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*Our mission ...*

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

# WHPE

## WISCONSIN HEALTH AND PHYSICAL EDUCATION NEWSLETTER

VOLUME 51, ISSUE 2

SPRING/SUMMER 2022

### Save the Date - WHPE 2022 Convention

The 2022 WHPE Convention will be held at the Kalahari Resort in Wisconsin Dells on October 26-28, 2022. Check out our website for the latest details, convention registration fee information and hotel reservation information, at <http://whpe.us/whpe-annual-convention>. WHPE is excited to announce a great lineup of featured speakers, including Keynote Speaker, Jamie Sparks.



**Jamie Sparks** is the National School Health Program Manager for ETR, a national non-profit working to advance health equity. Before joining ETR in 2019, Jamie served as the Coordinated School Health Director for the Kentucky Department of Education from 2010-2018. In addition, Jamie has served on various leadership roles with the state board for the Kentucky Association for Health, Physical Education, Recreation and Dance (now Kentucky SHAPE) including the 2014 Vice President of Physical Education, the 2016 President, and is currently the Executive Director. He is a recent Past-President of SHAPE America.



**Mike Doyle** is currently a Physical Education/APE teacher at Cloquet Middle School and Cloquet High School. Mike was the Adapted Physical Education teacher at Wayzata High School and Wayzata East Middle School in Plymouth, MN for 13 years. He previously taught physical education at Patrick Henry High School in Minneapolis for 7 years. Mike received his Bachelor's Degree in Exercise and Sports Science-Teaching with an Adapted Physical Education emphasis from the University of Wisconsin-La Crosse in 1998 and a Master's Degree in Exercise Sports Science-Teaching with Adventure Education emphasis from the University of Wisconsin-La Crosse in 2009. Mike was awarded the MNSHAPE Adapted PE Teacher of the Year Award in 2012 and the SHAPE America Central District Adapted PE teacher of the Year in 2014.



**Tacara Lovings** is the Health Education and Physical Education consultant on the Student Services, Prevention and Wellness team at the Wisconsin Department of Public Instruction. She attended the University of Wisconsin-La Crosse for her bachelor's degree in Physical Education and Adapted Physical Education. She then attended the University of Utah for her master's degree in Specially Designed Physical Education. In her ten years of being a certified Physical Education, Health Education and Adapted Physical Educator, she has worked in public and private schools and with students in grades K-12 in Utah, California, Arizona, and Wisconsin. Her passions are to help people find movement that they enjoy and to increase the access to wellness for all. Equitable instruction is the central theme of her professional work. In her personal time, she enjoys being active and silly with her partner and daughter when they aren't traveling.



**Adam Metcalf** is the 2020 SHAPE America Midwest District Elementary Teacher of the Year. He has been teaching PreK-8 Physical Education for fourteen years and has a Masters' Degree in Pedagogy & Curriculum Design. Adam has presented on a wide range of topics including Teaching Games for Understanding, Classroom Management, Standards-Based Instruction/Assessment, Technology Integration, and Social and Emotional Learning.



**Erika Mundt** just finished her 11th year at Iowa City West High School in Iowa City, Iowa. Before becoming a teacher, Mundt spent some time in college coaching and the business world. She grew up in Noblesville, Indiana, but now calls Iowa City home. Mundt attended and played basketball at Cleveland State University where she received a degree in sports management. Mundt has a masters degree in Sports Administration from Valparaiso University and another in Teaching from Western Illinois University. She was the 2018 Shape National High School teacher of the year. Her expertise is strength & conditioning. However, as the department chairperson, she works on curriculum development in all of their courses.

**Jennifer Werner** is proud to be an educator. Werner is from Missouri, residing in a suburb outside of St Louis. Her bachelor's degree is in Education, Master's in Character Education and she has a +30 in technology. Werner is certified to teach K-12 Health and Physical Education. This is her 15th year teaching; 1 year of high school, 3 alternative school, and 11 at the middle school level. Jennifer has a true passion for cultivating a school community where students and staff have a sense of belonging feeling safe and loved. Helping each child progress in all areas of their development and recognition of the values – social, emotional, physical, challenge, self-expression, wellness, and health – is a challenge that she is honored to accept.



**Patricia Zemke** is a health educator at John Muir Middle School in Wausau, WI. Zemke attended UW-La Crosse and earned a degree in Health Education and also holds a Masters in Education from UW-Stevens Point. She has been teaching in Wausau for 26 years and was named Wisconsin Health Teacher of the Year in 2016. Since then, Zemke became Nationally Board Certified in Health Education and was named Wisconsin Teacher of the Year in 2022.



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

In tribute to those who have served as professional leaders, mentors, and friends, WHPE challenges members to recognize one or more such members with a \$10/honoree donation. Names of both honoree and sponsor will be published in our digital 125<sup>th</sup> Anniversary Program along with the 2023 Winter edition of the WHPE Newsletter. Sponsors will receive a Certificate of Appreciation for being part of this special campaign. During the 100<sup>th</sup> Anniversary Celebration in 1997, over 200 WAHPERD/WHPE members were honored. Let's surpass that number for the 125<sup>th</sup> Celebration and recognize deserving colleagues both past and present. Members can submit the sign-up form with payment to the WHPE Office by September 1, 2022. [WHPE 125th Anniversary sign up.docx](#). WHPE has a long history of positive influence upon our Health and Physical Education profession. Please choose to honor those who have directly impacted you while also supporting WHPE's 125<sup>th</sup> Anniversary events.

