



www.whpe.us

Our mission ...

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

WISCONSIN HEALTH AND PHYSICAL EDUCATION
NEWSLETTER

VOLUME 50, ISSUE 3

FALL 2021

2021 WHPE Convention ...

The 2021 WHPE Convention will be held at the Kalahari Resort in Wisconsin Dells on October 27-29, 2021. Check out our website for the latest details, convention registration fee information and hotel reservation information. <http://whpe.us/whpe-annual-convention>

WHPE is excited to announce that our keynote speaker will be **Scott Todnem**. Scott has been teaching since 2001 in Naperville, Illinois and travels the nation to speak about health education and related work. He was named the 2019 SHAPE America National Health Education Teacher of the Year. Todnem has been on social diversity committees, led educational trips, served as team-building coordinator, worked as a strength and conditioning coach, and uses his platforms for mental health and suicide prevention. He is the author of *"Growing Up Great!"* – a puberty book for boys. His featured presentation will be **Health and Wellness: A Life-Saving, Life-Changing, and Life-Sustaining Experience**. "As educators, we have the difficult task of creating an experience that permeates the lives of our students, now and forever. We can rise to that challenge! Let's look at our profession with a big picture view in order to find clarity. Reach every student by starting with yourself. Play to your strengths as an educator, learn to love your mistakes, and be the inspiration you were meant to be. Health = life. The rest is just details." He will present this keynote on Thursday morning, along with a breakout session in the afternoon.



SHAPE America Young Professional Physical Education Teacher of the Year. She will present on the topic of **"Reused, Recycled, Renovated Activities"**, which will incorporate various fitness activities and instant activities for large and small groups for students K-5. Some old, some new, some renovated, and maybe some right for you.

An exciting addition to this year's convention is our very own, **Allisha Blanchette**. Allisha is a health and physical education teacher, cross country coach, and wellness advocate for students & colleagues at DC Everest in Weston, WI. In 2019, Allisha was named the WHPE health teacher of the year and in 2020 the Midwest health teacher of the year. Allisha will be presenting two exciting Health sessions, along with being part of our Health TOY extravaganza on Friday morning.



We're happy to announce that presenting at this convention will be **Shannon Maly**, 2021 SHAPE America High School Physical Education Teacher of the Year. Shannon has taught Physical Education and Health at the Middle and High School levels the past 18 years. She is currently teaching at Sun Prairie High School, located in southern Wisconsin, where she strives to find new and innovative activities to encourage her students to be active and find fun in lifetime fitness. In October, she was recognized as the 2020 Wisconsin High School Physical Education Teacher of the Year & 2021 Midwest District Teacher of the Year. We are privileged to have Shannon present two secondary level sessions along with being part of our Friday morning TOY Extravaganza!



We also have the privilege of having **Karen Fish** join our Wisconsin convention. Karen has been teaching in the physical education field for over 10 years at the elementary level and middle school level and recently taken a new role as an adapted physical education teacher for her current district in Illinois. Karen has received several state and national awards including 2015 Midwest



Electronic Voting for WHPE 2021 Board of Directors ...

This year's WHPE elections will again take place electronically. On October 1st you will receive an electronic ballot link via email. Electronic voting will open October 1st and close after the General Assembly at the WHPE Convention on October 28, 2021. If you do not regularly receive emails from the WHPE office/Nicole Popowich, please call the office at 608-785-8175 or send an email to npopowich@uwlax.edu ASAP to update your email address. If you do not receive an electronic ballot or would prefer to mail in your ballot, there is a paper ballot located on page 2 of this newsletter, which must be postmarked by October 15.

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WHPE Convention ... October 27-29, 2021 ... Wisconsin Dells

WHPE Awards' Social

This year's Awards' Social will honor deserving colleagues in a more informal, all inclusive setting. Individuals will be receiving recognition as in the past including: Advocacy, Honor, Retirement & Longevity, Future Professional & Promising Professional, Health and Physical Education Teachers of the Year, Major of the Year, Lifetime Achievement and other awards for Service and extended leadership for Midwest/SHAPE. Everyone is welcome to join in socializing, light refreshments and honoring our colleagues. No need for tickets or specific dress attire. Come as you are with the event beginning at 6:30 p.m. at the Kalahari (check your convention schedule). Come early for snacks/socializing/interacting with Award winners and if possible stay for the entire program to honor our award winners, followed by a bit more personal interaction among attendees. We hope to see many members attend and help WHPE recognize our 2021 award winners.

Convention Sponsors:



School of Education
University of Wisconsin-Stevens Point

WHPE recognizes
UW-Stevens Point as a
Platinum Sponsor of both

our Keynote speaker, Scott Todnem and Convention App.

Thanks to UW-SP for their dedication to WHPE and it's mission.
<https://www.uwsp.edu/education/Pages/Graduate/default.aspx>

WHPE recognizes Skatetime School Programs
as a Silver Sponsor of our convention favor.

Thanks to Skatetime for their years of dedication to WHPE! <https://www.skatetime.com/>



WHPE Physical Education Workshop UW-La Crosse Credit

ESS 560 Section 700 - 1 graduate credit - \$250

DEADLINE to register: October 28th, 2021

No registrations will be accepted on site!

Students enrolled in this one credit graduate course will attend a minimum of 7 sessions of the 2021 WHPE Convention, October 28th and 29th. Students must complete a reflection paper (1-2 pages) for each session and collect signatures of presenters to document attendance. Papers are due by November 19th. For more details check out our website: <http://whpe.us/whpe-annual-convention>

Hotel Reservations

Kalahari Resorts & Conventions

1305 Kalahari Dr., Wisconsin Dells, WI 53965 • 877-253-5466

Reservation deadline Tuesday, October 5, 2021

Reservation link:

<https://book.passkey.com/event/50175363/owner/49796246/home>

- ROOM RATE -

\$109 – Single-Quad occupancy for Wednesday and Thursday nights (nightly Resort fee waived)

\$139 – Single-Quad occupancy for Friday and Saturday nights, upon availability (nightly Resort fee waived)

Sleeping rooms are held under "Wisconsin Health and Physical Education 2021" room block



All Convention Social

Don't miss out on this convention social!!
Join President Dan Timm on Wednesday evening, October 27th from 8-10 p.m. at the Kalahari for light refreshments and enjoy networking with colleagues old and new!

WHPE Election 2021 Ballot

WHPE has gone to an electronic voting process for this years' election in order to give all members an opportunity to vote. If you are unable to vote electronically by following the instructions in this newsletter, you can mail this ballot to WHPE, 145 Mitchell Hall, University of Wisconsin-La Crosse, 1725 State Street, La Crosse, WI 54601 between October 1 and 15.

Please vote for one candidate for each position

President-Elect

- Mary Wentland
- (Write In) _____

Secretary

- Jan Kunert
- (Write In) _____

Central District Coordinator

- Nathali Jones
- (Write In) _____

Northeast District Coordinator

- Alisha Blanchette
- (Write In) _____

Northwest District Coordinator

- Molly Dado
- (Write In) _____

Southeast District Coordinator

- Matt Pomeroy
- (Write In) _____

Southwest District Coordinator

- Douglas Bradley
- (Write In) _____

The following information is requested to ensure voting confidentiality. The privacy of your information is guaranteed. Thank you for voting in the 2021 WHPE election.

Name _____

Email Address _____

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

2021 Convention Schedule of Events

Wednesday, October 27, 2021

6:00-9:00 p.m. Registration

8:00-10:00 p.m. All Convention Social

Thursday, October 28, 2021

7:00 a.m. - 3:00 p.m. Registration

9:00 a.m. - 4:30 p.m. Exhibits Open

Session 1 > 8:15-9:15 a.m.

