needs of school physical education departments! Focusing on all the awesome things students can do with a healthy mind and body, GAME ON! helps strengthen the connection between fitness and fun! Plus, it allows P.E. departments to raise funds not only for equipment and supplies, but also to fund the causes and charities that matter the most to their school and community. GAME ON! includes health and wellness materials, fun incentives, and tons of official *American Ninja Warrior* and PE equipment.



We are helping teachers and parents navigate this uncertain time. We have in-person and virtual Launch Parties. All events can be held during regular PE classes. ALL funds are raised online. ALL prizes are pre-packed by student and teacher name for easy distribution.

Think about adding a Spring 2021 event to your calendar. Kids need some fun and normalcy in their life. Together, let's bring them the FUN and raise FUNDS for PE and great causes.

Contact MaryLee Flannigan for more information: marylee.flannigan@pop4kids.com

FUTP60

The new **Fuel Up to Play 60**

Homeroom is a great new program resource packed with digital content for your students all in one easy

online place - and best of all there is new content added every Thursday! The URL to the Homeroom does not change, so you can easily add it to online learning platforms, school and district websites, and other online school properties for continued access by students, colleagues, community, and families.

<https://www.fueluptoplay60.com/educator-corner>



What I learned this summer

My favorite things learned from summer professional development were the Bitmoji room and the RULER approach to building SEL skills.

How to build a Bitmoji Classroom:

https://www.youtube.com/watch?v=UKDxk7nf5BQ&ab_channel=VideoZeus

- Submitted by Allisha Blanchette, NE District Coordinator, DC Everest School District

WHPE Award Nominations

Nominate a deserving colleague for a WHPE award. Awards will be presented at the 2021 WHPE convention, October 28, 2021 at the Kalahari Resort in Wisconsin Dells. Nomination deadline is February 1st. Nomination form and award descriptions can be found at <http://whpe.us/awards>

Necrologist Report

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



Necrologist
c/o WHPE
145 Mitchell Hall,
1725 State Street
La Crosse, WI 54601

800-441-4568; 608-785-8175; whpe@uwlax.edu

\$\$\$ \$ \$ \$ \$ GRANTS \$ \$ \$ \$ \$ \$ \$

WHPE Grant - Getting Fit with FitStep - New Berlin

Thanks to the generosity of WHPE, I was able to purchase a classroom set of Fitstep Stream Pedometers, the transmitter and software, and the storage system in the spring of 2020. Unfortunately with restrictions on equipment and sanitizing guidelines I haven't been able to use them the way I had originally planned this year. Several of my older elementary students have begun to informally use them, getting familiar with how they work and how to wear them. So far the feedback from the students who have used them has been very positive. Students find them easy to use, reliable, and leave class sweaty and energized. Students are engaged and taking every opportunity to run in place when not moving to keep their heart rate up. They are cost efficient at being less than half the price of a heart rate monitor and provide students with quality data regarding steps taken, activity minutes, and MVPA minutes. We have not worked on uploading the data yet, but the data can easily be uploaded by the touch of a button to a central hub to be analyzed and tracked by students.

My goal for the future is that students wear these at least once a week during physical education class and that they use the pedometers and data to set personal goals for themselves in order to maintain a healthy lifestyle. Students will upload their data so that they can analyze and reflect on their progress towards their goal each month. I would also like to use this data as evidence to support their participation grade that is given each unit. The possibilities are endless and we look forward to the time when we can use these more.

- *Melanie Gearhart, Physical Education Teacher - School District of New Berlin, WI*

The Highland School District applied for the WHPE grant because the school district does not own any CPR manikins. The school nurse would reach out to other school districts or the Grant County Health Department asking to borrow their CPR manikins for a week or two at a time. As a district, we were extremely grateful that these districts and the county health office allowed us to use their manikins. However, we are even more grateful that WHPE awarded our district with a grant to purchase our own manikin set. The WHPE grant gave Highland Community Schools the opportunity to purchase a CPR Manikin Package from Nasco that included 5 adult/child manikins, two infant manikins, 50 adult/child face shield/lung bags, 20 infant face shield/lung bags, and a nylon carry case. This CPR manikin package will be used in our middle school and high school health classes but will also be used to train our teachers, other staff members and our coaches.

- *Kari Smith, Elementary Physical Education Health/Junior Block Teacher, Highland Schools*

My grant "Helping Healthy Hearts" was approved for the amount of \$2,000 in the Spring of 2020. I was able to buy the students at Brookwood Elementary in Genoa City 25 Polar OH1 heart rate sensors with straps as well as a hanging organizer. I use the Polar Go Fit software to track individual students and classes. Each student is assigned a sensor and can watch their heart rate on the screen while earning badges for staying within the healthy zone for that class.