**September Membership Special ...** WHPE will be offering a membership special during the month of September. Between September 1 and 30, any WHPE member can renew their membership for \$20 off the regular price if they recruit a new member. The new member will also receive \$20 off their membership. A new member can be a former WHPE member whose membership has expired or a person who has never been a WHPE member. This offer applies to all membership levels – professional, future professional, lifetime, retired, and associate.

Who do you know that you could recruit to be a WHPE member? Schools will soon be doing budgeting for next year. Encourage the person you will recruit to include a WHPE membership and possibly convention registration into next year's budget.

Specific information on how to renew your membership in September will be provided in summer.

**WHPE Winter Wisdom ...** Thank you to everyone who was involved in making the Winter Wisdom professional development events a success. Thank you to Executive Director Penny Kroening for organizing the events and providing the technology, Board of Directors for coordinating the various roundtable discussions, and to all the members who attended. It was invigorating to observe what transpired when individuals got together and shared ideas.



## President's Message Dan Timm

In some respects, spring in Wisconsin can be very predictable. We know March will be followed by April, which is followed by May and June. Another thing consistent is that spring weather will be unpredictable. One never knows what to expect. Some years, spring may be warm and mostly sunny. However, the latter part of March this year was cool (cold?) and wet, which continued into April.

One thing predictable about teaching is we never know the impact of our teaching. Last spring, I wrote about teachers planting seeds and never seeing if those seeds germinate and grow. Teachers must trust their actions and believe their message will produce results.

### Impact Having an Impact

On March 24, I received an email from a student who was in my First Aid and Basic Life Support class two years ago. I had not heard from this person since the spring, 2020 semester ended. Her purpose for writing was two-fold. First, to tell me she had enjoyed the class so much she decided to become an Emergency Medical Technician. Second, she was working with the Oregon Fire Department and had been part of the team responding to a cardiac arrest

call the day before. She had done CPR while Paramedics defibrillated the victim, resulting in the victim being revived.

The student wanted me to know how the First Aid and Basic Life Support class had impacted her. Even more important I thought, was how her actions impacted the life of another person. While we do not know how our actions as teachers will impact our students, we also do not know how our students' actions will impact others.

### Reach Everyone

Along these lines, we do not know the impact a submission to the WHPE Newsletter, a convention presentation, or a contribution at a Zoom professional development session may have on immediate readers and listeners. Additionally, we don't know the impact these messages can have on students and colleagues of the immediate audience. Your message has the capability to reach so many people, to Reach Everyone, directly or indirectly.

Trust what you do. Share what you do. As WHPE members, you are some of the best!

### 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.

#### March

- ◆ The Keynote and Featured speakers for the 2022 WHPE Convention were announced.
- ◆ Candidates running for a position on the Board of Directors were announced.
- ◆ WHPE's presence at the Wisconsin Association of School Boards Convention was reviewed.
- ◆ WHPE Winter Wisdom Zoom professional development sessions were discussed.
- ◆ Voted to renew the contract of Executive Director Penny Kroening.
- ◆ Approved levels of corporate and college/university sponsorship for the 2022 WHPE Convention.
- ◆ Decided to initiate an Honor-a-Colleague campaign.
- ◆ Approved a membership drive for the month of September.
- ◆ Accepted the Grants Committee's recommendations for the 2022 grants cycle.
- ◆ Reviewed presentation proposals for the 2022 WHPE Convention; identified areas needing additional sessions.

*Save Your Date!*







**Bring Game On! to your school.**

2022-2023

**Contact me to learn more about our Signature Fitness Community Service-Learning Project for your school & your students!**

Marylee.flannigan@pop4kids.com

414-510-3771

### 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



## UBUNTU Cards - Versatile, Reflective & Fun for ALL Ages!

- Doug Bradley

If you're anything like me, you love creative, fun and easy ways for students to learn common bonds they may have not known exist. UBUNTU cards are a versatile, fun and simple way to explore these possibilities and serve as a unique reflective tool, as well! I've now used these cards with grades 1-2 and 6-12. Each has shown to be very effective and sometimes, eye-opening. When purchasing the deck, they provide you with a list of games that can be played and group sizes needed. Their design is simple. One side has a bunch of small, random pictures and the other is one large, random picture. The "small picture" side has 1 matching picture with every other card in the deck, similar to the game "Spot it". However, both sides can be utilized in different formats. Just this week, I taught my 1st and 2nd graders "Ubuntu Baseball" and it was a huge success. Rules are:

1. Find a partner
2. Present your card
3. First person to say the matching picture travels to the next base (4 corners of the gym)
4. If you lose, find another person to play.

I have the kiddos carry around 2-3 cards in order to avoid knowing what your match will be with a particular person, each time.



With older kiddos, I have played this game and used these cards as a strong reflective tool. One simple example was laying all cards out on the ground with the "Big Picture" side down. Each student draws a card and thinks for 30-60 seconds, "Why did I draw this card? How can I relate it to this lesson, my day or my attitude?" For example, one of my favorite responses I had last year was an 8th grade student drawing a card with a picture of a whisk, after culminating our "Quidditch" unit. Yes, the game from Harry Potter! Their response was: "Drawing a whisk made me think about the mixture of different games and skills that Quidditch uses. It's kind of like handball, tag and ultimate frisbee mixed into one game."

There are so many cool things that can be done with this tool. Yes, there is a cost and it may seem high for a deck of cards, but the possibilities are endless! Make reflection real and personable, especially with your middle/secondary students! The ability to draw real-life conversation into your PE, Health or APE lesson is extremely valuable. Yes, we're learning games and skills to become physically literate but these things all contribute toward shaping our students to become positive and productive members of society and our local communities.