- 1 Games, Games, Games! – *Taggart*
- 2 Incorporating Children's Books into Educational Games – *Stephenson/Cole/Friday/Morrin*
- 3 Daily Dose of Iron – *Ameson/Heath*
- 4 Joyful Jumping – *Dado*
- 5 Speed and Agility Training in High School PE – *Fizel*
- 6 Adapted PE: How or What Do I Teach with Limited Paraprofessional Support? – *Kleinhans/Brown*
- 7 ANTS: How to take control of the picnic inside of your head – *Wentland*
- 8 Skills Based Health: Putting Students First – *Ortiz/Robloff*
- 9 Unspoken No More: Addressing EDI, Trauma, Wellness in and out of the Classroom – *Fuller/Simenz/Ruffalo/Nelson/Barry/Cameron/Hansen*

Session 2 > 9:15 - 9:45 a.m.

Visit the Exhibitors - *Coffee Break in Exhibits Hall*

Poster Session - *Coffee Break in Sandstone Hallway*

Meet a WHPE Mentor - Survive Your First Year of Teaching! How? – *for Future Professionals*

General Assembly > 9:50-11:20 a.m.

Announcements/Elections/Award Recipients

Keynote presentation: Scott Todnem – “*Health and Wellness: A Life-Saving, Life-Changing, and Life-Sustaining Experience*”

Session 3 > 11:30 a.m. - 12:30 p.m.

- 1 Favorite TOY Best Practice Activities for Middle & High School PE – *Bailey/Vorwald/Mueller*
- 2 Never Miss a Chance to DANCE with TOYS! – *Mulloy/Clark*
- 3 “Jumpstart” Your Students’ Brains – *Selby/Herber*
- 4 Lifetime Physical Fitness for High School & Transition Aged Students with Disabilities – *McMullen*
- 5 All Sports Golf Interactive Physical Education Unit – *Fortier/Johnson/Swenson*
- 6 Finding JOY in the BEAT! – *Mally*
- 7 Fundraising for Physical Education: Tips and Strategies – *McKinney*
- 8 Team Teaching - How to Make it Work – *Carlson*
- 9 Assessment in Action - MW Health TOY – *Blanchette*
- 10 Initiatives Underway at SHAPE America – *Morris/Fuller*
- 11 Higher Education Roundtable – *Johnson*

12:00-1:30 p.m. Past President meeting and PP and Retiree lunch

12:30-1:30 p.m. Convention Lunch on your own

12:30-1:30 p.m. Exhibitor lunch

12:30-1:30 p.m. Future Professional lunch/election

Session 4 > 1:40-2:40 p.m.

- 1 What's in Your Backpocket? Fitness Based Activities to get your students Moving! – *Maly*
- 2 Reused, Recycled, Renovated Activities - Featured – *Karen Fish*
- 3 Omnikin: Have a BALL with Action-Packed Fun for All! – *Williams*
- 4 P.E. for everyBODY: Participating in a “Different Pair of Shoes” – *Buchman/Brown*
- 5 OPEN - Invasion Games to Keep Kids Moving! – *VanKlei*
- 6 Critical Thinking Infusion (CTI) – *Glonck/Anderson/Marfilius/Swenson*
- 7 Practical Applications of Assessment Aligned with Grade Level Outcomes – *Beddoes/Sazama/StephensonStarck*
- 8 Strength and Conditioning in High School Physical Education – *Fizel*
- 9 Using Technology in PE – *Gearhart/Bissuwurm*
- 10 Bridging Lessons in the Health Classroom – *Todnem*
- 11 Addressing Equity in Physical Education and Health – *Lovings/Sullivan/Witkowski*

Session 5 > 2:50-3:50 p.m.

- 1 Strengthen Your Core: Combine ELA, Math and PE – *Zerby/Vogt/Phillips*
- 2 Teaching Tactics of Tag – *Csiacsek/UWRF*
- 3 Let's go on a GooseChase: Using scavenger hunts to teach content & build social connections – *Bailey*
- 4 Junior Chefs On the Move: Empower your students to make healthy nutrition choices – *Kestell/Hagenbach*
- 5 Two Pieces of Tape, 3 D's, Metaphors, and Analogies: How Do You Cue? – *Westpbal*
- 6 Survive and Thrive During Student Teaching! – *Mueller*

- 7 Grading in Physical Education: Moving towards the Standards – *Starck/Stephenson/Sazama*
- 8 WHPE Grants sharing – *Marx*
- 9 Making the PE and Health environments accessible by “UDL”ing – *Pfister/Schreurs*
- 10 “Sex and Politics” ... Where do we Start? – *Zemke/panel*
- 11 Using Pear Deck with SHAPE America Standards & GLO's for Students at Home or In-Person – *Doyle*
- 12 “Let's Talk Careers” in the Health Classroom – *Hookstead/Weinert*

Session 6 > 4:00-5:00 p.m.

- 1 Brainball - integrate Spelling, Reading, & Math through active play – *Taggart*
 - 2 Multicultural Games – *Fencl*
 - 3 OPEN - Plug Fitness Into Every Class! – *VanKlei*
 - 4 Health. Moves. Minds – *Mulloy*
 - 5 More than just a stationary activity - experience Speed Stacks! – *Burk*
 - 6 Pursuing the National Boards for Professional Teaching Standards – *Ortiz*
 - 7 Creating Standards Based Grading Rubrics for Elementary Physical Education – *Fick*
 - 8 Teaching On an Island (The only PE teacher in the building and networking) – *Ambort*
 - 9 Capture Culture in the Classroom - MW Health TOY – *Blanchette*
 - 10 ASAP: How everyBODY can play TOGETHER today for a better tomorrow – *Buchman*
 - 11 Making it Official Beginning a Sports Officiating Course in your School - National TOY – *Maly*
- 5:15-5:50 p.m. Minute to Win It! - Future Professionals
- 5:00-6:00 p.m. UW-L Alumni social
- 5:00-6:00 p.m. Award social set up
- 6:30-8:30 p.m. WHPE Awards Social

Friday, October 29, 2021

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

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

Session 7 > 8:00-9:00 a.m.

- 1 Life of the party line dancing – *Dado*
- 2 Homemade/Instant Activities - Featured – *Fish*
- 3 Personalize Learning from the Top-Down – *Schwartz*
- 4 Golf Made Simple for Grades K-5 – *Mueller*
- 5 Cardio Drumming/Rhythms in PE – *Zwettler/Brown*
- 6 GAME ON! An American Ninja Warrior Inspired event – *Flannigan*
- 7 Adapted Sports League - Where Do I Start? – *Kleinhans/Slussed*
- 8 They are Talking About Your Health class! – *Zemke*
- 9 Wisconsin Physical Education standards New and Improved – *Kroening/Lovings/Fuller*

Session 8 > 9:10-10:10 a.m.