- *Briana Brenek, Brookwood Elementary-Genoa City*

Grant Ideas for your School

As we look at our budgets and have dreams of buying certain items for our classes, don't be afraid to look into grants. I was given the opportunity to speak with some University students recently about grant writing. I don't claim to be an expert in this area but have had a lot of success in writing and receiving grants. For many years, I sat by the sidelines with the thought that grant writing was a great deal of work. After doing some research and talking to different colleagues, I found local community grants. When looking at these grants, I soon realized that the workload wasn't out of line. My successful grants included heart rate monitors, disc golf cages, field trip money, professional development, and funding to build a disc golf course. My largest takeaways from these grant writing experiences are that there is money available and that it could be as simple as a paragraph or a short one to two-page write-up. If you have a wish, there is a way.

- *Submitted by Molly Dado, NW District Coordinator*

Black River Falls School District - Red Creek Elementary School

I would like to extend our sincere gratitude for your assistance in helping our school fund our Lifetime Fitness Room (LFR)! Even though we haven't been able to utilize the room the way we thought we would, due to Covid-19, we are planning to rollout our LFR when safer guidelines are lifted. Our district stepped up to the plate and matched the funds we received from the WHPE Grant and Gopher Equipment provided us with great bid to make our LFR a reality. This equipment will help reduce the number of students in the gym at one time and provide students with relevant practice using equipment accessible at home or at local recreational facilities.



Hortonville Area School District applied for a WHPE grant hoping to secure funding that would allow us to purchase equipment we would not have otherwise been able to afford using our regular P.E. budget alone. Our goal is to help students better understand their health related fitness components, particularly cardiovascular endurance. We hope to utilize our new heart rate monitors as a method of self-motivation and accountability for the students, where they can apply their SEL skills to make responsible choices. Now, more than ever, we want to keep the health of our students's bodies and minds a top priority.

- *Terressa Leinon*

DC Everest School District

Thank you for the WHPE grant funding to create inclusive opportunities for our special education students. Due to Covid restrictions we are not able to offer in person events during the current school year which makes it difficult to reach our grant goals. However, in the spirit of the grant project, we were able to think out of the box and create 50 "activity buckets" for the K-12 specially designed physical education students. If we could not schedule events for students, we could bring the events to the students!

The activity buckets have allowed us to reach students learning at home or in person and it gives each student their own equipment to use. We chose items that would be familiar to the student and could be used in multiple tasks and activities. The buckets included Scarves, jump ropes, bean bags, tennis ball, stacking cups, beach ball and a bowling pin! A couple new items will be added semester two for the students. An activity card is included for easy follow along tasks. The students were able to be a part of creating the activity buckets.

Pictures below: 1) junior high special education class organizing and preparing the buckets for distribution this fall; 2) detailed activity cards that were created and included in the buckets.

- *Submitted by: Karen Wegge*



Congratulations to the following WHPE Grant recipients - November 2020:

Healthy Outdoor Hearts - *Hans Fester, Sauk Prairie Middle School*
Student Personal Packs of Equipment - *Amanda Rezny, Pelican Elementary, Rhinelander*

WHPE Grant Proposals - Due Feb. 1st, 2021

Need funds for an innovative PE project?

Apply for a WHPE grant! <http://whpe.us/whpe-grants/>



Technology Corner:

Looking for continued professional development? Would you like to learn from teachers of the year, national board certified teachers, and board of directors? The WHPE podcast is a perfect way to get health and physical professional development for FREE on the go. You can listen at work, in the car, while you are out for a run or walk, while cleaning, or anywhere that works for you. The podcast will showcase best practices, outstanding teaching ideas, and thoughts on all things health and physical education. Check out all the different things that you can learn about while listening like; how to become an advocate for your program, classroom management techniques, standards based grading, assessment, using technology in health and physical education, and adaptive physical education. Download the **WHPE Podcast** on iTunes, Podomatic, or Spotify for FREE on your mobile device or computer. Search Wisconsin Health & PE Podcast on your favorite platform to listen to today. Enjoy!




- Submitted by Matt Pomeroy, WHPE Southeast District Coordinator

PEARDECK

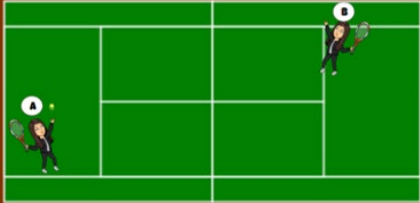
What is Pear Deck?
Google app where you can invite your classroom to participate in an interactive and engaging slide presentation.

Benefits:
Engages all students
Can be completed on any device
Can be done individually or collaboratively (live or self-paced)



