

CENTRAL DISTRICT

INSIGHT



A publication of the Central District Association of the American Alliance for Health, Physical Education, Recreation and Dance

The Hills Are ALIVE

Active Learning Is Vital Education





Welcome to the Spring, 2011 edition of the Central District **INSIGHT** newsletter! In this issue we reflect on the 2011 District Convention, we share messages from some of the newly elected leaders of the association, and we focus on issues affecting both the profession as a whole and on each of us as individual professionals. **Enjoy!**

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Letters to the Editor:

Editorial correspondence and comments are welcome. Central District **INSIGHT** reserves the right to publish, in whole or part, all letters received. All letters received will be considered the property of CDAAAHPERD. Please address editorial correspondence to the Editor.

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Editor:

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The Hills Are *Still* ALIVE!



The convention is over, yet the Board continues to stay ALIVE with reports, emails, and efforts to advance Central District. I hope you were able to connect with someone and learn from each other. A special thanks to Sheri Keck and all the South Dakota people that made the weekend so wonderful! This is truly a creative group that brought out the *gold* from the Hills. Thanks again to all the presenters that made the effort to come and present new things to learn.

The advocacy power point has been a great tool for Central District states. Thanks again to Meggin DeMoss and Blake Taylor for putting that together. Another grant has been written to extend funding. In addition: Colorado, Kansas, Missouri, Nebraska, North Dakota, and Wyoming have all adapted the power point to meet the needs of their state. Missouri is on the PTA program for this fall. I hope the flash drive with the advocacy information on it will be used by many of you. Check your states website for adaptations.

The National convention is fast approaching. I hope you are able to attend. There will be many organizational changes presented. The Alliance is a great organization for all of us and I applaud the efforts of everyone who is working hard to keep us current. Vicki Worrell spoke of the many changes that will be presented. Keep an open mind.

[Let's Move in Schools](#) is on its way. Have you registered? Central District wants to know about your involvement so register on our Facebook account: [CDA-AAHPERD](#). Let us know what you are doing.

As President it was a joy to work for you. I found that communication among all is a key element. Many times I would come home to 30 or 40 emails. As you go through the rest of the year, keep that in mind. Communicate our message, continue to advocate, and work towards healthy active lifestyles. Stay A.L.I.V.E – active learning is vital education.

Lois Boeyink
CDA President, 2010-2011
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President's Message

Dr. Joyce Ellis, CDA President, 2011-2012

Congratulations to Lois Boeyink, Sheri Keck, and all of the Rapid City Convention team for an awesome convention. Not only were all of the sessions great, but the weather was wonderful too!



I want to take this opportunity to say thanks to all of Central District for allowing me the opportunity to serve as your President this year. I look forward to meeting you as I travel to the state conventions. My theme for the coming year is "Moving Mountains One Step At A Time". What are those mountains and how do I plan to move them? Let me share some of my ideas with you.

One of the biggest "mountains" that we are currently facing is the potential re-organization of our national association. For many the prospect of "change" can be frightening. We have become such creatures of habit that it is hard to imagine doing things differently. We are facing some difficult economic challenges that will require us to think outside of the box. According to the Organizational Planning Committee, if we wish to continue to be a viable organization we must make some changes. I challenge each of you to approach these changes with an open mind and a willing heart. Take the opportunity to share your thoughts. Be open to new ideas. As one of my favorite country singers says in song, *"Sometimes that mountain you've been climbing is just a grain of sand, and what you've been out there searching for forever is in your hands"*. I believe we have the potential to move forward through whatever changes we are faced with. What may seem to some to be "mountains" are simply "grains of sand" that may cause us some irritation or discomfort, but will not prevent us from meeting the needs of our members. We have "within our hands" the ability to become a more focused organization offering our members programs, products, and services that they need for professional growth.

Another of those "mountains" that I propose we climb is the need to advocate for our profession. When I first hear the word "advocacy" I must admit that I had no clue what it meant or how to go about accomplishing advocacy. I tried to avoid anything that even sounded like "advocacy"! My challenge to you is to step out of your comfort zone and become an advocate for our profession. Central District has made this much easier for you by offering the Advocacy PowerPoint prepared by Meggin DeMoss and Blake Taylor. This advocacy piece can be adapted to your state and if you use it to present at your

[Continued on page 4](#)

Scott Strohmeier

President-Elect Message

February 2011



I hope all is going well as you prepare for a wonderful spring and the end of another school year. The warming weather has encouraged me to get out on the bicycle and take my wife on buggy rides. This time of year is wonderful for renewing and reviewing my commitment to a healthy, active lifestyle. I hope you are also taking the time to re-examine your commitment to healthy living. Dust

off the bicycle, saddle up your horse, get that garden in the ground, attach the pedometer to your waistband and make a commitment to 18,000 steps a day, workout 3 times a week in your healthy heart zone, set a new personal record in the bench press, try a triathlon or a marathon or a 5K, go inline skating in the park, etc. I don't care what it is, just do it (thanks to NIKE).