- 1 Games from Other Countries – *Ambort*
- 2 Let's “T” It Up: Using Agility “T”'s in Physical Education – *Hagenbach*
- 3 How to Incorporate Dance Fitness into Secondary Physical Education – *Stephenson/Dobbs/Krier/Sturtz*
- 4 OPEN - Moving Right Away With Instant Activities! – *VanKlei*
- 5 Mindfulness – *Fick*
- 6 Teaching Balance, Stability & Body Awareness to Early Childhood & Preschool Students w/Disabilities – *McMullen*
- 7 Get Movin' in Health Education – *Carthage/Johnson*
- 8 Incorporating MVPA in the WSCC Model: Using Objective Data to Drive Program Effectiveness & Students – *Berkey*
- 9 How Technology Can Enhance Physical Education – *LaFleur*
- 10 Urban Health and Physical Education – *Fuller/Rodriguez/Landry*
- 11 Infusing Health Skills into Your Units – *Damitz*
- 12 Implementing and Adventure Ed/Outdoor Pursuits Unit using Essential elements & foundational skills – *Mickschl/Starck/Ramirez/Eggrich*
- 13 Constructing Meaning through Exploration, Choice, and a ‘Just Right Fit’ – *Mally*

Session 9 > 10:20-11:20 a.m.

- 1 TOY Shop - Elementary level (continued at 11:30 a.m.) – *Selby/Wendorf*
- 2 The Trifecta for EveryBODY Extravaganza (continued at 11:30 a.m.) – *Maly/Dado*
- 3 Health TOY Extravaganza - A Healthy Helping of Skills & Stuff (continued at 11:30 a.m.) – *Blanchette/Wentland/Zemke*
- 4 How to use switches in PE for engagement - APE TOY (one hour session) – *Brown*

Session 10 > 11:30 a.m. - 12:30 p.m.

- 1 TOY Shop - Elementary level (continued from 10:20 a.m.) – *Selby/Wendorf*
- 2 The Trifecta for EveryBODY (continued from 10:20 a.m.) – *Maly/Dado*
- 3 Health TOY Extravaganza (continued from 10:20 a.m.) – *Blanchette/Wentland/Zemke*

WHPE MEMBERSHIP

You must be a current member through 11/21 or return a new/renewal membership form with membership dues to preregister for the convention.

Wisconsin Health and Physical Education Membership Form.

PRINT ALL INFORMATION

CHECK APPROPRIATE BOX IN EACH SECTION

Month	2021 to Month	2022	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____	AREA		OFFICE USE ONLY	
STREET _____	HOME PHONE (____) _____	<input type="checkbox"/> Health – H <input type="checkbox"/> General – G <input type="checkbox"/> Physical Education – P <input type="checkbox"/> Student – S <input type="checkbox"/> Sports & Athletics – A <input type="checkbox"/> Recreation – R <input type="checkbox"/> Dance – D		EXP. DATE _____	
CITY _____	WORK PHONE (____) _____			Date Rec'd _____	
COUNTY _____	STATE _____ ZIP _____			CK # _____	
E-Mail Address: _____	Year: Fr So Jr Sr Grad			Amt. PD _____	
*Students-School attending					

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

TEACHING LEVEL

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

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

Makes Checks payable to: WHPE

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

TYPE OF MEMBERSHIP	
Lifetime (\$600)	<input type="checkbox"/>
Professional (\$80)	<input type="checkbox"/>
Associate (\$80)	<input type="checkbox"/>
Student (\$35)	<input type="checkbox"/>
5yr Undergrad (\$99)	<input type="checkbox"/>
Retired (\$20)	<input type="checkbox"/>
Retired Paid for Life (\$100)	<input type="checkbox"/>

2021 WHPE CONVENTION REGISTRATION

Deadline: October 5, 2021

You must be a current member of WHPE through 11/21 or return a new/renewal membership form with membership dues to pre-register for the convention. COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW. You can verify your membership status by calling the WHPE office at 608-785-8175 or 800-441-4568.

COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW

Last Name: _____ First Name: _____

Street: _____ City, State, Zip: _____

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

Student Teacher Other

University or School District: _____

Is this your first WHPE convention? Yes No I am interested in a Student Leadership position.

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

CLASSIFICATION (Check all that apply)	EARLY BIRD-REGISTRATION (must be received by 10/3)	REGISTRATION (After 10/3)
<input type="checkbox"/> Professional Registration for Current Members	\$135.00	\$150.00
<input type="checkbox"/> Professional Registration including One Year's Members Dues	\$215.00	\$230.00
<input type="checkbox"/> Student Registration for Current Members (Includes Lunch)	\$50.00	\$60.00
<input type="checkbox"/> Student Registration Including One Year's Membership Dues (Includes Lunch)	\$85.00	\$95.00
<input type="checkbox"/> Student Registration Including 5-Year/\$99 Membership Dues (Includes Lunch)	\$149.00	\$159.00
<input type="checkbox"/> Lead Presenter Registration for Current Member	\$75.00	\$75.00
<input type="checkbox"/> Lead Presenter Registration Including One Year's Membership	\$155.00	\$155.00
<input type="checkbox"/> Retired	\$0.00	\$0.00
<input type="checkbox"/> Past President	\$0.00	\$0.00
<input type="checkbox"/> Non-member Registration	\$240.00	\$250.00
Total Enclosed: _____	\$ _____	

Complete and send this form along with a check for WHPE Convention Fees to:
 WHPE, 145 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.

WHPE Convention Dates

October 26-28, 2022 Kalahari Resort, Wisconsin Dells	October 25-27, 2023 Kalahari Resort, Wisconsin Dells
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From your President . . .

Dan Timm

Happy Fall everyone. By now your school year has begun. I hope it is off to a good start, regardless if you are a teacher or student.

Summer always seems to go fast and before I know it, fall has arrived. One of my grandmothers always kept a daily journal. Reading her journals, one season seemed to naturally blend into the next season.

Convention

With fall, comes the WHPE Convention. Convention will be at the Kalahari Resorts and Conventions in Wisconsin Dells, October 27-29. I'd like to highlight a few aspects of this year's convention...

All Convention Social Come to convention early, check in at the registration area, and join in the All Convention Social on Wednesday, 8:00-10:00. Visit with old friends and make new friends. Find out what is happening in other school districts. After all, it's been two years since our last convention and social.

Keynote Speaker The highlight of our General Assembly Thursday morning will be the keynote address by Scott Todnem. During my time as President-Elect, I was forming a list of possible keynote speakers. When I heard Scott speak at the Adolescent Health Symposium, he immediately went to the top of the list. Scott is the 2019 SHAPE America National Health Teacher-of-the-Year and will be speaking on Health and Wellness: A Life-Saving, Life-Changing, and Life-Sustaining Experience.

Featured Speakers and TOYS Among the featured speakers at this year's convention are, Shannon Maly, 2021 SHAPE America National High School Teacher-of-the-Year, Allisha Blanchette, 2020 Midwest District Health Teacher-of-the-Year, and Karen Fish, 2015 Midwest District Young Professional Physical Education Teacher-of-the-Year. All told, there will be 10 presenters at this year's convention who were national and/or district Teachers-of-the-Year.

A Variety of Topics and Speakers As I looked at the convention schedule, I was "wowed" by the variety of topics being presented and members stepping up to give presentations. In some cases, we have members giving multiple presentations. I started making mental notes of presentations, hoping to at least stick my head in the door before going to another presentation. Along with returning presenters, we have new presenters who are fantastic teachers and sharing what they do. We appreciate these individuals volunteering to be part of convention.

Networking Area A networking area will be available for convention attendees. As of this moment, I don't know where the area will be located. If you are looking to take a break between sessions or want to discuss what you heard in a session with a colleague, seek out the networking area.

Awards Social Thursday, 6:30-8:30, is the time of the WHPE Awards Social. We will be recognizing members for their dedication, service, and excellence. Join us at this no-cost, informal event and give your colleagues a round of applause and a pat-on-the-back.

TOY Extravaganza Conclude the convention with a new experience on Friday – the TOY Extravaganza. Wisconsin Teachers-of-the-Year in health, adapted physical education, elementary physical education, and secondary physical education will share some of their best ideas. Prepare to be amazed with the great information you will glean from these presentations.