JOIN THIS PRESENTATION IN PEARDECK

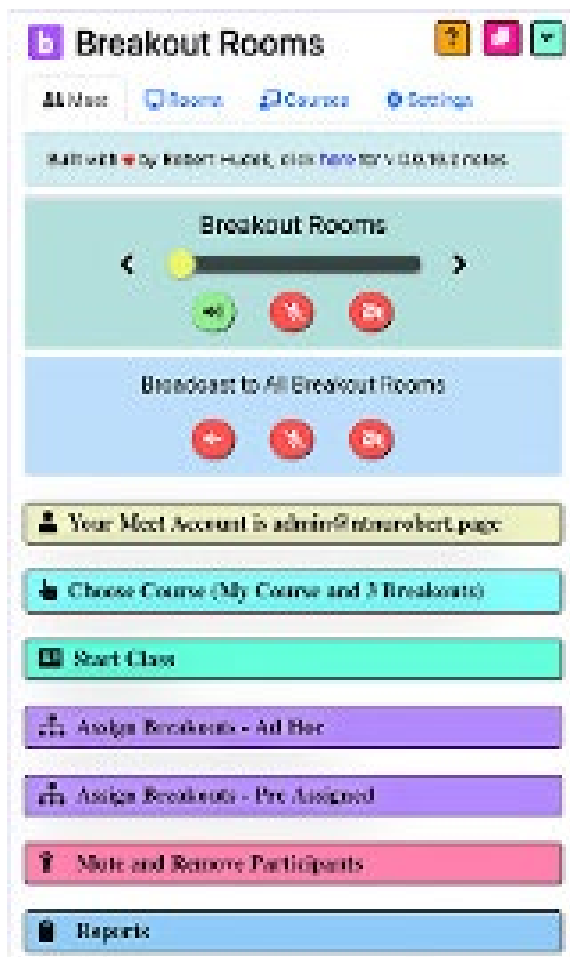
WHERE SHOULD PLAYER A RETURN THE BALL TO PLAYER B?



Students, drag the icon!

Submitted by Shannon Maly, Sun Prairie
WHPE Secondary PE Division Vice President

Be a part of every breakout room with "Google Meet Breakout Rooms Extension"



This **FREE** Google Chrome extension allows you to use Breakout Rooms in a whole new way. In the traditional breakout rooms within a Google Meet, the teacher can only be part of one room at a time - toggling in and out of the different groups and leaving students unattended. With this extension, the teacher can be part of ALL the rooms at the same time. This helps to keep an eye or ear on what is going on in each room, ensure students are on task and appropriate, answer questions quickly, and allow students to collaborate on class content. As the teacher, you will have control of all rooms with microphone, video, and speaker control. This extension is very quick and easy to set up and facilitate during classes.

- Submitted by Katie Mulloy, New Berlin

MOTE CHROME EXTENSION

Mote works with Google Docs, Slides and Sheets, as well as Google Classroom.

Mote supports transcription in more than 20 world languages, including English, Spanish, French, Portuguese and Arabic.

Mote for teachers:
Ask students questions and provide feedback, quickly and with the feeling of human connection. Whether you're at home or in the classroom, mote helps educators and students to stay connected.

Private comments

Add private comment

Shannon Maly
Dec 4, 4:55 PM

mote
Shannon Maly left you a voice note.

Cancel Post



YouTube has a wealth of resources available to HPE teachers. There are many great educators who post in person lesson videos, virtual learning lesson activities, and other tech tips. Here's a short list of suggested channels to subscribe to:

1. Michael Ginicola - <https://www.youtube.com/channel/UCmjjwWTwgCERizKd2JLZ-qww>
2. Phys Ed Review - <https://www.youtube.com/channel/UCsxKZ58vOQyGhBW2vJpH8sg>
3. Ross Chakrian - <https://www.youtube.com/channel/UCdyxPwl7tpfuB3CEWWe1PhA>
4. Benjamin Pirillo - <https://www.youtube.com/channel/UCvtbZloJRUTqE6eTAEK8TGg>
5. The PE Specialist - <https://www.youtube.com/channel/UCzHKzImjJlb-uLlk8e2KxwQ>

Technology Corner:



6. Joey Feith - <https://www.youtube.com/channel/UCzro4d7ECQcMPDQadUAHoYg>
7. Mike Graham - <https://www.youtube.com/channel/UCoM7tYakgW2aGKzBzCjWqtg>
8. Lynn Hefele - [Lynn Hefele](#)
9. Pedancer100 (Wisconsin's own Sandy Hagenbach) - <https://www.youtube.com/channel/UCxg18-OvYCxGUBsDkhfAPQ>

I have found many of these sites to be useful throughout the years, but some of them have been a tremendous asset this year with all the changes that have occurred. Check them out and feel free to share others you have found useful!

– *Kim Selby, Elementary Division VP
Wilson Elementary, Sheboygan Area School District*

WeVideo ... video editing program.

This program allows you to edit video files easily and add text, music, etc. It has been a lifesaver in allowing me to reinforce PE vocabulary words, fitness concepts, and provide a higher quality video lesson for students during virtual learning. <https://www.wevideo.com/>

– *Submitted by Stephanie FencI
Coon Valley Elementary Physical Education Teacher, District Adapted Physical Education Teacher, Westby Area School District*

INTEGRATION VS INCLUSION - Do you know the difference?

– *Submitted by Sadie Brown, APE Division VP*

I wanted to take a little time to share with you some words that I think often get used interchangeably, when they have very different meanings; integration and inclusion. Both have value in the school setting but have different impacts on both the special ed students and their peers.