While we're renewing our commitment to ourselves and our lifestyles, I would also encourage you to renew a commitment to AAHPERD and CDAAHPERD. I want you to seriously think about presenting at the conferences in Colorado, Boston and Wyoming. We have great resources in each of our states and every year we get positive feedback about the quality of the conference. Each of your innovations can help all the professionals in the states attain new ideas that will help create better Physical Education for the children of Central District. If you are not a member of AAHPERD, become one. This year, CDAAHPERD has sponsored programs regionally on your behalf, we have assisted states with PEP Grant evaluation and writing, we are taking your issues to the state, district and national levels, we are contacting legislators at the state and national levels to see that important legislation for healthy, active living is not cut, and we are ready to do more. Your membership and commitment will only lead to the strength of the organization and the message we deliver.

AAHPERD is approximately 20,000 strong, and CDAAHPERD is 2,000 strong, but there are over 30,000 physical and health educators in the district. To improve commitment to these organizations, we need to do a better job of recruiting these individuals and letting them know what we can do for them. We don't just have to concentrate on these professionals, however. How many daycare workers could benefit from our elementary programs? How many community center workers with after school programs could benefit from the ideas shared

at the conference? How many parents with an active interest in their child's well being could have their eyes opened at the conference? How many of your fellow teachers (Math, Science, English, etc.) could benefit from programs directed at the Brain-based benefits of movement. My point is that you don't have to rely on professional peers to boost the strength of this organization in the region or nationally. We would hope that Professionals in the field are committed to AAHPERD and CDAAHPERD, but these other individuals can become extremely useful advocates for our programs simply by observing and learning what it is we are trying to accomplish for the health of our children and their academic achievement.

CDAAHPERD is going to Colorado Springs in February of 2012. This is yet another opportunity for professional growth and I would encourage everyone to attend. It is a great opportunity to learn about what other states are facing and innovations they are using in their programs.

Spring is such a wonderful time to renew commitments. I strongly encourage you to renew your commitments to yourself, your organization and your profession.

Dr. Scott Strohmeier
CDA President-Elect, 2011-2012
Professor and Graduate Program Coordinator
Department of Kinesiology
University of Central Missouri

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President's Message (continued from page 3)

state Parent Teacher Organizations or to your state or local school board you could receive funding from the advocacy grant funds. Not only are we giving you the tools, but we are paying you to use them! What a deal! Take that first step and contact Meggin or Blake. They are happy to assist you in making this advocacy tool unique to your state. Once again, that "mountain" may really be "just a grain of sand".

Your Central District Leaders are here to help you climb these and other "mountains". The CDA Leadership Summit scheduled for July 17-19, 2011 will focus on helping your state President-Elect "find a vision". This "Vision Quest" is an opportunity for state leaders to come together and learn how to utilize applied strategic planning and meeting management skills in the pursuit of their vision. I certainly hope each state takes the opportunity to send your President-Elect and another young leader to the summit. We look forward to working with each of you as you grow your leadership skills.

Finally, I hope that each of you will take the opportunity to join us in Colorado Springs, Colorado February 2-4, 2012 as we "Move Mountains One Step At A Time"!

2011 CENTRAL DISTRICT HONOR AWARD

The Honor Awards Purpose and Tradition

The presentation of the Honor Award provides our professional association an opportunity to recognize our fellow AAHPERD members for outstanding service. Criteria for this award includes: membership in AAHPERD, at least ten years of experience as a teacher, supervisor, or administrator in the field. The candidate must possess: high moral character and personal integrity, render service contributions through the association (state, district, national), have outstanding service as a teacher or administrator and illustration of meritorious service.



Kelly Cook has served as President-Elect, President and Past President of Central District. His enthusiasm, sense of humor and professional manner demonstrates true leadership abilities. He has attended all 9 state conventions letting everyone know the importance of belonging to the National Association.



Kathy Kochersperger serves at the Central District Convention Registration manager. She has worked diligently with AAHPERD to iron out all the kinks and has streamlined the process, making convention registration a pleasure for the attendees. Kathy is loved by all she touches.