## Ultimate Ball

Here is a game called Ultimate Ball I play with my upper elementary students.

- ▶ You have two teams and the rules are the same as Ultimate Frisbee. If you have the ball you cannot move
- ▶ Teams try to get the ball into the end zone by throwing and catching the ball
- ▶ If the ball hits the ground and is not caught, the other team gets the ball from that spot
- ▶ The defense cannot guard the thrower
- ▶ I add other variations by adding a shooting at the basketball hoop to score points
- ▶ I use a variety of equipment to throw such as a foam dice, spikeballs, and rubber chickens
- ▶ I implement mystery scorers. Each team picks 2 people from the other team that can only score. Their opponents do not know



who the mystery scorers are and we have a discussion about why those people got chosen.

- ▶ I also put hula hoops in the end zones, and if they catch the ball inside the hula hoop it is double the points.
- ▶ A great lead up game for Ultimate Frisbee and you can add so many variations to keep the game entertaining and interesting for your students

- *Dustin Ambort, Lincoln Elementary Physical Education Alma Center-Humbird-Merrillan School District*

## 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

# Elementary PE Teaching Ideas



## Basketball Skills and Drills

March Madness brought out the basketballs in my curriculum. Finding fun interactive ball handling activities has been my mission lately. The more you can put a ball in their hands, the better. There are so many fun ways to incorporate dribbling skills into your curriculum. **Here are a few of my favorites:**

**Touchdown Dribble:** Basic conditional drill, starting on the baseline and dribbling to the free throw line and back, then to the center line and back, then to the other free throw line and back and then finally to the opposite baseline and back. This is another great way to get some basketball vocabulary into your unit.

**Dribble Freeze:** by Coach Smith. Use this for a warm up to practice their cue words (eyes up, waist or lower and fingerpads). Also a great way to introduce the triple threat position. [Link](#)

**Dribble Speedway:** Get in partner groups. Put cones around the outside of the gym (speedway). On teacher signal, one partner dribbles their ball around the outside of the gym while their partner stays in the pits (inside of the track) and works on 1 of 3 different ball handling challenges I give them. When they return, they switch positions.

**Dribble Maps:** I got this idea from Penny Kroening. I made cards that have 6 colored cones on it and I draw a pattern through the cones that the student needs to replicate before getting a new card. The patterns are endless. I have some blank ones also that I let the kids design their own and have their partner dribble through the maze. This is a great activity. I laminate the cards so I can use them from year to year. This is a great activity to follow a pattern and teaches kids to keep their head up when dribbling!

**Dribble Rings:** I put a number card on the ground, put a deck ring on top of that and then a basketball on top of that and put them all over the gym. Students start at a basketball. They pick up the ball and dribble the ball that number of times and then put the ball back on top of the ring and go to the next ball and repeat. This is fun because the kids have no idea what number they will get until they pick up the ball. I range the numbers from 1 to 50.

**Snowball:** I give the kids a fleece ball in one hand and a basketball in the other. I do a pyramid method for this activity. They start dribbling the ball 10 times and then switch the snowball (fleece ball) into their other hand without stopping their dribble. Then dribble 10 times in that hand. Then switch back to the other hand - passing the snowball without stopping their dribble and then do it 9 times. Repeat with 8, 7, 6, 5, 4, 3, 2 and then finally to singles! This is more of a K-2 activity but a fun dribbling activity getting kids to use their non-dominant hand.

**Dribble and Spell:** I put the Alphabet Letters all over the gym in sequential order. I then made sight word cards from their classroom sight word list. The kids grab a card, and then dribble to each letter of that sight word in order and touch the letter with their non-dribbling hand and then when they are done, they need to come to me and say the word to me before picking a new card. The classroom teachers really appreciate this one as they are working on the sight words!

**What's My Number:** One partner puts the ball down between their legs, while the other partner starts to dribble. The 1st partner uses their fingers to show a number to their partner who is dribbling and they have to call out the number. This continues for 10 times and then they switch roles. This is a good one to force them to keep their head up when dribbling.

- Submitted by Jackie Tenpas, Waupun

## Chinese Jump Rope

Have you ever tried Chinese Jump Rope? This is a great activity to add to your jump roping unit. I use this as a filler when I see my students need a little break from jumping, are getting frustrated with trying to master that new jump rope skill or just as a transition activity at the end of our jump rope unit. It is a fun and inexpensive activity to add to your curriculum. I purchased my Chinese jump ropes at the dollar store. I got the idea from Chad Triolet. He has a great Youtube video on the 3 different basic patterns that he uses. I have used them and my students have loved them. It is a great progression that I can do in a 30 minute PE class and then on Day 2 I show them some fun other tricks and they design their own pattern. Hope you give it a try.



- Submitted by: Jackie Tenpas - Waupun

# Elementary PE Teaching Ideas



## Drums Alive

I co-teach a unit with my Music teacher. We teach Drums Alive together. Over the years we have collected pickle buckets from the lunch ladies and we use my yoga balls for the drums. We have also used milk crates. We have developed our own routines as well as using some of the Drums Alive curriculum. We also pull a lot of ideas off of YouTube by searching "Fitness Drumming", or "Cardio Drumming". We have also included the art classes by having them decorate the buckets. Each class (combined Music and PE time - 60 minutes) starts out with a focus on Music, then we move into Physical Fitness, we conclude each lesson with 5-10 minutes of relaxation and/or Mindfulness.

- Submitted by Brian Marx, Physical Education Teacher, Horace Mann Elementary School



## Looking for FREE Lesson Ideas??

As HPE teachers, we are always on the lookout for new lesson ideas. Better yet, FREE lesson ideas! Did you know that two equipment providers - US Games and Palos Sports - have free lesson plans available?