Integration in a school setting looks like a special ed student or students playing near their peers but doing something similar. So for example, they might be in the gym with their class, but they are off to the side working on their own thing with an APE teacher, special ed assistant or PT. This can sometimes be necessary for safety, sensory break, or skill work. However, what message does this send to the student with special needs? They can't do the activity like their peers or they are different. What message does it send to the peers in class? Johnny is different, he isn't capable, which leads to them less likely including him in other activities as well.

The idea of inclusion helps change that! Inclusion in a school setting looks like students with special needs working WITH their peers. They are participating in the same games, skill practice, and activities. They may need to use a different ball, jump rope, etc, but can some of those things be offered to ALL students? For example during a unit working on throwing the teacher provides a variety of objects for the students to throw ranging in size, shape, etc. Students are allowed to use whichever object they want during the lesson, they can switch and try new ones or keep the same one for the duration of the activity. What does this say to the student with special needs? I have options, the teacher believes in me and I am just like everyone else. What does this say to the peers? Johnny is capable of so many things, he is just like me!

Simple changes like this take many classes from integration to inclusion. I realize we often sway between both throughout our

teaching and even within a single lesson. However, working towards that idea of how can we always make our class accessible for everyone so that ALL ARE INCLUDED.

<https://drive.google.com/file/d/1loz2RsAWONlrsByyGY1N3Ky-bxT2bwwC/view>

APE Ideas

Corey Martin shared these activities through his youtube challenge "Coach Corey Martin" and they were perfect for my adapted physical education students. Both of these videos were great warm ups to get us ready for thanksgiving. They are interactive videos where the students become the turkeys and they are being chased by the farmer! The students will have to duck, jump, and dodge obstacles. My students kept asking to do these over and over again!

<https://www.youtube.com/watch?v=wo5H8yNB64U&t=6s>
AND <https://www.youtube.com/watch?v=kflYI5JNrw0>

– *submitted by Kaitlyn Bieszk, Bayview Middle School*

Editor's Note:

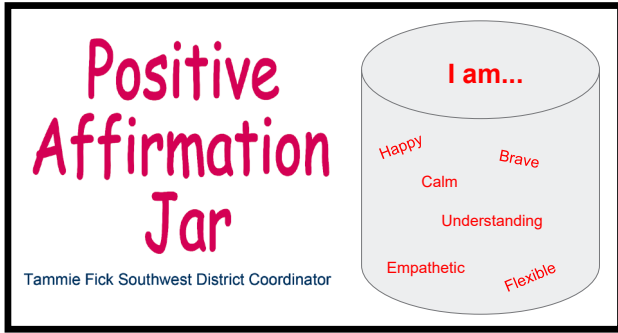
If you have any news, upcoming events, outstanding achievements, professional articles, etc... you would like to share with our members, please submit a typewritten copy of these newsworthy items (include photos when possible) to:

Nicole Popowich

145 Mitchell Hall • UW-La Crosse • 1725 State St. • La Crosse, WI 54601
800-441-4568; 608-785-8175 • npopowich@uwlax.edu

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

ELEMENTARY PE TEACHING IDEAS



MINDFULNESS

Tammie Fick
Southwest District Coordinator



Want to add some Mindfulness to your classroom? Follow the daily themes below to create a calmer and less disruptive classroom.

- Monday:** Mindful Breathing Exercise
- Tuesday:** Positive Affirmation
- Wednesday:** Mindful coloring or drawing
- Thursday:** Yoga Poses
- Friday:** Mindful Meditations

Need help with your ideas?
Email me:
tfick@shullsburg.k12.wi.us

Juggling!

Juggling! We've been doing a virtual juggling unit to work on hand-eye coordination. Students in grades K-4 have used paper towels, socks, and any other items that they might have at home to practice a juggling progression by following my video lessons. Kids have loved this challenge and some have even worked their way up to juggling 3 items in just one week.

- Stephanie Fencil

Coon Valley Elementary Physical Education Teacher
District Adapted Physical Education Teacher
Westby Area School District

The "3 D's" of making a cue

We all have our go to phrases for students with movements we teach. Do we ever pause and wonder how to make them better? Shoot, do we check if what we say even matches what's best practice? In Nick Winkelman's *The Language of Coaching*, he outlines the "3 D's" to guide development of a movement cue:

- ▶ Description
- ▶ Direction
- ▶ Distance

For example, a hang clean in the weight room and the cue "Drive the bar up to the ceiling".

- ▶ Drive is the description
- ▶ Up is the direction
- ▶ Ceiling is the distance

Once a mover is familiar we can shorten that up, "Drive it up". When I look back at my cues, metaphors, or analogies over the years I always try to give cues that allow movers to focus on their environment. I don't want them thinking about body parts. I never thought of or was given a nice template like the "3 D's" for making my cues. It's definitely something I'm going to keep with me in the future. Hopefully, for some of you it's a useful tool too.