Sue Stinson is the Central District Convention Exhibits Manager, and has taken the job to a new level. She has developed a relationship with many vendors who now ask to be an exhibitor rather than having to be asked to be a vendor. She is known for her smile and wit and her commitment to education.

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2011 MARK L. HARVEY LEGACY RECOGNITION

Dr. Mark L. Harvey enriched the lives of countless people. This recognition acknowledges individuals who, by performance, style, humility and wisdom have personified the personal and professional attributes of Dr. Mark L. Harvey. The recipient of the Mark L. Harvey Legacy Recognition Award demonstrates the qualities that were a part of Mark's character—friend, teacher, gentleman, leader, and more. Criteria for this award includes: current member of AAHPERD and state AHPERD, have experience as a full-time teacher, supervisor or administrator in the field of HPERD for a minimum of ten years. Demonstrated accomplishments in the following areas: mentor, courage, leadership and stewardship.



Kathleen Engle

Kathleen stands for the things that are right and good, pushes for equity and parity, leads by example about ethics, citizenship, hard work and integrity, working to be better, compassion for fellow humankind, and making a daily difference.

In her physical education settings at Newcastle Middle School she impresses young people with the concepts of why and how to dance. She adds levity and before they know it, kids are moving to music. Kathleen is mindful of the role modeling that health and physical educators are held accountable for and she embodies that accountability. She is very active with her classes and adheres to a physical activity regiment of strength and conditioning training in addition to cardio vascular activity. She holds kids to task about doing the right things for the right reasons. Kathleen is involved with the future professionals at Black Hills State and mentors all future and new professionals. She instills wisdom in her daily class activities with a "Yearn to Learn" atmosphere. Perhaps the most important mentoring she has done is that of her two daughters, who are both walking in their mother's footsteps in our profession.

Her leadership is based on a servant's heart and her love for the profession.

Kathleen has served on the state and district executive boards prior to serving two terms as President of Central District. Kathleen believes in family and community. She is a people person with wonderful people skills. Everyone loves to be around Kathleen.

2011 CENTRAL DISTRICT AWARD WINNERS

NDA Dance Educator of the Year Linda Marsh



Linda Marsh has been teaching dance and physical education at St. Mary's Academy in Englewood Colorado for the past 13 years, where she was solely responsible for the design and development of the K-12 dance program. She is a creative, experienced, dedicated, and enthusiastic teacher who represents the best of our profession in her passion for dance and excellence as a dance teacher.

Linda is an expert dance teacher who demonstrates great versatility and adaptability in engaging students across all developmental levels. She creates an atmosphere of fun and acceptance that encourages students to give maximum effort and enjoy success. Linda is also an exceptional role model for her colleagues in her care for and understanding of her students, her desire to bring out the highest level of achievement in her students, and her commitment to engaging students in their learning. She knows each of her students, and is able to adjust their roles within a dance, allowing all children to be challenged and to also experience success. "The obvious pride the children took in this process speaks to Linda's inclusion of their own creativity and talents in the process." Linda also effectively emphasizes the significance of various dances, which enables students to appreciate their own cultural heritage as well as embrace the diversity of cultures that are represented by the dances the students learn.

Linda does an amazing job of promoting her program to the wider community with school-wide dance assemblies where students present their work to the school, parents, and community. These events are not to be missed! Linda also provides opportunities for her students to study and attend professional dance performances, such as Swan Lake and Appalachian Spring.

In addition to her teaching duties, Linda is a registered teaching member of the Royal Academy of Dance, member of the International Dance Teacher's Association, former board member of the Colorado Association for Health, Physical Education, Recreation and Dance and has presented at numerous state, regional, and national conferences. In 2009 Linda served as chair of the committee to rewrite Colorado's dance education standards.

NASPE High School PE Teacher of the Year Kris Ayers



Kris Ayers has taught physical education at Thompson Valley High School for fourteen years. She is an outstanding teacher, collaborative colleague, and model for physical activity and wellness. Her principal calls her one of his strongest teachers in terms of preparation, planning, and implementing lessons.

Kris uses a variety of teaching methods to provide for student success, including technology, novelty, teamwork, and lifetime activities. She allows students to make choices throughout the lesson, emphasizing critical thinking and problem solving. Whether it's self-defense, weight lifting, aerobics, swimming, first aid, or soccer, students feel safe and inspired by Kris' level of knowledge in all areas of instruction. Students also learn biomechanical and physiological concepts that help them become more independent in their activity planning. Kris has high expectations for her students and strives to promote maximum participation throughout her lessons. One of her students says of Kris, "She just makes you want to show up to class and work hard. She helps us to reach deep within ourselves to accomplish things we never thought possible."