**OPEN** is a FREE online physical education network filled with curriculum resources, lesson plans, and professional development opportunities. Go to <https://openphysed.org/> and sign up for free!



**PE with Palos** provides educators with FREE lesson plans, as well as a blog. Go to <https://pewithpalos.com/> and sign up.

- Kim Selby - Elementary VP, [kselfy@sasd.net](mailto:kselfy@sasd.net)

## Highlights from SHAPE America, New Orleans

**Congratulations to Kris Fritz** on receiving the Society of Health and Physical Educators Hall of Fame Award. The Hall of Fame Award honors outstanding individuals who make significant contributions to maintaining physical and health education, physical activity, dance and sport as important parts of the total educational program. Kris has been a WHPE member for over 50 years, having served the organization in numerous capacities, including president. Additionally, Kris has served the profession at the district and national levels.



America. Fellows must have demonstrated OUTSTANDING competence through professional involvement over a period of at least 20 years. Patty has served WHPE, Midwest District, and SHAPE America in numerous roles. She was the 2013 National Elementary Teacher-of-the-Year.

**The Midwest District recognized district award winners and members** for their service during the past year. WHPE members being recognized included, left to right in the picture, Patty Kestell, Past-President; Sandee Ortiz, Leadership Council; Sadie Brown, 2022 Midwest District Adapted Physical Education Teacher-of-the-Year; Kris Fritz, Parliamentarian.



**Congratulations to Patty Kestell** for being inducted as a Fellow into the North American Society of Health, Physical Education, Recreation, Sport, and Dance. The North American Society (NAS) recognizes outstanding professionals from within the allied professions of health education, physical education, recreation, sport and dance in North





## Eclipse Ball

Want to learn a new sport that your students can try right away? Eclipse ball is a great activity for secondary physical education classes. It is a non-traditional sport that many students will have never heard of or played before. The sport is a combination of other traditional and non-traditional activities like tennis, volleyball, racketball, and nitroball. Students can transfer prior skill and strategy knowledge from those sports so they can be successful right away. It's an exciting activity for students because the rallies can last for a long time, it will keep students highly engaged, and it can be played with equipment that you probably already have in your equipment room. Next, let's learn some information so you can implement eclipse ball in your classroom.

Eclipse Ball can be played as 2v2 games or modified so larger teams of 6-10 could play and stay involved in the activity. I suggest the smaller the games the better. You can use badminton nets for smaller games or volleyball nets for larger games. I use Speedminton rackets that are a little smaller than tennis rackets. You could also use plastic rackets that you

might have on hand for pickleball or other racket activities. You can use a nerf tennis ball, gopher blaster ball, or I have used spikeballs. The rules of eclipse ball are pretty simple. The game starts with an underhand serve. The receiving team should let the serve bounce, and after that, the ball can be vollied or it can bounce once in between every hit. Teams get an unlimited amount of hits per side. Most teams use the volleyball approach and use 3-5 hits before it goes over. We have also played that if a ball bounces in and then hits a wall can be played before it bounces again. Students don't worry about the ball going out of bounds on their side of the net. When the ball gets hit over the net, it must land in bounds on their opponents side or a point is awarded to the other team.

You can use these basic rules or modify them to see what would work best for your gym. Eclipse Ball can be played inside or outside. There are so many great options for a teacher. I hope you can see that this is a sport that can be useful in a secondary physical education class. It allows for max participation and it's great for keeping students physically active. I hope you find the time to give it a try.

- Matt Pomeroy, Merton Community School District



## PE Huddle ... Check out this link to the PE Huddle episode:

<https://pd.gophersport.com/lessons/motivating-unmotivated-students%e2%80%8b/>

**Motivating Unmotivated Students** - Gopher PE Professional Development PE Huddle episodes are available for free.

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

## Nat in the Nat(atorium): How To Teach Swim Lessons as Part of Physical Education.

-Nathali Jones, WRPS Lincoln High School ([nathali.jones@wrps.net](mailto:nathali.jones@wrps.net))

Logistically, there are a few things you will need to know before you can jump in and start teaching swimming lessons as part of your P.E. Program.

**1.** Is there a pool affiliated with your district? If the answer is yes and your pool is not attached to your building, you will need to coordinate with the Aquatics Director and (most likely) building principles to determine transportation to and from the facility.

**2.** Lifeguards? A lifeguard should always be on deck when doing instruction in the water. If you have an Aquatics Director in your district, check with them to determine if you will need to get your Lifeguard certification - as you are the acting lifeguard on deck or if there is a lifeguard provided and you can teach in the water.

If all systems are a go, there are a few swim lesson certifications out there that you can obtain to help you build your aquatic skills.

**1.** American Red Cross Water Safety Instructor (WSI) - this certification enables you to teach Parent/Child Aquatics (6 months - 3 years), Preschool Aquatics (3-5 years), Learn-To-Swim (6year+) and Adult Swim lessons as well as several safety topics regarding aquatics. In order to teach American Red Cross Swim Lessons at any level you must have an affiliation agreement with them. This can be done on an individual or facility/district level. The Water Safety Instructor Trainer (WSIT)

course can be done after 3 years of having your WSI or you can write an appeal to attend IT Academy (1 week long course to train you to train others). If you host community swim lesson with over 1,000 students registered annually, you may be able to get free enrollment to the WSIT Academy. Average Certification Cost: WSI \$250-\$300, renewed for free every two years with online exam and teaching 1 course.