- Submitted by Will Westphal

Physical Education Teacher, Brillion Elementary
WHPE Central District Coordinator
wwestphal@brillionsd.org

<https://sites.google.com/a/brillionsd.org/mr-w-phy-ed/home-activity-ideas>



Mind-Body Calendar

Have you tried sending out a Mind-Body Calendar to your students, staff, and school community? SHAPE America provides a monthly calendar for elementary and secondary students that is perfect to send out each month. Sharing something like this to your school community could be a great part of a Health Moves.Minds program, provides a connection to what students are learning in health and physical education classes at home, and provides families and teachers with quick mind and body self-care activities. Give it a try! Here is the link for the Activity Calendar page: <https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>

- Submitted by Katie Mulloy

December 2020 Elementary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: • Safe Toys and Gifts Month • 1 - National Day of Giving (#GivingTuesday) Yoga Images from www.fortyvoga.com	1 Bowling Set up some empty bottles or cans and try to knock them down. Can you get a spare? Strike?	2 Pretzel Race Stand on your left leg, lift your right leg and cross it in front of your left knee, and cross your arms in front of your body. Hop in your pretzel position to the finish line!	3 Muscle Relaxation Laying down, start at your head and squeeze all the muscles in your face. Hold then relax. Next, move to your shoulders, squeeze and relax. Repeat all the way down your body until you get to your toes.	4 Have your kids help you make a healthy dinner. Be sure to include fruits and vegetables!	5 Happy Day Set the tone of your day with a positive affirmation.	
6 Make up a dance routine using 8-12 steps. Practice the dance then teach it to someone else!	7 Jump Rope Try Single Side Swing and Jump! Twist the rope to the left side, jump over rope. Repeat 10 times.	8 It's holiday season! Have your kids help you hang up lights and decorations both indoors and outdoors.	9 Clean Up Race Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a friend or sibling? Each pick a room to clean and race each other!	10 Inch Worm Stand up and bend at the hips. Walk your hands out until you are in plank position. Walk your feet forward to meet your hands and stand back up. Repeat 8-10 times. <i>Hanukkah begins at sundown</i>	11 Mother May I Some suggestions include galloping three times, leaping twice, skipping four times, sliding three times, and running for three seconds.	12 Animal Races Hop like a bunny, squat and waddle like a duck, and stiffer like a snake. Remember the bear walks and walrus crawls from last month? Do those, too!
13 Practice your right leg split, left leg split, and middle split. Hold each one for 30 seconds.	14 Boat Pose Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too!	15 Community Service Go buy a safe toy(s) with your family and donate it. Discuss ways to prevent blindness.	16 Mindful Snack When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?	17 Push over Mom and Dad! Have your parent plant their feet and see if you can budge them. If you move a foot, you win!	18 10 arm circles (forward and backward) 10 shoulder shrugs (forward and backward) 10 standing trunk rotations (hands on hips or straight out to side). <i>Hanukkah ends</i>	19 Stay Hydrated Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?
20 Watch a holiday movie with the family! Jog in place during the commercials.	21 Bundle up Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!	22 Thank You Dinner Before eating dinner, say thank you for the food in front of you.	23 Dolphin Pose Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 seconds.	24 Popcorn Pushups Put a small bowl of popcorn on the floor. Each time you lower yourself down in a push-up, stick out your tongue and take a bite!	25 How many times can you keep a balloon up without it hitting the floor? Try and beat your score each time you play!	26 Nighttime Note Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow. <i>Kwanzaa begins</i>
27 Kick a soccer ball or kickball back and forth with a partner. Practice using both feet.	28 Pretend you're the fastest sprinter in the world! Challenge a friend or family member to a race.	29 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	30 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	31 Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2021.	SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Introduced with permission from the Society of Health and Physical Educators (SHAPE America)	

ELEMENTARY PE TEACHING IDEAS

Put a Little Fit in your Step with the FitStep Stream Pedometers

Thermometer, speedometer - no, it's called a pedometer! Teaching elementary physical education is an adventure every day! Elementary children are honest and impressionable. For the last 25 years, I have had the greatest job in the world - teaching elementary physical education and making a healthy difference in the lives of my students. I have used pedometers my entire teaching career. Pedometers have always been that one piece of technology I couldn't teach without. It kept me on target with how physically active my students were in class, plus it also held my students accountable for their own physical activity level. It was no longer a subjective evaluation of my students. I had the data to prove their activity level. The problem was having 10 classes a day, classes going back to back, that pedometer score became just a number. I used log books for a few years. I had my students record with paper/pencil their daily step counts. This gave me data, but it was time consuming and we lost 5 minutes of instruction time each day to record this data. However, I would do it all over again because the data provided much information. We used that data to set individual goals, analyze their activity time, while giving my students the tools they needed to understand every step counts.

Just when I thought things couldn't get any better, they did when Gopher introduced the FitStep Stream! WOW! GAME CHANGER!!!! The FitStep Stream pedometers are Amazing, Amazing, Amazing! Did I say AMAZING? The wireless technology now allows you to upload an entire class in seconds, yes seconds, with the push of the blue button. The information from the pedometer gets transferred wirelessly through the Gopher Hub within seconds. In the world of 30 minute elementary physical education classes, this time saver adds up to hundreds of additional minutes of instruction throughout the entire school year. Gopher created a product that is first class! I can't say enough about it other than if you don't have it, you are missing out!