Kris focuses on preparing her students for a lifetime of success, not just for physical activity, but for life in general. She works with students to help them solve problems and to make good life choices. Kris is dedicated to building relationships with her students that value them as individuals. She believes that by providing students with a positive experience in movement, they can learn to love and appreciate their bodies in a way that will promote healthier living choices as adults. Kris was instrumental in initiating the "Link Crew" program at Thompson Valley, which helps to develop leadership skills for older students, while providing mentoring and smoother transitions for incoming freshmen.

Kris is active in her professional development, presenting at state physical education and wellness conferences, mentoring teachers in her building and within the district, and serving as the department chair at Thompson Valley High School. Kris Ayers is a gifted physical education teacher who is dedicated to helping her students develop confidence, self-esteem, and skills for a lifetime!



**NASPE
Elementary PE
Teacher of the Year
Elaine Rosquist**

Elaine Rosquist has been teaching for 27 years, the past ten in the Boulder Valley District where she currently teaches elementary physical education at Fireside Elementary. Elaine is an energetic, creative teacher who exemplifies professionalism and a commitment to excellence in her program. At Fireside Elementary she has created a welcoming, safe learning environment, where students feel respected, supported, and free to learn.

Elaine has clear learning goals and high expectations for her students. Her lessons are developmentally appropriate, and incorporate current best practices in physical education. She employs visual, auditory, and kinesthetic approaches in communicating with students, recognizing the different learning styles among her students. Elaine is also an enthusiastic, innovative teacher who keeps learning active, fun and challenging. If you walked into her gym you might see students dancing with ribbons, working on problem-solving initiatives, balancing on Bosu balls, or Skyping with another physical education class. Elaine incorporates the latest technologies, current research in brain-based learning, and integrates other disciplines such as language arts or math into her lessons. As a couple of parents noted, "Elaine is the physical education teacher every parent wishes their child could have. She is a teacher who challenges her students every day to do their best and to try new things."

In addition to teaching, Elaine developed the Mileage Club at Fireside to promote physical activity in the form of walking or jogging among her students and their friends and family. She also started the "Skip and Kick" club for her 4th and 5th grade students who want to spend more time jumping rope or creating dance routines. Elaine's Healthy Living Challenge program has also been a great success in bringing her program out of the school and into the lives of the families of her students.

Elaine is National Board Certified, a member of the Colorado Association for Health, Physical Education and Dance (COAHPERD) executive board and frequent contributor of articles for the *COAHPERD Journal*. Elaine is an incredible example of the possibilities of outstanding elementary physical education programs!



**NASPE Middle
School PE
Teacher of the Year
Andrea (Andi)
McCarthy**

Andrea McCarthy has been teaching in the Aurora Public School District for 12 years, the past nine at Aurora West College Preparatory Academy (AWCPA). Andi has a strong, unwavering commitment to improving the lives of her students, primarily by instilling in them a love for physical activity and a focus on lifetime fitness and wellness.

Andi's curriculum is balanced, emphasizing skill development and fitness, with a goal of getting students to be competent in, and enjoy, physical activity for a lifetime. Andi has led the charge for changing the curriculum to be more innovative, appealing to the many interests of students, while still developing skillful movers and promoting wellness and fitness. If you were to walk into Andi's gym you might see students doing core workouts, playing volleyball or lacrosse, doing yoga, or learning golf. Andi's classes are characterized by high energy, high expectations, and active engagement by both teacher and students.

Andi also focuses on students learning concepts and principles related to movement so that they can be savvy consumers and become independent in their activity once they leave her class. As she says, "My goal is to provide my students with all the tools necessary in order to workout at home, indoors or out, with little or no cost to them." Andi is a role model for her students and her peers at AWCPA through her own fitness and activity levels. She truly "walks the talk," acknowledging that there isn't anything she would ask her students to do that she could not perform herself.

In addition to her teaching, Andi participates on her school's improvement team, on the district Coordinated School Health and Wellness Committee and on the COAHPERD executive board. She has also provided professional development opportunities for her physical education colleagues, serving as the middle school district physical education resource teacher for Aurora Public Schools. Andrea McCarthy is an outstanding leader who exemplifies what a quality middle school physical educator should be!