**2.** Swim Lesson University - Tiered certification levels so you can get certified in the skill levels you would like to teach. Ranging from Parent/ Child Classes (1-3 years), Swim 100 focuses on fundamentals (age groups 3-5, 6-9, 10-12, 13-adult), Swim 200 focuses on teaching of the front crawl and backstroke (same age group breakdown), Swim 300 focus on breaststroke and butterfly (same age group breakdown), Swim 400 focuses on lifesaving strokes like elementary backstroke, sidestroke, and treading water (same age groups.) Average Certification Cost: \$10 per level.

**3.** Ellis & Associates Jeff Ellis Swimming (JES) - Must operate under a program coordinator affiliated with JES. Average Certification Cost: \$35, Average Materials Cost \$99 one time fee for facility. Must contact them for more information on programing structure and resources.

*Please check with your aquatics director to see if there is a preferred certification that the facility has a licensing agreement with.*



## EASY to use and FREE!!

Have you ever wanted to make your own GIFs to use in your class? I love using GIFs to give students a constant visual of what a skill should look like when they are practicing. That way, they can reference the demonstration at ANY time! Once I started using GIFs more often, students would always ask who the person in the GIF was . . . so I decided I should be making my own so my students can see me perform the skills.

ImgPlay is a very easy GIF creator with a wide variety of options within the program and is extremely easy to share to almost any digital platform you use. To start, download the app, take a video of the skill you want to use in the GIF, edit how you like using the tools along the bottom, then save and share. Happy creating!

- Submitted by Katie Mulloy, School District of New Berlin



## Building the Foundation for Mindfulness

As educators, we cycle through many different initiatives throughout our years. The largest trend currently that we hear on social media, in the news, and in our districts is including mindfulness in our classrooms. Mindfulness has a strong connection to social-emotional strategies as they compliment each other nicely. Mindfulness helps students understand and monitor their inner-selves, whereas SEL works on applying social and emotional competencies externally. To make mindfulness practices successful in your classroom, you need to first truly understand what it means. This also includes, most importantly, being a mindfulness practitioner yourself. We must not forget that we can't sell what we are teaching if we haven't bought into it ourselves. This dual practice is a win-win for teachers and students alike. Teachers will be

calmer, more in tune with their students, and will be less reactive to situations as they arise. After being embodied in your mindfulness practice as a teacher, it is time to build the foundation of your classroom culture. Mindfulness will not be successful without a safe, comfortable environment. When your foundation is built, give your students the "what and why" behind mindfulness. Students will not buy into the strategies and tools if they don't understand why it would benefit them. When implementing some practices into your daily routine, start small and follow a routine that is consistent. Finally, give your students time to debrief or reflect on the experiences. Reflection is a powerful tool that gives students time to really notice the benefits of being present and mindful.

- Molly Dado, NW District Coordinator, Hudson High School

## APRIL WAS AUTISM ACCEPTANCE MONTH

By Sadie Brown, APE VP



April is the month people love to celebrate Autism. If your school is interested in celebrating, try to encourage them to talk about Autism Acceptance versus Awareness. We want to encourage others to accept everyone for who they are and all of the uniqueness of them. Awareness in the autism community can tend to be seen as a negative term and does not give off good vibes. Here is a link for more information: <https://autisticadvocacy.org/2012/04/acceptance-vs-awareness/>

Did you know that the autism community has also switched to using an infinity symbol instead of the puzzle piece to represent autism? To some autistic people the puzzle piece also has negative emotions surrounding it. They do not want to be seen as a puzzle that needs to be fixed or that they have a missing piece. I know this is still very popular in our society and schools but try to educate others around you about why the change is happening.

How are you celebrating your students on the autism spectrum this year? Here are some links to some great videos you can share with your students this month to increase their understanding of autism and how to be more accepting.

### ELEMENTARY VIDEO LINKS TO SHOW

[Sesame Street & Autism](#) (3.16) 4k-2nd grade

[12 Fast Facts about autism](#)

This would be better for students in grades 2nd - 5th

[Float - pixar film](#) - k-5

(6.09) Float is about the fear of not being able to protect someone you love and learning to let go.

[Daniel Tiger-Daniel's New Friend Max](#) (friend with autism) (2.00) 4k-2nd

[Understanding Autism for kids](#) - this is 8 min long so maybe split it between this week and next week 3rd-5th grade

[Xavier Riddle and the secret Museum temple grandin](#) (1.53)

Temple Grandin, to help teach kids about acceptance. - 4k-2nd

[Understanding Autism for kids](#) - watch the last 4 minutes from the previous week 3rd-5th grade

### SECONDARY VIDEO LINKS TO SHOW

[Fast Facts about autism](#) - quick video with some facts about autism

[Float - pixar film](#)

Float is about the fear of not being able to protect someone you love and learning to let go.

[Temple Grandin](#) - 2 min

Temple Grandin discusses her experience with autism, from not speaking to becoming a renowned author and professor.

[Can you make it to the end?](#)

Video about sensory challenges walking in the mall.

# WHPE Advocates at 101st WASB Convention

by Kris Fritz



After a COVID absence in 2021, WASB is back and WHPE was also 'back in action' with a booth where members interacted with state school board participants and administrators. Those who helped bring the WHPE message and answered individual school board and administrator individual questions were: President, Dan Timm; secretary, Jan Kunert; Past President, Kris Fritz and Executive Director, Penny Kroening. WHPE BOD member, Tim Mueller provided the group with a student - centered video illustrating cooperative SEL activities that was used as a springboard for discussion as booth members engaged both multiple district board members and administrators in conversation about WHPE and how to conduct quality HPE programs. President Timm's theme of 'Reaching Everyone' meshed well with the WASB chosen theme of 'Forward Together for Our Students'. Despite the fact that overall Convention attendance was down significantly from past years, WHPE participants worked hard in interacting with many individuals from nearly 70 WI school districts (only down about 10 compared to past years).