My students wear pedometers every day in my physical education classes. Bonus: it is part of our classroom procedures and a quick and easy way to take attendance as everyone has

an assigned pedometer number with Gopher's QuikID numbered pedometer pocket storage system.

Quality! I have always lived by the adage, you pay for what you get. Gopher stands by their quality products. The customer service is amazing! Our territory sales rep, John Dooley is in our schools often, visiting our PE classes, seeing firsthand what we need as physical education teachers. I can't say enough about the quality products I have gotten through Gopher. They are one of the few companies that stand by their products with a 100% guarantee, while believing they want to put in our hands the type of product that will last, withstand, and meet the curriculum needs of my program, not just a piece of "fun" equipment to use without purpose.

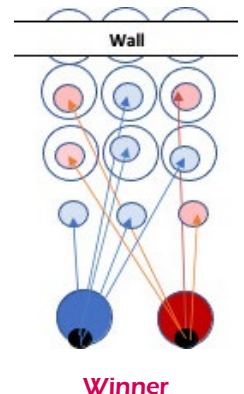
The FitStep Stream pedometers should be a staple in any quality physical education program. In our data driven world, this pedometer is essential! There aren't too many things I could live without in my teaching. These pedometers are one of my must-haves and hope they are one of yours too! I can be reached by email at jclark@waupun.k12.wi.us, or follow me on Twitter at @phyedjackie.



Tic-Tac-Toe

Arranging 9 hula hoops into a tic tac toe grid. The objective is to pass the ball with the feet (or underhand rolling) and have it stop inside the hula-hoop. If the ball lands and stays inside the hula-hoop, place a poly spot in the hoop. The objective is to have 3 poly spots of the same color in a row. Alternate turns.

- Submitted by Deb Sazama, WHPE
Future Professional Advisor, UW-La Crosse



MIDDLE SCHOOL PE TEACHING IDEAS

Running Through the Jungle

- Submitted by: Tim Mueller, WHPE Middle School Division VP, Erin School District

K-2 On-line Movement Activity

Thanks to Mr. C for the this game idea:
<https://www.youtube.com/watch?v=vAf9VzVG-OM>

Students participate in the activities listed below as the teacher calls them out and demonstrates.

Running through the jungle, Running through the jungle - Run in place

(say it 2 times in a row as everyone runs in place and then say one of the activities below)

Branch - squat

Log - jump

Cliff - stop quick and lean forward on toes over the cliff without falling

Lava - pretend to step on tip toes quickly as they say "ooh, ee, ah, ah, ah"

River Stepping Stones - leap in spot to other foot pretending to leap to river rocks as they say "leap, leap, leap, leap"

Tarzan Rope - pretend to swing on a vine switching arms as they say "swing, swing, swing, swing"

Bear (sloth bear like Jungle Book) - play dead on ground

Lion - Hide off screen

Climb Tree - pretend to climb tree by pulling arms up alternating arms - say "climb, climb, climb, climb, climb"

Water - pretend to jump in and swim with arms alternating in big circles - say "swim, swim, swim, swim, swim"



MIDDLE SCHOOL PE TEACHING IDEAS

Asynchronous PE Personal Fitness Plan Creation Unit

Submitted by Matt Pomeroy, WHPE Southeast District Coordinator

Background: In an asynchronous environment students can be challenged in activities that give them voice and choice, are differentiated, and focused on grade level outcomes that they can complete at home with no equipment and while working alone. Here is one plan that I have used with success.

Here is the link to our google folder for you to make copies of: <https://tinyurl.com/AsynchronousPE>

What: Personal Fitness Plan Creation (Quarter #1 PE)

How: We delivered instruction (Google Slides, WeVideos, and Google Form quizzes) to students about the 5 components of health related fitness, they will have time over the course of two weeks to select workouts that they can complete, from home, from a website designed by us that gives students access to workouts to follow along with.

Students participated in 10 total workouts over the course of 4 weeks.

Students picked 2 workouts from each components of health related fitness

Students will reflect on their workouts through a weekly workout journal.

After the 4 weeks, students will pick (a specific number based upon grade level) components of health related fitness that they would like to improve on. Students will then create a 4 week calendar, with links to workouts that they will participate in, that will help them improve on their specific components of fitness.