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AAHE Health Educator of the Year K-12 Barb BJORUM

Barb BJORUM is an innovative master teacher whose leadership has made the health program in Valley City Public Schools a model for effective teaching and learning. Valley City is one of the few schools that requires health education each year grades seven through ten.

According to colleague Ann Wendel, "Barb is able to strike a balance between teaching difficult, sometimes controversial, material and helping the community guide its children through pitfalls of the modern world. She always respects student and parent values, and, as a result, she is respected and even loved by the community."

Barb has been a certified HIV Prevention Trainer for the 15 years for the DPI. She is also involved at the state level as a writer for two curriculums, "HIV Emergent Reader" and "Teens Helping Themselves and Each Other." She is also active in her school on a professional level as she has recently served a two year term as president of Valley City Education Association. She also works with the Peer Facilitator program in her school. Barb has also been named Valley City Public School's Teacher of the Year. The strength Barb is most widely known for is her passion for youth and their health and safety. She is not just a teacher Monday through Friday, but uses any time and opportunity to spend with her students and families.

Barb promotes health in her community as she leads aerobics and other health related events such as writing a grant that includes safety belt education for students. She is also a volunteer advocate for the Abused Persons Outreach Center where she handles crisis calls on week-ends as well as serving on their board of directors.



AAPAR Adapted PE Teacher of the Year Kay OLING

Kay Oling has devoted over thirty-five years to the physical education profession, over twenty-five of them in developmental adapted physical education. She began her teaching career in the Wrenshall Public Schools and moved to the Duluth Public Schools in 1986 where she continues to teach at the middle and high school. Kay is described as an amazing teacher who is full of energy and enthusiasm, and truly enjoys working with students who have special education needs. She is well versed in working with students who have physical, emotional, cognitive and social impairments. She does not hesitate to create new strategies for the individual student based on that student's needs. Kay is often referred to as the "Bag Lady", "PVC Queen", and the "Make It and Take It Queen" by many who have worked with her. She will scrounge the back aisles of Target, Shopko, Kmart, dollar stores etc. for used equipment and "good stuff", as she describes it to be used in her classes. She will see something in a catalog that is quite expensive and say "I could make that by doing this, this and this." (She is very budget conscious). Kay explains that every DAPE teacher needs a bag of tricks which should always include: duct tape, floor tape, string or rope, PVC pipe cutters, PVC pipe of various sizes, music and something stretchy (lycra material or elastic) because one never knows what will be needed.

Kay has served on the Minnesota Adapted Physical Education Leadership Committee for twenty-five years; she has officiated volleyball for over thirty years; presented at many MNAHPERD conferences, Minnesota DAPE conferences, Central District convention, and local Duluth in-services. She has volunteered for the Courage Center for eight years, been a Special Olympics coach in several sports and chaired the state Track & Field meet. She has been a presenter and member of DAPE in Your Backyard as chair and committee member from 2000 to present. Along with being a very strong advocate for people with special needs, Kay is presently serving as the President for Minnesota AHPERD, which is a three year term. She has been on this board in numerous positions since 2000.

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2011 KATHLEEN KINDERFATHER AWARD

This award is to recognize a group or organization (not an individual) who may or may not be members of the Alliance but who, through their work in HPERD and/or Sport Education, has contributed significantly to The District and/or state Associations that Comprise the District.



Iowa Department of Natural Resources, Shooting Sports Program

Ben Berka,
Shooting Sports Coordinator

The Iowa DNR Shooting Sports program has done a tremendous job of reaching out to all schools across the State of Iowa, where they have introduced the NASP (National Archery In The Schools Program), the SCTP (Iowa High School & Scholastic Clay Target Program) and Fish Iowa Program. Ben and his staff have shown outstanding leadership throughout the state of Iowa in the areas of community service, innovative teaching practices, and children and youth program development. Ben understands the need for out of the box thinking and different types of lifelong education for the youth of our state.

The Iowa Department of Natural Resources has played a large role in helping districts throughout the state to achieve highly valued programs that not only meet NASPE Standards but usually surpassing them. They have supplied grant money, equipment, free staff training, fund-raising and partnerships with community organizations. Letters have been written by parents and community members expressing their appreciation for the DNR's efforts and the "new found" interest their students have taken in school and in particular in a "healthy" activity never before experienced.