Executive Director, Kroening also interacted with other booth exhibitors with the intent of encouraging their participation in our October 2022 WHPE Convention as new exhibitors. Kris found a new 'friend' after talking with the WEA 'wild' manager who brought in some 'friends of his own' to attract attention to their booth. President Timm and Jan distributed materials and responded to a district administrator addressing his questions near the booth (see photos).

Several administrators who had made contact on Wednesday returned Thursday to discuss individual school questions referenced to HPE. Of major concern were staffing issues and motivation for student participation. Jan and Penny addressed their concerns by focusing on WHPE as an Association and how we could assist their HPE teachers with professional development and collaboration. Returning Board members commented on the high quality of activities contained in Tim Mueller's video that had been shown and asked for his contact information. Overall, the time spent at WASB event advocating for HPE and interacting with district individual policy makers from across the state was extremely productive.

WHPE is grateful to all who helped make this advocacy event a success by promoting awareness of both WHPE and the 'best practices' necessary for the development of high quality HPE programs throughout the state.



## \$\$\$\$\$\$ GRANTS \$\$\$\$\$\$

### Grants Opportunities

Looking for a way to add to your PE curriculum on a limited budget? How you ever written a grant? Many PE teachers I have talked to have never written a grant. During the March Winter Wisdom we talked about grant opportunities and there wasn't anyone in our group who had applied for our very own WHPE grant. I was shocked! If you are a WHPE member this is a MUST and a great benefit to your WHPE membership! I have listed a few of the grants I have gotten in the past with the links. There is a lot of money out there if you take the time. The 1-2 hours you spend writing the grant is well worth it. Here are a few that I highly recommend:

[Golf Equipment – First Tee](#)

[Bowling Equipment – Bowlers Ed](#)

[Walmart Local Grants](#)

[Target Field Trip Grants](#)

[WHPE Grants](#)

### Congratulations to the February 2022 Grant Recipients!

**Highlands & Odyssey Outdoor Winter Pursuits Unit – Bryce Verheyen, Appleton Area School District**

**Giving Back Safety & Support Project – Shawn Fredricks, Powers Elementary School, Beloit Turner School District**

**Physical Education Equipment for Virtual Learners – Erin Czechanski, Fox Valley Virtual School/Menasha Joint School District**

**Merton WHPE Grant – Justin Dusso, Merton School District**

**Table Tennis - Fun for ALL – Maureen Vorwald, Platteville High School**

– Submitted by: Jackie Tenpas – Waupun



# ACCOLADES ...

## Spring 2022



**A pat on the back and a hearty "well done" to the following WHPE members for their contributions to the health and physical education profession...**

Three WHPE members presented at the Adolescent Health Symposium in February.

- **Tacara Lovings** (Wisconsin Department of Public Instruction) Tobacco Prevention and Cessation Using Skills-Based Health
- **Patty Zemke** (Wausau School District) Taking SEL to the Next Level – Advocacy
- **Julie Zuleger** (UW-Oshkosh) Social and Emotional Learning (SEL) and Self-Care in Adolescence

**Matt Fencil** (UW-Platteville at Baraboo/Sauk County) for having "Multicultural Games for Physical Education" published as the cover article in the March/April issue of *Strategies: A Journal for Physical and Sport Educators*.

The following WHPE members gave presentations at the SHAPE America Convention in April. Space does not permit including each person's presentation title as many individuals were involved in multiple presentations, but we are proud and appreciate that these individuals represented Wisconsin at the national level.

- Lynsey Anderson** (UW-Eau Claire)
- Jo Bailey** (D.C. Everest Senior High School)
- Allisha Blanchette** (D.C. Everest Senior High School)
- Cale Christianson** (UW-Eau Claire)
- Kristen Csiacsek** (UW-River Falls)
- Mike Doyle** (Cloquet High School)
- Hannah Elmer** (UW-Eau Claire)
- Brett Fuller** (Milwaukee Public Schools)
- Ann Hockett** (UW-Stevens Point)
- Jarrett Hunt** (UW-Eau Claire)
- Rebekah Johnson** (Carthage College)
- Christopher Jones** (UW-Eau Claire)

- Patty Kestell** (Cedarburg School District)
- Sawyer Koplien** (UW-Eau Claire)
- Kristi Mally** (Winona State University)
- Shannon Maly** (Sun Prairie Area School District)
- Emily Martis** (UW-Eau Claire)
- Roger Masarik** (Milwaukee Public Schools)
- Taylor Mort** (UW-Eau Claire)
- Tara Putnam** (UW-Eau Claire)
- Deb Sazama** (UW-LaCrosse)
- Tyler Schmidt** (UW-Whitewater)
- Christopher Simenz** (Marquette University)
- Jenna Starck** (UW-La Crosse)
- Rachyl Stephenson** (UW-La Crosse)
- Sue Tarr** (Minnesota State University-Mankato)
- Dan Timm** (UW-Madison)
- Yubing Wang** (UW-Whitewater)
- Mary Wentland** (Lakeland Union High School)
- Patty Zemke** (Wausau School District)

**Tim Mueller**, Erin School District is contributing to the Gopher PE Blog, <https://blog.gophersport.com/author/tim-mueller/>

I am happy to announce the 45th annual **Menasha All City Grade School Track and Field Wellness Day** will be held on Tuesday, May 17, 2022 at Calder Stadium. The event has become a community event starting with the physical education teachers in the grade schools co-hosting the event with the Menasha Recreation Department. The Menasha Health Department, the Police Department, the school district maintenance department and the Menasha High School track team all help in some capacity. The event is for all 3rd, 4th and 5th grade students in the grade schools, both public and private, and this year will expand its scope to include grade school students from the district's virtual school. Therefore the accolade should go to the **Menasha community** for its success in promoting "Menasha Healthy."