Grade Level Outcomes that can be assessed:

Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) and explains the connections between fitness and overall physical and mental health. (S3.M1.8)

Participates in physical activity 3 times a week outside of physical education class. (S3.M2.8)

Designs and implements a program of remediation for 2 areas of weakness based on the results of health-related fitness assessment. (S3.M15.7)

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

Demonstrates the importance of social interaction by helping and encouraging others and providing support to classmates. (S5.M6.7)

SECONDARY PE TEACHING IDEAS

Healthy Snack Recipe Challenge

- Submitted by Shannon Maly,
WHPE Secondary PE Division Vice President

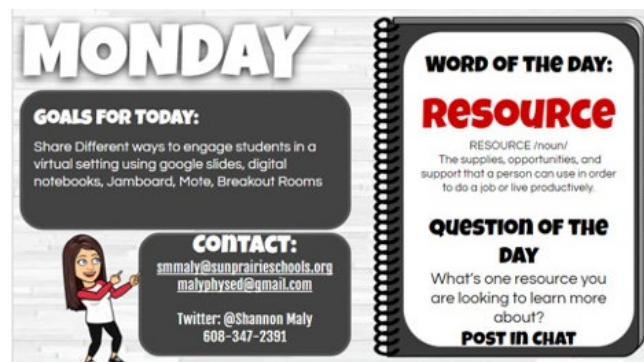
This year our Fitness For Life students focused on learning about healthy snack choices. Each student created a recipe page which included the name of the snack, list of ingredients, directions on how to create the snack, serving size, and had to justify why the snack was a healthy choice by identifying key ingredients that would make it healthy.

Students then shared the snack in a google slide digital notebook which then became our class recipe book, where students could have a resource to use to practice eating healthy snacks. I included a photo of the cover of our recipe book.

Here is the link to the assignment:

<https://docs.google.com/presentation/d/1Qyi3S-cCJ0Nj6IPq9aU3gtKXzvr76Xoq-BLDmS7CE/copy>

Building Student Academic Language One WORD at a Time



I have been incorporating using a Word of the Day and Question of the day as part of our warm-up activity in class during virtual learning. Student's have then incorporated the words into their Weekly Reflections in Digital Fitness & Nutrition Notebook.

CARDIO KAN JAM

While starting the school year much different circumstances, I discovered by accident how to play a COVID-safe and possibly more fun version of KAN JAM. In "CARDIO KAN JAM", each set of partners (one team) has their own set of 2 Kans and a Frisbee. To play, place 2 teams near each other but at least 6 feet apart and let them race against each other to 21 points. This is a much faster paced game as both partners are always engaged and active rather than waiting for their turn. I believe it could also work for other backyard, recreational type games.

If you would like to see a video of it, please contact me at vorwald@platteville.k12.wi.us



College/University Division News

The fall semester brought many new challenges to the way college and university members deliver education to future health and physical education teachers. From the challenges of remote supervision of student teachers to teaching PE methods courses online, these members have been dynamic and creative in finding ways to meet the needs of their students. It is great to have professional organizations like WHPE and SHAPE to connect and share resources during these challenging times.

WHPE Higher Education Roundtable Discussions

Roundtable discussions have been a common format for the college and university division members to gather and share ideas. Traditionally, these discussions would happen at the fall convention. However, we have started hosting these discussions through Zoom and much more often than once a year. The August discussion revolved around planning for virtual and hybrid learning for the upcoming semester. The November meeting was a time to share strategies that are working and discuss solutions to current challenges. In January, some members will meet to discuss the DPI program approval process for those seeking changes to curriculum.

SHAPE America HETE/PETE Webinar

SHAPE America offered a webinar in October titled, "Strategies for Effectively Teaching HETE and PETE During the COVID Era." This webinar was presented by members of SHAPE America's Professional Preparation Council and addressed social and emotional learning, creative field experiences, virtual classrooms, edTPA in a virtual environment, and online adapted physical activity. For SHAPE America members, the webinar and resources shared can be viewed [here](#).

These opportunities, offered through our state and national organizations are of great value to the members in this division. Now more than ever, we need a space and time to collaborate with each other. If you're looking to get in contact with a college/university member, please reference our "Health and Physical Education Resource List," on the WHPE website, to see a list of college/university members and their areas of expertise. Together we can REACH EVERYONE.

Rebekah Johnson, Division Vice President, rjohnson17@carthage.edu

Virtual Field Experience @ Pelican Elementary

Back in August, a former professor of mine, Dr. Kristi Mally, from Winona State, reached out to see if myself and other teachers would be interested in being a part of an elementary physical education teacher cadre for her college students to gain field experience...virtually. I agreed to join this adventure! Ben Wilde and Kyrie Zastrow were assigned to me, and were able to gain some quality time learning while my students were both in-person at Pelican Elementary School in Rhinelander, school with me and while we were all virtual for two weeks.

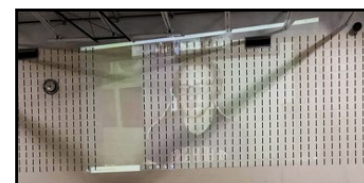
My school is currently in a hybrid model which allows teachers extra professional development time on Wednesdays. I was able to connect with the two future professionals on those days to reflect, review learning targets and lessons together. It was great for me to not only master Zoom meetings, but also get a fresh perspective on my classes. I placed several screens around the gym for them to view multiple angles of students learning and practicing. Students could take an iPad to their workspace to show their learning and interact with them as well.

Ben noted that he was anxious to teach at first, especially via Zoom, but felt supported and was less stressful than he expected. Kyrie acknowledged the student engagement in her lessons, and was surprised with the interactions she was able to make with the students. It was a win-win for all! I was very lucky to have teachers that were physically Minnesota and Illinois at one point guest teaching in my classroom in northern Wisconsin. If you have an opportunity to support our future professionals like this, I highly recommend taking a chance to enjoy this unique experience!