Health.Moves.Minds./Game-On

Sometime during your planning for the new school year and its beginning, you probably thought about your budget. If you could use additional funds, consider doing some fund raising through Health.Moves.Minds. or Game-On. WHPE Treasurer Katie Mulloy, katie.mulloy@nbexcellence.org, can help you with either program, answer questions, and get your fund raising off to a good start. There will also be sessions on Health.Moves.Minds. and Game-On at the WHPE Convention.

Other Bits of News

Please remember to vote in this year's Board of Directors election. A paper ballot is available in this newsletter and an electronic ballot will be available in October... Work on the Strategic Plan is nearing the end. By the time you receive this newsletter, the plan should have been approved by the Board of Directors and posted on the WHPE web site... An ad hoc committee has been formed to plan and coordinate WHPE's 125th Anniversary celebration. More information will be available as the committee proceeds through its work.

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.

April

- Decided to recognize members for 40 and 50 years of continuous membership.
- Approved Susanna Swenson as the new Southwest District Coordinator.
- Voted to renew the contract with Penny Kroening as WHPE Executive Director.
- Decided to purchase a booth at the Wisconsin Association of School Boards Convention and to submit a presentation proposal.
- Gave approval to Executive Director Penny Kroening and Association Manager Nicole Popowich to sign a contract with the Kalahari Resorts and Conventions in Wisconsin Dells to have the WHPE Convention at this location through 2035.
- Adopted levels of sponsorship to be made available to businesses and universities/colleges.
- Elected Rylee Dorow as Future Professionals Vice President-Elect.

July

- Announced the establishment of an ad hoc Financial Committee.
- Approved the 2021 convention budget and 2021-2022 operating budget.
- Voted to continue the NBCT Advisor position.
- Clarified who receives a WHPE grant – WHPE member, not the school or district.
- Developed ideas for WHPE's 125th Anniversary celebration.
- Approved Mary Wentland as the Health Division Vice President
- Voted to approve a change to the Division Operating Code to include the new Health Division
- Decided to establish a standing Financial Committee, effective July 1, 2022, and approved the appropriate Bylaws changes.
- Established a Retired – Paid for Life membership.
- Discussed professional development options to offer members in August.

Leadership Opportunities in WHPE

Candidate for President-Elect



Hello my name is Mary Wentland.

I currently teach Health, Adapted PE, and At Risk Students PE/Health at Lakeland Union High School in Minocqua, WI. I have taught for 24 years and I'm honored to be a candidate for President-Elect of WHPE.

Here is a little background about me. I grew up in Pulaski, WI and then graduated from the University of Wisconsin La Crosse with a bachelor of science degree in Physical Education and Adapted PE. I received my Masters Degree in Administration and Curriculum from Cardinal Stritch University and received my second Bachelor's Degree in Health education from the University of Wisconsin Superior. I am currently pursuing my National Board Certification in Health education. I have been happily married for the past 18 years to my husband Wade Wentland who is also a physical education teacher. I have two beautiful children Josie, age 15 and Jadyn age 12, and a dog mom to a crazy yellow lab named Lambeau. I love spending time with my family and friends pontooning, kayaking, golfing, hunting, hiking, and traveling. I truly enjoy a great cup of coffee and a good book.

I am honored and humbled to have been awarded the Wisconsin 2012 Health Educator of the Year, the 2019 WHPE Advocacy award, the 2020 Kohl Educator of the Year and the National University SEL teacher of the year for Wisconsin in 2020.

I have been a WHPE member for the past 26 years and served on the Board of Directors for 8 years as the Northeast District Coordinator, most recently as the Health Vice President.

With the other district coordinators and board members, we have increased division membership, provided advocacy and professional development opportunities and enhanced connections between members. I have also had the opportunity to present at the state, district, and national conventions on various health education, adaptive PE and physical education topics.

I truly embrace health education and a great deal of my work on the WHPE Board involved advocating for health teachers. I have helped to develop and write health curriculum for Wisconsin DPI. This work includes collaborating with others to develop human growth and development curriculum, human sex trafficking curriculum, mental health curriculum and skills based health lessons.

I have worked with Special Olympics of Minnesota to develop a Unified Health curriculum that will continue to be piloted this year and partners well with the Unified PE movement. I am proud to be a Dove Self Esteem cadre member where I can help educators bring quality self esteem curriculum to their classrooms.

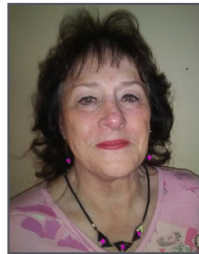
If elected, much of my work will revolve around bringing forward the WHPE Board Strategic Plan and Initiatives that are in effect from 2021-2025. As an organization, WHPE functions according to its strategic plan. WHPE's three-tiered strategic plan is available at <http://whpe.us/strategic-plan>. I am proud of this plan and look forward to being able to carry it out.

I love WHPE and it's members, however, we need to increase our membership. I joined WHPE as a college sophomore with the understanding that if I wanted to be a truly great teacher it was necessary to collaborate with and learn from the best.

It is vital for WHPE to continue working on bringing our membership professional development year round. Membership is not just about convention. It's the ability to have like minded people available to help you at the click of a button, and it is personally the best PLC I have ever been a part of. Our advocacy work is never done as an organization. We are always searching for ways to improve and better serve our members. We are striving to be proactive in a world that is often reactive. I want to know how the WHPE Board can help you be at your best professionally and personally.

It is my belief that leaders are only as good as their team. Luckily for me the WHPE Board and our members are a phenomenal collection of talented and dedicated professionals. Together we can accomplish great things.

Candidate for WHPE Secretary



Hi! My name is Jan Kunert!

It has been an honor serving as your WHPE Board of Directors and Executive Committee Secretary. I would like to continue my service and these are the reasons why:

Professional Education: Degrees in Physical Education and Educational Administration (UW-Eau Claire, UW-Madison).

Professional Experience: Physical Education and Health Educator, Coach, Athletic Director/Assistant and Principal. Retired, and currently, a Substitute Educator in the Eau Claire, Chippewa Falls, Fall Creek & Augusta school Districts.

WHPE Membership/Service: I have come up the ranks from my initial membership to being elected to the Board of Director and then as the Executive Committee Secretary.

My WHPE Goal: I believe that Wisconsin has the BEST Physical Education and Health Educators in the USA! I have worked hard to advocate for quality physical education and health educators and programs in the following venue:

- **Local:** In area school districts by financially supporting their WHPE fundraisers and when hired as a substitute educator.
- **State:** At WHPE events—meetings, workshops and Conventions. Spearheaded the program for the WASB School Board Convention) booth and interactive presentations by WHPE educators. Originated "Feature A Teacher" item for WHPE Newsletter highlighting WHPE Physical Education and Health Educators.
- **National:** Attended, represented and presented at the National Convention.

***I would like to continue serving WHPE and YOU!
Thank you for your vote!***

Leadership Opportunities in WHPE

Candidate for Central District Coordinator



My name is Nathali Jones and this will be my 7th year teaching Physical Education at Lincoln High School in Wisconsin Rapids. I have been a WHPE member since 2010 and had the privilege of serving as VP of Future Professional during my undergrad time at UW-La Crosse.

At LHS I serve as the head coach for the boys and girls swim and dive teams and aquatics director. At our district level, I am a member of our Equity Committee and Behavior and Mental Wellness Committee and have helped host several in-district workshops around these themes. While I hope to continue to grow our connections and workshops in the Central District, I hope to help other physical and health educators bridge the gaps in our teaching so we can better reach every student. I am deeply grateful for the mentorship I received from many WHPE members and I look forward to the opportunity to pay it forward.