CONGRATULATIONS TO OUR AAHPERD AWARD WINNERS

Please join us in recognizing the following individuals who will receive awards in San Diego at the 2011 National AAHPERD convention:

- **Gale Wiedow** – R. Tait McKenzie Award
- **Dennis Docheff** – AAHPERD Honor Award
- **Joella Mehrof** – Margie R. Hanson Elementary Distinguished Service Award
- **Brenda Sharp** – Jump Rope for Heart Coordinator of the Year Award
- **Jason Busche** – Hoops for Heart Coordinator of the Year Award
- **Jody Schneider** – Jump Rope for Heart Grant Recipient
- **Amy Pheneger** – Ruth Abernathy Presidential Scholarship

Central District would like to extend our support and "Best Wishes" for our very own **Angela Lumpkin** as she runs for the office of President Elect for AAHPERD. Angela has an extensive vita and has served her state and AAHPERD with dedication and commitment for many years.

The first Mark Harvey Legacy Scholarship was awarded to Danielle Schlecht (below center) during the Central District Convention. Pictured with Danielle are Mark Harvey Jr., Dr. JoAnne Owens-Nausler, Kathleen Engle, and Mary Harvey.



2011 DIVISION MERIT AWARD WINNERS

Dance Division, Janice Jewett, KS



Janice Jewett is a dedicated, innovative Dance Educator. She has taught numerous dance classes for a variety of age groups from public school children through senior citizens. She inspires students to design and perform their own choreography which she video tapes so she can provide immediate feedback with constructive evaluations. She mentors future dance educators grooming them to become valuable contributors to the dance profession.

Physical Activity/Recreation Division, Annette Johnson, SD



Annette Johnson has made significant contributions to the profession by being an advocate for active, healthy lifestyles for her students, for her peers, and for others. As a member of the South Dakota Governor's Council on Physical Fitness and Sport, she made significant contributions to the development of both school-based and community-based fitness award programs.

Health Division, Jennifer Thomas, KS



Jennifer Thomas has directed the health promotion majors at Emporia State University since 2003, but has taught health courses there since 1999. She has spoken at health education conferences throughout the country, teaching a variety of professionals how to effectively implement wellness within the work-site, emphasizing the utilization of university and student health promotion services.

Sport/Physical Education Division, Dennis Docheff, MO



Dennis Docheff has filled the role of elementary principal, assistant principal, athletic director, high school counselor, as well as department chair. Some highlights in Dennis' career include a three-year stint at the United States Military Academy at West Point, serving as Central District President, and serving AAHPERD in a variety of roles. This spring Dennis assumes the role of NASPE President.

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Welcome to the Newly Elected Officers of the Central District Association!

During elections held at the Central District Alliance Assembly, the following officers were elected:

President-Elect

H. Scott Strohmeier, Ph.D.
Professor and Graduate Program Director
Department of Kinesiology
University of Central Missouri
Warrensburg, Missouri



Vice-President-Elect for Dance

Deb Stephenson
Council Bluffs Community School/ Kirn
Middle School
Council Bluffs, Iowa



Vice-President-Elect for Physical Activity & Recreation

Ken Bias
Department of Kinesiology
University of Central Missouri
Warrensburg, Missouri



Vice-President-Elect for Health

Julie A. Lueckenhoff
Blair Oaks R-II School District
Jefferson City, Missouri



Vice-President-Elect for Sport and Physical Education

Clayton Ellis
Aurora Central High School
Aurora, Colorado



In addition, the student representative to the CDAAAHPERD board was selected during the convention -

Future Professional Representative

Danielle Schlecht
University of South Dakota
Vermillion, South Dakota





Office Use Only

DAY _____

TIME _____

ROOM _____

[Click here to download a Word 2007 version of the proposal form](#)

Proposal Form

2012 Central District Association Convention

Central District Association AAHPERD Convention 2012 - In Conjunction with Colorado AHPERD
February 2-4, 2012
 Crown Plaza, Colorado Springs, CO

ALL PROPOSALS MUST BE RECEIVED NO LATER THAN June 4, 2011

The program committee requests that potential presenters focus presentations on the topics of networking, collaboration, leadership, research, advocacy, technology, assessment, and teaching in the areas of aquatics, dance, health, physical education, adapted physical education, sport, physical activity, recreation, retirees, or future professionals.