*- Submitted by John Breaker, retired life member*

## Members We Will Miss



**Dr. Jeffrey Steffen** passed away Tuesday, March 22, 2022. Jeff was a Life member of WHPE. Dr. Steffen was a distinguished faculty member of the UW-La Crosse, Exercise & Sports Science Department for more than twenty years until his retirement in 2015. He served as Director of the Adventure Program and the Graduate Physical Education Program. Jeff was born and raised in Iowa. He received his B.S. degree at Dakota State University and his Ph.D. from the University of Iowa. His career started at the University of Northern Colorado and in 1994 he joined the faculty at UWL. Jeff touched many lives through his teaching of Adventure and Outdoor Pursuits. He loved hunting and fishing and enjoyed sharing his adventures with family and friends.



**Grace Piskula** passed away on October 26, 2021 at the age of 94. Grace had been a member of WAHPERD (now WHPE) since 1941. She served as President of the Association in 1969 and was awarded the Lifetime Membership award in 1985. Grace made a lasting impression on the staff in the Racine Unified School District as the Director of Physical Education, Health Education and Dance Education. Her ambition was to have the best school program in the State of Wisconsin. During her tenure Racine Unified School District was awarded one of the top districts in the state for physical education, health education and dance education for many years.

After graduating from UW-La Crosse, Grace played professional baseball for the Rockford Peaches baseball team, later depicted in the movie "A League of their Own". In 2001, she was inducted into the wall of honor at the Milwaukee Brewers Stadium for her accomplishments in baseball. Before the Olympics started in 2002, she carried the Olympic torch throughout the city of Racine. In 2015, she was awarded the "YMCA Women of Distinction Award." Grace was a professional who will never be forgotten.... *Submitted by Mary Jane Carreno, WHPE LIFE MEMBER*

# Health Teaching Ideas . . .

## Supporting Meaningful PE in Health Education

If you haven't gotten on the bandwagon for Meaningful PE yet, it's time to get on board. Meaningful PE can combine the aims of Health, PE, SEL and EDI into one simple structure. Not that any of these topics are simple, but helping a student find a place for themselves in your Health & PE classroom should be.

My interpretation of Meaningful PE is an approach to PE that sets students up to explore their mental/emotional and social connections to their motor competence and movement activities. I am just working to become more familiar with the features myself to utilize in my PE electives courses but have admired the work of my colleague, Jo Bailey (@LovePhyed), to incorporate this approach in our general Fitness for Life course at DC Everest. This article is a thorough explanation of the why, what and how to meaningful PE: [https://ebrary.net/161312/education/introducing\\_meaningful\\_physical\\_education](https://ebrary.net/161312/education/introducing_meaningful_physical_education)

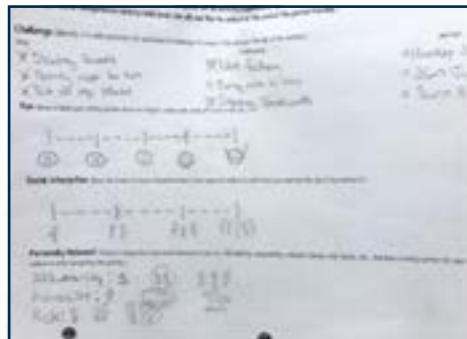
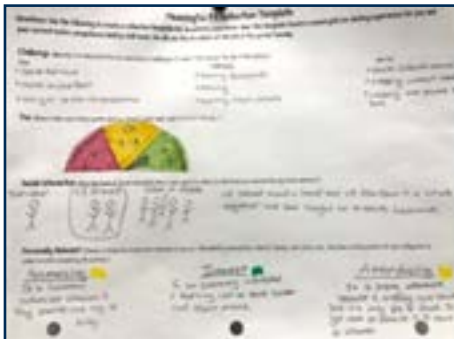


With the purpose of supporting their learning in PE and helping students connect the dots of the Health Triangle in PE and Health class, I put together the following exploration of meaningful physical activity for a day of ice skating during our Physical Wellness unit in Health. This document teases out some of the guiding features of Meaningful PE that influences one's physical experience and may impact their willingness to try it again. I had students focus on challenge, fun, social interaction, and personal relevance. <https://docs.google.com/document/d/1VPNsbA2wvGw8WfzC56HcniD2o5zw1zGubVZI9hHn2E/edit?usp=sharing>

This document is a template for students to create their own rating system in each of the four areas I had them look at. I encouraged them to use a variety of methods and rating systems to continue building their communication skills. <https://docs.google.com/document/d/1RbjTIASELI2oRDZWrWghVPe6iwOrkyGRJjSlzywE0to/edit?usp=sharing>

After teaching the concept and students created their templates, I took them ice skating during a Health class period. I chose ice skating because there are several free rinks around our area with low rental prices. There is also a wide range of ability level possibilities at our rink with rails and skate helpers. Within the template, students were asked to consider these possibilities under personal relevance.

With ten minutes to go in the class period, we came off the ice and students reflected on the experience they set up for themselves. The following are examples of their work.