Candidate for Northwest District Coordinator

My name is Molly Dado and I am running for my second term as the Northwest District Coordinator. I have been teaching physical education for 23 years for the Hudson School District. I was named the WHPE Secondary teacher of the year in 2018 and Midwest teacher of the year in 2019. I have a strong passion for physical education and aspire to be a part of the process to move our profession forward. I enjoy working with future professionals, collaborating with others during professional development opportunities, and presenting and sharing best practices. I am interested in serving WHPE in this leadership role to help our state continue to move physical education in a positive direction.



Candidate for Northeast District Coordinator

Hello everyone, I'm Allisha Blanchette and I am excited to be running for the WHPE Northeast District Coordinator position. I had the opportunity this past year to fill in the position and would love to continue. I have taught PK-12 PE & APE as well as middle school & high school Health and coached cross country in the D.C. Everest School District for 14 years. I was chosen to represent Wisconsin in 2019 and SHAPE Midwest District in 2020 as the Health Educator of the Year. I became a WHPE member as a student at UW-Eau Claire in 2003 and have enjoyed learning from this incredible organization ever since. I believe wellness is a way of life and foundation for a person's goals and contributions to society. Through cultivating and facilitating meaningful Health and PE experiences we have an amazing opportunity to help our students build that foundation. I am grateful to be a part of this organization and hope to continue working with all of you!



Candidate for Southwest District Coordinator

"Hi Everyone! **My name is Doug Bradley** and I am thrilled to be a nominee for the WHPE Board of Directors in the Southwest District. Last year, fresh out of graduate school in APE & Adventure Education at UW-L, I taught 6-12 Physical Education at the Shullsburg School District. This year, I will be transitioning to K-2 Physical Education and Health in the Richland School District, which I am beyond excited for! Clearly, my current resume doesn't blow you away with years of teaching experience and connections, but what I lack in experience, I make up for in youth, excitement and the drive to share the joys, relevance and advocating for our incredible field. I am eager to partake in leadership and collaborative opportunities within this organization to better serve my current and future students and peers in my professional endeavors. Lastly, I simply like to have fun and make experiences more enjoyable for everyone, because that's what this incredible career is all about! I look forward to my WHPE endeavors, regardless of this or any election as this organization serves as an outstanding opportunity to collaborate, share and ensure that the needs of students of all abilities are being met in the great state of Wisconsin. Thank you WHPE!"



Retired members can join for life!

The WHPE Board of Directors has voted to offer a Retired Paid for Life membership option. Retirees can now renew membership for \$100 and be a member for life. You can renew online or print out a membership form at <http://whpe.us/benefits-of-membership>



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.

ACCOLADES ... Fall 2021



Volunteer Doug Kane, above, gives instruction to competitors during the Special Olympics Wisconsin track & field event at Mukwonago High School on Saturday, May 15, 2021. More than 170 athletes from around the Greater Milwaukee Area competed in running, walking, wheelchair racing, jumping and throwing events.



Tim Mueller, Erin School District, wrote blog for Gopher Sport entitled, "**Motivating Middle School Students in Physical Education**". <https://www.gophersport.com/blog/motivating-middle-school-students-in-physical-education/>



Karen Petermann, Physical Education Teacher at Longfellow-Rexford Elementary School, Clintonville, WI was a guest motivational speaker at a meal and ceremony sponsored by the Clintonville Lions for graduating seniors. Following her address, Karen was also recognized by the Clintonville Lions as the Outstanding Educator Of The Year for 2021. Petermann has been teaching in the Clintonville Public Schools for 34 years. Her compassion and caring for kids has long been recognized by her fellow teaching staff and those students who have had her as a teacher. She was presented a plaque and a \$200 stipend as part of the award presentation, to be given to a charity of her choice.



SOULMATE CYCLISTS Cross Country Trip

Chris Rumbelow, known as "OPTIMISTIC CHRIS" has taken on an adventure of a lifetime with the support of his wife "LOVELY LAURA." Optimistic Chris is traveling 3500 plus miles from the Atlantic Ocean (Portland, Maine) to the Pacific Ocean (Cannon Beach Oregon), on just his pedal bicycle. He carries with him saddlebags on his bike, hope in his heart and adventure in his soul to see the good in America as he pedals across the country. Optimistic Chris is blogging his adventure along the way and you can subscribe and follow on Facebook, Instagram, and YouTube.

Chris camps in his tent along the way and every so often stops at a "warm shower host" for yes, a warm shower, and host hospitality. He has made several new friends along the way,



especially when he met wonderful people who helped him when he was slightly injured, or out of water, a place to camp if the campsite was full, or needed questions answered. He has biked through some amazing scenery across this great land on beautiful roads, rough roads, quiet and busy roads, and scenic bike trails. The trip has not been perfect, but Optimistic Chris doesn't need perfection, he is optimistic, which pedals him right into special days and moments that present themselves to him. Follow along on this incredible, life changing adventure, Soulmate Cyclists/Optimistic Chris, on Facebook, Instagram, and YouTube, https://www.youtube.com/watch?v=8Memf_G42TU

Optimistic Chris was a former physical education teacher and WHPE board member.

- Written by Chris's friend and follower, Brenda Erdman



Good Reads

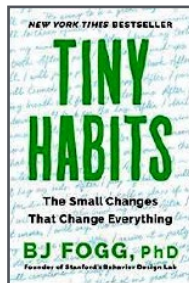
The Power of Moments



Why do we remember some events so vividly while others are foggy or even forgotten? The book "The Power of Moments: Why Certain Experiences Have Extraordinary Impact" by Chip and Dan Heath takes a closer look into the mysteries of experiences and why we tend to remember the best and worst moment of an experience as well as the last moment, and forget the rest. Many of the moments that are etched into our brains are the result of accident or luck, but why would we leave these moments to chance when we can create them? If there was a way to create more memorable moments for yourself, or better yet, your students would you do it? The authors show us how to be the author of richer experiences and what exists in "the power of moments". I highly recommend!!

**- Kim Selby, Elementary Division VP,
Wilson Elementary School, Sheboygan,
kselby@sasd.net**

Will Westphal here with another book worth your time, **Tiny Habits** by BJ Fogg. Most of us in the HPE field work on goal-setting on some level with our students. This book would definitely help shape or enhance your thinking with that. I'd say more, but I'd rather let you do the digging by reading the book.



Have a great school year,

**- Will Westphal, Physical Education Teacher,
Brillion Elementary,
WHPE Central District Coordinator,
wwestphal@brillionsd.org**

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

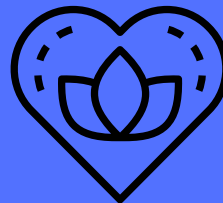
800-441-4568;
608-785-8175;
whpe@uwlax.edu



WHY HAVE AN EVENT...



Give back to your school and community in a safe way with our 2 week event. Choose the charity/organization you want to help. Students learn the value of helping others.

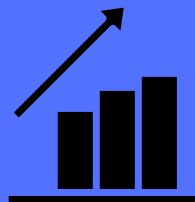


Wellness messaging for students

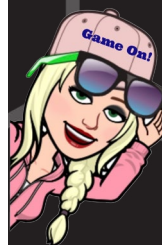
- *Water vs. sugary beverages
- *Mindfulness tips
- *Healthy eating



Healthy fun for students and the community. Inspired by American Ninja Warrior. Implemented ONLINE by PE Teacher and event held in regular PE classes.