To propose a presentation for the 2012 Central District Association Convention, please complete this form in its entirety. Those selected will be notified by October 15, 2011. **All presenters must register for the Central District Association Convention in Colorado Springs.**

PRESENTERS: For *each* presenter include the following information. Click on the boxed areas and type. Send completed proposal electronically to the appropriate person at the bottom of this form. **Presenters are allowed a maximum of two presentations inclusive of secondary presentations. Presenters must be members of AAHPERD or COAHPERD.**

Primary Presenter:	AAHPERD Number or check box if COAHPERD Member <input type="checkbox"/> :	Expiration Date:
Presenter 2:	AAHPERD Number or check box if COAHPERD Member <input type="checkbox"/> :	Expiration Date:
Presenter 3:	AAHPERD Number or check box if COAHPERD Member <input type="checkbox"/> :	Expiration Date:
Primary Presenter Mailing Address:	School/Organization:	
City, State, Zip:	OFFICE Phone Number:	HOME Phone Number:
CELL Phone Number:	Email:	Fax:

Title of Proposed Presentation: (max 10 words)

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Central District INSIGHT

Brief Description of presentation for use in printed program: (max 80 words)

Summary of presentation content including which national health and/or physical education standards will be addressed:

Mode of Presentation: Check all that apply.

- Lecture
 Panel
 Activity/Participation
 Pool

- Intended Audience:**
- Elementary
 Middle School
 Secondary
 Future Professional
 Higher Ed
 Adapted
 Dance
 Health
 Recreation
 Other _____

- Length of Session:**
- Single Session (50 minutes)
 Extended Session (80 minutes)

Audio / Visual: Please check equipment needed. LCD Projectors will NOT be provided.

- Microphone
 Screen
 Other _____

Will you be part of the CD Representative Assembly? Yes No

COLORADO presenters – all Colorado program proposals are to be sent electronically to **Cori Kassib:** smartingirl@hotmail.com by **June 4, 2011.**

Send program proposal electronically, according to the content, to one of the following, by **June 4, 2011:**

DANCE

Amy Heuer
Amy.heuer@sendit.nodak.edu
 Dance Education
 Dance Performance

PHYSICAL ACTIVITY / REC

Mike Bradley
mbradley@fremont25.k12.wy.us
 Therapeutic/Leisure Recreation
 Research
 Future professionals
 Joint projects

HEALTH

Nikki Lindgren
Nicole_Lee_02@yahoo.com
 School Health
 Community Health

SPORT/PHYSICAL EDUC

Dennis Docheff
docheff@ucmo.edu
 Elementary
 Middle/Junior
 High
 Secondary
 College
 Sports
 Adapted

** Electronic handouts must be submitted no later than January 5, 2012 to the Division Vice Presidents, Colorado handouts submitted to Cori Kassib.

Division Vice Presidents, Record Date Received:

State Updates



We had a very successful Fall 2010 convention, starting with full day pre-convention sessions on Thursday, continuing with Friday and Saturday sessions, keynote speaker, award program, and business meeting. We had over 360 attendees who were energized and educated by knowledgeable and innovative presenters from across the state and Central District.

A new board was voted in at the convention and is comprised of over 30 members representing the full spectrum of educators in the HPERD fields from outstanding future professionals, to educators and state leaders. Our Advocacy committee is hard at work fine-tuning the CDA Advocacy power point to meet our specific needs. The convention committee has their work cut out for them as they organize a one day "Excellence in Motion" convention to be held at Metro State College in Denver, Oct. 22, 2011, along with putting together the 2012 CDA "Moving Mountains One Step at a Time" convention in Colorado Springs, Feb. 2-4, 2012. The recognition committee is fine-tuning our award process and the professional development committee continues to work with our web master on creating a user friendly, easily accessible web site. Each member of our board is also on a Division Committee, representing NASPE, AAPAR, NGAWS, NASPE, NDA, and the Research Con-

sortium. This new organizational structure is working well for us and we are excited to be meeting the needs of our members.

Colorado is proud to assist two students as they represent CO at the Student Leadership Forum at AAHPERD. Two board members will be attending the National Speak Out Day in Washington DC.

Unfortunately one of our school districts voted to eliminate physical education from the graduation requirements, and another district voted to increase waivers for physical education. This all in spite of numerous testimonies from professionals and parents in support of physical education.

Our lobbyist has been hard at work as there is a bill on the floor that is a positive step forward for our youngest students, please see below.

What HB1069 Will Do:

- The bill requires all public elementary schools provide students with 600 minutes of physical activity a month, which

(Continued on page 14)



Past-Presidents of the Central District Association were honored at the Awards luncheon held during the 2011 convention in Rapid City. Those in attendance included (left to right): Jan Adair, JoAnne Owens-Nausler, Terry Todd, Kathleen Engle, Scott Gorman, John Zody, Sally Scherrer, Dennis Docheff, Rich Burke, Vickie Worrell and Kelly Cook.