The particular Health skill I was working on at the time was Analyzing Influences but this could be a great lead up activity and linked into practice for Decision Making or Interpersonal Communication skills as well. I have to say that I am absolutely delighted with the connection between Health and PE in this approach.

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

## Resources . . . . .

Advocacy starts with understanding Health policies in WI as well as other states. Check out this resource in your spare time.

<https://statepolicies.nasbe.org/>

Teaching values? Here is a free online values assessment tool.

<https://personalvalu.es/>

The science of addiction. Discover, Connect, Prevent. Free resources and personal stories found at <https://www.operationprevention.com/>

*- Submitted by Mary Wentland, Lakeland Union High School*

# Health Teaching Ideas . . .

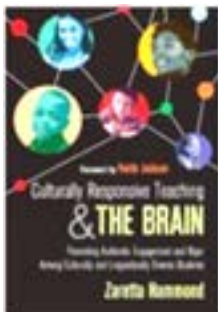
## Mindful Minute - A Useful Warm-Up and so Much More for Health and PE! - Patty Zemke, John Muir Middle School, Wausau



I began using "Mindful Minute" one day a week in my health classroom to give students a chance to "arrive" and provide them with another tool to use for their mental emotional health. I asked the students if they had ever used mindfulness and then shared this video as an introduction [Mindful Minute- Arrive](#). At first, we just practiced being still and focusing on our breath and thoughts. Then I would google unique pictures to use as a visual for our mindfulness. This has morphed into using my own pictures taken when I am out walking/hiking in nature. The students have always been interested in where I was and oftentimes I am just in the backyard. From that, students are now taking their phones into nature and capturing their mindfulness that is then shared with the class! It has turned into a really neat project that is building connections, practicing mental health and getting students into nature. Try it! It will only take a minute!

*This simple picture of ice turned into a "favorite." The students looked for a "picture in a picture" and pointed out all of the other images they saw.*

## Culturally Responsive Teaching & The Brain by Zaretta Hammond Promoting Authentic Engagement and Rigor Among Culturally and Linguistically Diverse Students.



- Sandee Ortiz

During the winter wisdom session, I presented on Culturally Responsive Teaching and Skill Based Health. When I began my new position at Sun Prairie High School, I knew this was an area that my students needed at the time and an area that I needed to grow in. As I navigated through my professional journey, it was Zaretta Hammond's book that allowed me to implement best CRT practices into my classroom which has had a profound impact on student learning. During my presentation, I had several participants ask for resources that will help them get started. It is with my greatest recommendation to begin with this resource. The two starting points for me were to explore my personal biases and the implementation of "The Ready For Rigor Framework" to transition your dependent learners into independent learners. As educators, it is our moral responsibility to recognize students' cultural displays of learning in order to respond in a culturally effective way to allow our students to feel a part of our learning communities.



# health.moves.m!nds.



Shares more funds raised with your school



Supports WHPE so we can better support you



Gives you the option to support a charity



To fill out an interest form for the 2022-2023 school year!

## ALL IN ONE EVENT!!!



Wisconsin Health and Physical Education  
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## From Your Executive Director



Over the past months, the **WHPE Board of Directors** worked diligently on major tenets of our strategic plan. Specifically I have noted Advocacy, Membership, and Professional development. As written the Strategic plan calls for us to:

- Develop equitable learning opportunities,
- Use communication tools to share successes and overcome challenges,
- Conduct Quality HPE Best Practices/Leadership,
- Engage With/Get Involved in the Community
- Attract diverse non-members through various mediums
- Improve future professionals networking to increase membership
- Provide professional development opportunities, which meet the needs of all our members including physical education, health, adapted physical education, and future professionals
- Recruit membership to be active in WHPE functions
- Support our members through outreach from the WHPE Board and connections to Professional Learning Communities

Those are great bullet points, but what does this really look like?

WHPE Board leadership attended a state-wide Administration and School Board member convention (WASB) to advocate for the Health and Physical Education profession and our professional WHPE members.

The WHPE Board created and hosted three virtual winter wisdom roundtable meeting opportunities. Each meeting was packed with meaningful, engaging, and timely presentations. The roundtables had breakout rooms with facilitated discussions within areas of APE, Health, University/college, Future Professional, Elementary, Middle, and High School Physical Education. WHPE intentionally reached out to welcome and engage with our state's largest and most diverse school

districts in order to welcome their voice. We strived to better understand the challenges and celebrations of their teaching world. The three virtual roundtables provided opportunities for our future professionals to be a part of the discussions as well and provide space for their gathering together in a pre-professional area.

Collectively the WHPE Board regularly uses social media to provide messages regarding our year-long celebration of 125 years as a professional association as well as create thought-provoking snippets to help us through "today".

WHPE Awards, Grants, and convention committee members work together for the benefit of our members. Through committee work, the Board reviews all of the submissions within each of these areas using our published rubrics. The selections for all three areas will be released soon.

As always, WHPE values sharing information. Printed newsletters and the electronic Smore platform are used to keep you informed monthly of events, information, and connections that are valuable to Wisconsin's health and physical education. Both of these platforms are open to our membership to add content. In addition to these two platforms WHPE has a social media footprint on Facebook, Instagram, and Twitter. Like us!

Honor a WHPE member, details of this initiative are forthcoming.

SAVE THE DATE and Make budgetary plans now to attend our fall Convention at the Kalhari October 26-28, 2022. Be a part of the 125th celebration!

Please remember if you have any comments, questions, or concerns feel free to contact me or one of our WHPE Board Member. All of our contact information is posted on our website for you to easily locate.

**Penny Kroening, Executive Director WHPE**