- Amanda Rezny, Physical Education Teacher - Pelican Elementary, Rhinelander, WI



Laptop Picture: Kyrie leads class in an instant learning activity. She used pre-made google slides and simply shared her screen in Zoom so students could see her and the visuals to learn.



Wall Picture: Ben is leading class. We simply used the wall to project his teaching. He had a pretty awesome setup on his end with headphones and a microphone for clear communication.

Health Teaching Ideas

**- Submitted by Allisha Blanchette,
NE District Coordinator, DC Everest School District**

The following is a project I put together to sum up my Mental/Emotional Health unit to demonstrate NHS 2, 3, 5 & 7. My school is currently hybrid so this is a virtual example of how the project could be completed. Students could also turn in a physical project.

Self-Portrait Project

<https://docs.google.com/presentation/d/1ZCfRCFjaUMFN66M5SJhLjh9MLYeKHD2ubAbzNePhNO4/edit?usp=sharing>

- Following submitted by Mary Wentland, WHPE Health Liaison

Vaping Resource:

<https://therealcost.betobaccofree.hhs.gov/vapes>

Mindful Minutes:

https://docs.google.com/presentation/d/1uN6EMI_grh-PulqqCJQk7ks7FZmy1krn29uFkowxTkK/edit?usp=sharing

Tobacco Scenarios:

<https://docs.google.com/presentation/d/1EiXbvRS-49CSAJR-lxih8qpYcH5Wclh0TKVWhUY8Y97s/edit?usp=sharing>



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

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

A Hearty Greeting to All



When I first began in this role as ED we were all newly sheltered in our safe place, reaching out to our students through distance learning and still trying to be a difference maker. Months and months later we find ourselves in a flexible world of Face 2 Face, virtual, hybrid, synchronistic/ asynchronistic, teachers at home quarantining while students are Face 2 Face at school, and sometimes this change happens mid week! As teachers, we

are in fact defining ourselves, our profession, and our future through daily boots on the ground interaction. We are difference makers. This is an unprecedented time of change in education. During this time, we need to surround ourselves with other professionals who can provide a professional collaborative network of support. WHPE is that network! We are working to provide timely, reflexive, targeted resources and professional development in response to your needs.

I am grateful to the members of our association who have asked questions, asked for resources, sought out information to be better practitioners. Equally, I am grateful to the many WHPE Board of Directors who have volunteered their time, knowledge, and resources to help lead our members. Through S'mores, Newsletters, Zoom, Podcasts, FaceBook, Twitter, texting and emailing, collaborations have been happening in "real-time." Pre-pandemic, we would gather once a year at our fall convention to pack "yearly" professional development and networking all into a Wednesday night through Friday noon experience. Of course we plan on returning to that delivery system when it is safe to do so, but in the now, we will continue to provide regularly scheduled virtual professional development including roundtable discussions, networking, collaboration opportunities, in a variety of formats for the benefit of our members. If you feel like you have not received any of the Zoom professional development invites it may be due to your email filtering my mailchimp account emails. Please check your spam folder for the following: Penny <pkroening-whpe@gmail.com> via mcc.mcsv.net Because this email address may "look" like a mass mailing or spam email, your email filter might be screening it out. Check it out, WHPE has been putting out regular zoom meetings on the first and third Wednesday night of each month.

7 pm. If you have not received the invite mailing, please check your spam first, if it is not there, contact me.

Before I close I want to invite you to contact me or a WHPE Board member if you have a need, wonder, question, or resource to share. We are working in real-time to facilitate professional learning and a supportive network for our members.

My email contact information is: pkroeningWHPE@gmail.com

*Kind Regards,
Penny Kroening*

A Member We Will Miss



Neil Koeneman, of Oshkosh passed away on November 28, 2020 at the age of 87. Neil served as President of WAHPERD (now WHPE) from 1990-91. Neil joined WAHPERD in 1957 and was awarded the Lifetime Award in 1992. Throughout his nearly four decades of teaching, Neil introduced countless students and friends to the joys of outdoor

activity, health, and a lifelong appreciation for life's simple and lasting endeavors. His teachings went beyond the classroom. He introduced nearly everyone he met to the joys of cycling, kayaking, skiing, canoeing, and sailing. For all his time in the water, he earned the nickname "Nautical Neil". Neil enrolled in the University of Wisconsin at La Crosse in 1952, paying with cash from his pocket for his tuition. During his sophomore year at UW-LaCrosse, he was drafted to serve in the US Army during the Korean War. Also while at UW-La Crosse he hurdled on the track and field team, and eventually graduated with a major in physical education. Neil went on to earn a master's degree from University of Northern Colorado in 1971. He taught physical education in Shell Lake, WI upon graduation. He then returned to his hometown of Oshkosh where he first served as Assistant Recreation Director before returning to teaching physical education in the Oshkosh elementary schools.