School earns 40% of funds raised and another 10% in PE equipment. 20% is spent on FUN student incentives. Meets National SHAPE standards & objectives.



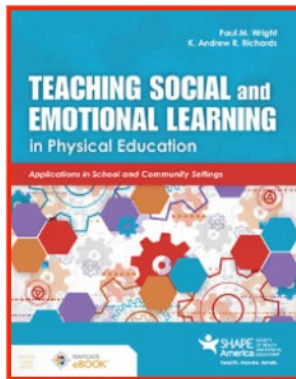
Game On! can be held face to face or virtual. All funds are raised online for easy collection.

for more information contact:
Marylee.flannigan@pop4kids.com

TEACHING IDEAS

This is a new book that just came out and would be a great resource for teachers.

– Submitted by Deb Sazama,
University of Wisconsin - La Crosse
WHPE Future Professional Advisor



Teaching Social and Emotional Learning in Physical Education

This is the ideal resource for understanding and integrating social and emotional learning (SEL) competencies into the structure of a physical education program, alongside physical activity and skill development goals. This text should be incorporated as a key resource to guide physical education teacher education courses specifically focused on social and emotional learning while also providing supplemental readings for courses related to physical education curriculum, instruction, assessment, and/or models-based practice.

The link attached provides videos on

Courageous Conversations About Race in Schools.

The videos discuss equity and race in schools, and how to create a classroom that is inclusive for students of color.



<https://www.nnstoy.org/equity-education-courageous-conversations-race/>

– Submitted by Tommy Friday, UW-La Crosse, Future Professional Division VP

More Than A Name

Here is a simple way to encourage self-confidence, spread positivity and ignite passion in our students. We collect assignments, projects, exams both in paper version and electronically from our students.

Instead of the standard - Name: _____ at the top of their work, use a motivational starter, emotional check-in, fun get-to-know you, etc.

Here a few suggestions to get you started:

- ◆ _____ is having a great day!
- ◆ _____ woke up and ate _____ for breakfast.
- ◆ Today, _____ gets to move!
- ◆ _____ will do their best on this exam.
- ◆ _____ is ready to explore and use a growth mindset.

Enjoy finding ways to spark the excitement in your students, while identifying the ownership of their work.

– Susanna Swenson, WHPE Southwest District Coordinator, Senior Lecturer UW-Platteville

Educators Assemble!

Busy summer? Looking for some professional development opportunities now that the school year is here? Check out the many sessions from the K-8 Elementary Physical Education Workshop that was held virtually July 11-14th. Watch the video recordings of elementary, secondary, adapted, and health teachers from around the globe present on topics from technology to advocacy to dance and beyond. All the videos can be found on their YouTube channel.

EPEW YouTube Channel – <https://www.youtube.com/channel/UCDDjNseB5TGsYn0O8OYhCWw>

– Kim Selby, Elementary Division VP
Wilson Elementary School, Sheboygan
[ksselby@sasd.net](mailto:kselby@sasd.net)

WHPE 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 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, 2022. You may contact the WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.



Icebreakers for the First Days of School

Whether you teach health or physical education, elementary, secondary or higher education, it is important to develop a sense of connectedness with your students. McGhee (2015) compiled a list of 20 icebreakers “that can help you establish an encouraging, educational environment where students thrive.” In this article, I will highlight three icebreakers that can be facilitated in your classrooms or gymnasium and how each can be adapted for social distancing.

- 1. A Great Wind Blows:** The purpose of this icebreaker is for students to find things in common with other students. The teacher reads a prompt such as, “A great wind blows for everyone who...has a brother.” In the standard version of this activity, students would sit in a circle and exchange seats when the great wind blows statement applies to them. However, to adapt this for social distancing, students could stay at their desks or squad spots and just stand up when “a great wind blows.”
- 2. Something’s Not Quite Right:** This icebreaker is designed to get students working together as they search for misplaced items in the classroom or gymnasium. The teacher might put the wrong date on the whiteboard, leave something out of place on a bulletin board, or line up one soccer ball on a basketball rack. Based on the age of the students, an observation sheet with hints could be provided. To accommodate social distancing in the classroom, students can be assigned to groups

and have to do all the searching from their desk. In the gymnasium, they can move around as a group, maintaining social distance and each using their own sheets.

- 3. Time Capsules:** This icebreaker will help you get to know your students and can be adapted to any age level. If working with elementary students, you can provide them with a sheet to fill in their favorite things. For secondary students and above, you could provide them with prompts to write about their current state of health and goals for the semester. At the end of the year or semester course, have students open their time capsules and reflect on their growth and changes.

Creating a sense of belonging is important to any learning environment. Icebreakers can be helpful in getting students to feel more comfortable during those first days of school. The article referenced below has more ideas that might be appropriate for your classes this fall. Have a great start to the school year!

Reference: McGhee, S. (2015, August 4). 20 Great Icebreakers for the Classroom. *Education Matters*. <https://www.gpb.org/blogs/education-matters/2016/07/21/20-great-icebreakers-for-the-classroom>

– Submitted by Rebekah Johnson,
College/University Division Vice President



Periodic Table of Physical Education

Check out the Periodic Table of Physical Education put together by Andy Freeman of London.

– Submitted by Mary Wentland, WHPE Health Division Vice President Lakeland Union High School

Categories of Physical Activity (colour of background)																
Locomotion	Movement Concepts	Object Control	Body Management	Aquatics	Outdoor Adventure	Values										
SP Space	LV Level	DR Direction				PA Physical Activity				SX Strokes						
PY Pathway	EE Speed							JU Jump	CC Crawl	GP Gallop	CZ Climb	FL Float				
RH Rhythm	EN Energy	RN Relationships	LD Land	SY Stretch	BT Body Tension	SQ Sequence	TP Trap	SR Strike w/ Racket	CJ Carry	KI Kick	BB Bounce	LP Leap	RU Run/G	DA Dodge	SK Skate	LK Leg Kick
WI Weight	FZ Flow	DI Distal	BD Bend	SC Stretch	LA Limb Actions	BA Balance	GS Grasp	SU Sidearm Strike	CH Collect	PU Punt	VO Volley	CW Crab Walk	PA Sprint	EP Side Step	SF Ski	WF Water Comfort
PK Parts	SH Shapes	CL Cross Lateral	SN Swing	RO Roll	CU Curl/Unroll	TU Turn	RL Release	SL Overarm Stroke	CA Catch	DF Dribble w/ Foot	DH Dribble w/ Hand	RD Ride	MR March	SW Swim	GL Glide	SD Slide
VS Vestibular	SZ Size	FM Form	CR Curl	TW Twist/Weight	CB Curl/Unroll	TI Twist	UR Underarm Roll	UT Underarm Throw	TT Two Hand Throw	OT Overarm Throw	DL Dribble w/ Implement	PS Problem Solving	CM Communication	NV Navigate	MS Map Work	OR Orientation
MC Manage Conflict	BV Believe	CT Critical Thinker	CN Cooperation	CX Contribution	DM Decision-Maker	AA Acceptance	MN Motivation	LS Leadership	CG Challenge	FE Fairness	RC Reflection	CE Compliance	RR Resilience			

Foot Pursuit Game ... Created by Tim Mueller @MuellertimPE

Game Objectives: To develop locomotor skills, agility, body control, fleeing skills, and overall fitness.

Directions: Students begin by finding a partner and standing toe to toe with their partner.

Play Rock Paper Scissors (winner is the person who flees and non-winner is the pursuer)

Players must stay within assigned boundaries throughout the game. Remind students to move safely without bumping into anyone as they weave among all students during the game. Pursuer starts directly behind their partner with their arm straight out, with fingertips touching the back of the fleeing person's shoulder.

Both Pursuer and Person Who Is Fleeing Must Walk

On signal to start – Fleeing person must walk to get away from the pursuer and the pursuer must follow and try to stay close to fleeing person while also walking.

On the word “freeze” both partners need to jump stop and not step any more.

If the pursuer can reach their partner after the jump stop without stepping, the fleeing person is caught.

If fleeing person is caught they must do 5 push-ups.

If they are not caught, the pursuer must do 10 jumping jacks.

Play with new partner and new rules.

Fleeing Person Walks – Pursuer must Slide

If caught = 5 Jump Squats for fleeing person, and pursuer celebrates with 3 pretend slam dunks on imaginary hoop.

If not caught = 3 pretend slam dunks for fleeing person and 5 jump squats for pursuer.

Both Fleeing Person and Pursuer must Slide

If caught = 5 burpees for fleeing person, and pursuer celebrates with 3 pretend slam dunks on imaginary hoop.

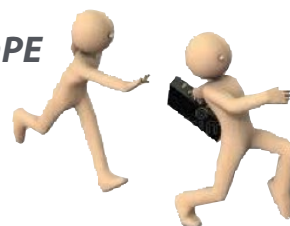
If not caught = 3 pretend slam dunks for fleeing person and 5 burpees for pursuer.

Additional Variations:

- Assign different locomotor skills for pursuer and fleeing students (skipping, galloping, running).
- Change consequences (use other fitness activities).

Discussion Questions:

1. Was integrity important in this activity? How? Why?
2. For what sports teams could this game be used as a warm-up? Why?
3. What strategies did you use that helped you be more successful in this game?

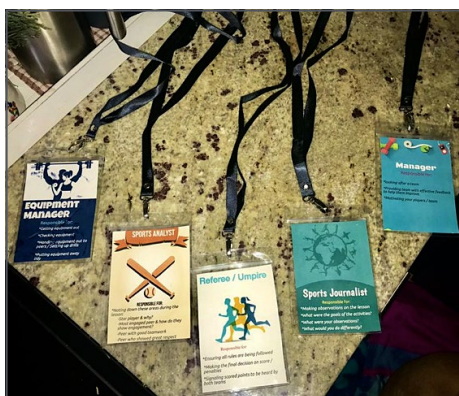


Non-participant Ideas

– Submitted by Molly Dado, Hudson High School, Northwest District Coordinator

As PE teachers we all struggle with meaningful activities to include our non-participants. This month, one of the best takeaways from twitter was the non-participant lanyards. Each lanyard had a different label which included a set of duties or responsibilities.

These lanyards could be labeled to fit your needs or situation. Examples that were noted were equipment manager, sports analyst, referee, sports journalist, and manager/ coach. This is a perfect way to give responsibility to the students unable to participate for some reason or another.



A Member We Will Miss

Robert (Bob) White, 94, passed away peacefully Wednesday, June 16, 2021, in Stillwater. He was the husband of Shirley White, WAHPERD President (97-98) to whom he was married for 71 years. In 1964 Bob and Shirley arrived at the University of Wisconsin-Oshkosh to teach physical education. Bob retired from teaching at UW-Oshkosh in 1994. Bob was a member of WAHPERD and was often seen at convention by Shirley's side supporting her in all of her leadership roles in WAHPERD (now WHPE).

submitted by
Shannon Maly,
WHPE Secondary Division VP,
Sun Prairie School District

HELLO MY NAME IS

Have everyone walk around

- When you say *go*, everyone should introduce themselves to someone else and shake hands
 - By shaking hands, they also exchange their first name
 - Hello, I'm Bob
 - Hello, I'm James
 - Hello, James
 - Hello, Bob
 - They shake hands
 - From now on, Bob's name is *James*, and James's name is *Bob*
 - James and Bob then move on to the next person, introducing themselves using their new name
- The game ends when everyone found their own name back.

HELLO
my name is

health.moves.minds.

HUMAN TIC TAC TOE

Goal: Race to three in a row.
 First to sit the chair/stand on polyspot wins the spot.

Everyone finds a partner

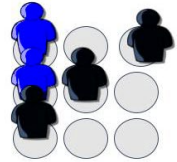
Team x Team 0

Number the members of the team 1-?

Call the numbers race to get to polyspot of their choice with team signal up in the air.

Whoever gets there first wins the spot and the other returns.

Variation: Do not allow team to score in the column they are closer to.



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SHAPE America

SHAPE America

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MEMORY MAZE TEAM CHALLENGE

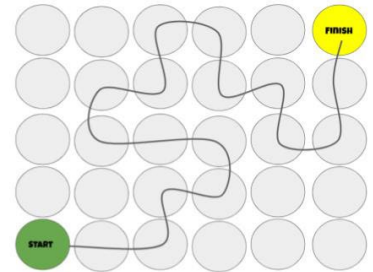
If your teammate steps..

On the **CORRECT** spot
Say YES

On the **INCORRECT** spot
Say NO

If teammate moves to **WRONG** spot, they move to the back of the line and next person is begins to try to make it through the maze.

Once the first person finishes, the rest of the Group follows. If a wrong step occurs **START OVER!**



The game is won when EVERY team member completes the hidden path. [Maze Card Template](#)

health.moves.minds.

SHAPE America

52 CARD PICK UP

Directions:

Place all 52 Cards face down on the floor, objective is to pick up all 52 cards.

Rules:

1. You may only pick one card up at a time and...
2. You must perform the task written on the card before picking up another card.
3. If you choose not to perform the task on the card, return the card face down on the floor.
4. Once all 52 cards are picked up game over.

Activity found on: [High 5 adventure Learning Center](#)
[52 Card Pick up Cards](#)



health.moves.minds.

SHAPE America

... Health Teaching Ideas ...

Health Resources

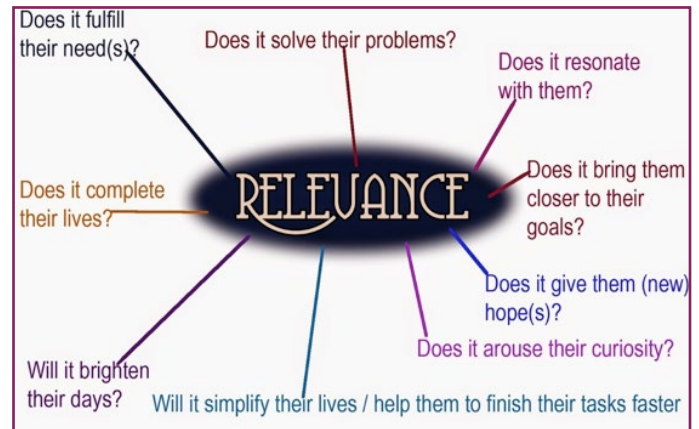
– Submitted by Mary Wentland, WHPE Health Division VP
Lakeland Union High School

Find resources for balance and well-being. Build inner strength, navigate difficult feelings, and get support with this collection of videos, games, books, and more.

<https://wideopenschool.org/student-activities/emotional-well-being/grades-9-12/#all/>

As you prepare for the upcoming school year, make sure what your teaching is relevant.

Practicing a mindful minute might be easier if you color something you're connected to. Here is a site to make any JPG a coloring page. <https://mimi-panda.com/your-coloring/>



MINDFULNESS



Mindfulness: the quality or state of being conscious or aware of something. My most requested repeat activity last semester was a walk we took to practice mindfulness. My students often come with a preconceived notion that mindfulness is a minute of quiet breathing. My goal is to expand the idea as a foundation to support self-awareness in everything we do and give them practice in several ways.

Depending on your environment, here's how you can try it. In their chair or on a walk, instruct students to dig into their senses. We took a walk out into a small patch of woods by our school. The directions were to identify what they see, 2 things they smell, 3 things they hear, and at the end 4 things they feel.

At first, they start out a bit silly so I am careful with my prompts and guide them into what I call 'leveling up.' They tell me what they can see: trees, leaves, dirt, etc... Here I guide them into digging deeper or leveling up. I ask questions like: Can you tell what kind of tree by looking at it? Which of these trees would be the best climbing tree? What do you think happened to that tree with all the broken limbs? What do you think it's story is?

If they weren't with me yet, this is usually where I get them. I have them close their eyes for the rest as we continue to dig beyond the initial shallow questions and responses. We end with what do you feel, and it could be the physicality of how their shirt feels resting on their shoulder or the mentality of disappointment of a recent test score.

Whether teaching students to focus better or regulate their emotions, practicing mindfulness will help students better recognize where they are presently at.

– Submitted by Allisha Blanchette
Northeast District Coordinator
Health and Physical Education, DC Everest

Thank you to the following teachers who ran a Game-On event this past year

- Jessica Landergott at Woodside ES-Sussex
- Amanda Rezny at Pelican ES-Rhineland
- Mary Kay Landgraf at Honor Intermediate-Neosho
- Bryan Buechel at Cambria-Friesland ES-Cambria Friesland



Thank you to the following teachers who ran a Health.Moves.Mind event this year

- Katie Mulloy at Ronald Reagan-New Berlin
- Melanie Gearheart at Elmwood-New Berlin



health.moves.minds.

Integrate Health. Moves. Minds. All Year Long!

Start your school year off right by integrating in HMM lessons to all of your classes. Social-emotional learning, just like all other curriculum, is better taught in small chunks throughout the school year for the best results. This year, there are 2 options when you register:

SHAPE America

health.moves.minds.





1. Team Champion: for teachers that plan to use the educational curriculum AND host a school fundraiser. Team Captains will gain access to all existing health. moves. minds. educational resources, in addition to any new resources that are developed. Your school can earn gift certificates from GOPHER as well as support a charity of your choice.

2. SEL Educator: for teachers that are not able or do not wish to host a fundraiser but want to gain access to the educational content. These individuals will have access to the existing, first year HMM curriculum.

You can choose to follow the HMM lessons/curriculum exactly or modify them to fit your School's needs. As you move through the HMM curriculum, you can also add in some great school events such as:

- Adding SEL into your morning news - Mindful Monday, Grati-Tuesday, Wellness Wednesday, Thoughtful Thursday, and Feel-Good Friday. You can add it in every day or just sprinkle it throughout the school year.
- World Kindness Day: Saturday, November 13th - organize a Chalk Your Walk event for your community, a special story time with a kindness themed book posted on social media, or whatever else you can think of.
- Random Acts of Kindness Week: February 14 - 20, 2022 - Create an entire week of celebratory events for your school to participate in like the example below:

There are so many advantages to bringing HMM to your school community and your creativity and personalization enhances the program perfectly. This program also helps to support WHPE and SHAPE America as they work diligently to provide H/PE professionals with professional development, educational resources, and much needed advocacy efforts for Wisconsin and nationally. For more information on the program and fundraiser please visit the HMM tab on the SHAPE America website or feel free to contact Katie Mulloy (Katie.Mulloy@nbexcellence.org) with any questions you may have.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>News: Kindness Quote & Kindness Goal for today.</p> <p>Kindness Bingo</p> <p>Hand out class sets of Kindness Bingo sheets and explain the Raffle at the end of the week.</p> <p>Bingo Template</p>	<p>News: Kindness Quote & Kindness Goal for today.</p> <p>Wings of Kindness</p> <p>Spread your wings of kindness by completing an eagle feather with something kind you can do for others. Cut the feather out and turn it in to your teacher. Teachers please turn in to Mrs. Mulloy</p> <p>Feather Template</p> <p>Turn in to Mrs. Mulloy by the end of the day!</p> 	<p>News: Kindness Quote & Kindness Goal for today.</p> <p>Give Back</p> <p>Give back to your community by performing a Random Act of Kindness. You could donate an item to charity, volunteer your time, or do an unexpected kind act for someone.</p> <p>**Wear your KINDNESS or school spirit shirts to school!**</p>	<p>News: Kindness Quote & Kindness Goal for today.</p> <p>I Am Unique</p> <p>Use the template below to write about and celebrate all of the things that are uniquely you!</p> <p>Template</p> <p>Click here if you need unique ideas</p> <p>Do something kind for yourself today!</p>	<p>News: Kindness Quote & Kindness Goal for today.</p> <p>Post-it Reflection!</p> <p>Take a moment to reflect on how Random Acts of Kindness week affected you and those around you. Write your reflection on a post-it and post for your class to see</p> <ul style="list-style-type: none"> • How did being kind to someone make you feel? • What did you feel when someone was kind to you?  <p>End of Day- Bingo Raffle Winners!</p>



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From your Executive Director

Penny Kroening

In my communication with Wisconsin Health and Physical Education teachers throughout the state one topic has come up over and over. Our members are looking to engage in conversations regarding Standard-based grading. Creating Standard-Based teaching, assessing, grading, and reporting all begins with standards. The Wisconsin Physical Education standards have been revised and approved by the WI State Standards Committee and the WI State Education Superintendent. The revised **standards** can be located on the WI DPI site. <https://dpi.wi.gov/sites/default/files/imce/standards/New%20pdfs/PhysicalEducationStandards2020.pdf> Knowing and understanding the standards will provide the infrastructure to begin to build standard-based lessons, standard-based assessments, standards-based grading, and standard-based reporting.

The standards major additions include:

Grade-level performance indicators

- Three-level High School performance
- General updates based on research and best practices (Social Emotional Learning, growth mindset, physical activity, fitness, etc.)
- Aquatic skills and safety, Outdoor pursuits/Adventure Activities

The Appendices include valuable information that is foundational to the use of the Physical Education Standards

- Appendix 1 Critical Elements of a Skill
- Appendix 2 Evidence of Student Learning
- Appendix 3: Physical Literacy
- Appendix 4: Whole School Whole Community Whole Child
- Appendix 5 Adapted Physical Education and Universal Design for Learning
- Appendix 6 Aquatics Skills and Safety Table (Based on the American Red Cross Swim Lessons Achievement Booklet)

Need more information? WHPE will host sessions at our fall convention regarding physical education standards:

- Practical Applications of Assessment Aligned with Grade-Level Outcomes
- Grading in Physical Education: Moving towards the Standards
- Wisconsin Physical Education Standards New and Improved
- Implementing an Adventure Ed/Outdoor Pursuits Unit using Essential elements & foundational skills
- Creating Standards-Based Grading Rubrics for Elementary Physical Education

Health education standards will be revised soon. Consider being a part of the revision. There are many ways to be a part of the process. Be a member of the writing team, participate in the data collection survey, participate in the standard review survey. Be a voice in the process, take action to ensure that the standards are a well-vetted conducive tool.

Understanding the standards, engaging in conversations regarding student learning in direct relation to the standards is foundational to our growth. Understanding what Standard-based education "is" and what it can mean to the growth of our students' learning is essential. Look for further communication opportunities regarding Standard-Based education. Be a part of the conversation.