Iowa's Health Kids Act Under Attack

Two years ago the Iowa Legislature passed the Healthy Kids Act. It addressed components of nutrition, physical activity and the teaching of CPR in the schools system. Full details can be found by [clicking here](#).



At his session of the Iowa Legislature new legislation was introduced to repeal the act. It looks like advocacy action have at least protected the nutrition and physical activity components. At present there is wording in sub-committee that would eliminate the CPR component of the act. Iowa AHPERD and the Mid-west affiliate of the American Heart Association have been joining forces to protect the wording as this act as the CPR component of the Healthy Kids Act was one of the most proactive CPR policies in the Nation. The major resistance has been coming from School administrators as this was an "unfunded" mandate.

Interim Central District Executive Director Named



Gale Wiedow from Dakota State University in Madison, South Dakota has agreed to assume the duties of Central District Executive Director on an interim basis. The position was formerly held by Sally Scherrer. Gale will continued to also serve as the district's treasurer.

Colorado Update (continued from previous page)

breaks down to the equivalent of 30 minutes a day or 300 minutes a month for part time students.

- Physical activity may include, but is not limited to: recess, exercise programs, fitness breaks, field trips that include physical activity, classroom activities that include physical activity and physical education classes.

That's a snapshot on what we have been up to in Colorado. We extend an invitation for you all to join us in Colorado for the 2012 Central District Convention!

The Executive COAHPERD Board



News from Kansas:

- We had a very successful Winter Workshop with approximately 90 people in attendance. Elementary teachers spent half of the day with representatives from USTA learning about their new curriculum and the other half with Hal Cramer learning how to make a variety of great activities to use in class. Jennifer Schnell, 2009 Central District Middle School TOY provided many great ideas for our secondary teachers.
- Members of our Executive Committee and other council members took part in two advocacy training sessions.
- We have worked with the Fizika company to offer three regional workshops for our members. The sessions included information on advocacy, Foundational Fitness, In School Golf Association, Geomotion and Polar. Our AHPERD friends from Missouri, Colorado and Nebraska were invited! Applied for and received a CD/State Workshop Grant to help with this workshop.
- The Executive Board held a retreat to look at a variety of important topics.
- With the help of an ad hoc committee a proposal for possible reorganization of our council is being considered. Much thought, planning and input will be given before decision are made but we feel this is the right time to begin the process of looking at ways we can do our work more efficiently.
- Another committee is looking at the possibility of hiring a permanent convention manager.
- A special Let's Move in School committee has been formed to look at how KAHPERD can support this AAHPERD/NASPE project.
- Several KAHPERD members are serving on an advisory committee with the Kansas Health Foundation to provide input on a project they are funding that will be called "Let's Move in Kansas Schools". Director of Physical Activity trainings will be offered to help promote comprehensive school physical activity programs through this initiative.
- Plans have been made for KAHPERD to exhibit at the upcoming Kansas PTA Convention.

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Nebraska (NAHPERD)

has encouraged its members to access and utilize the CDA Advocacy power point in a variety of formats. It is on the NAHPERD website so that all members have access to it. There will also be a presentation session at the annual conference with strategies on where it can be used and the importance of advocating throughout the profession.



The second annual Student Conference will be held on April 15 on the campus of the University of Nebraska at Kearney. NAHPERD student representatives Steve Stutzman and Lerrin Rowe are working hard to put together a conference for the Nebraska students that will enhance their career development.

President, Dawn Brammer and President Elect, Stan Erickson will represent Nebraska in the Alliance Assembly in San Diego, while Lana Peterson (NASPE TOY 2010) will represent Nebraska as a delegate in the NASPE General Session and Janet Brandt will represent Nebraska in the Joint Projects meetings. Virgie Widdowson (NAHPERD treasurer) will be representing Nebraska in the treasurer meetings, and standing in for Ex. Director Vicki Highstreet in the SAM meetings.

NAHPERD has made changes in it's structure and it's meeting schedule since the new presidential term began. Division are now Physical Education and Dance; Sport and Exercise Science; Physical Activity and Recreation; and Health and Wellness. The Board of Directors now meets six times per year of which a minimum of two are face to face, while the others are by teleconference. This new meeting schedule keeps everyone engaged and saves the volunteers and the association money in travel and food expenses.

Vicki D. Highstreet
NAHPERD Executive Director



Thanks for joining us in Rapid City as SDAHPERD co-sponsored the 2011 Central District Convention! It was great to have you here, and we have been very pleased to hear numerous positive comments about

the quality of the convention! After all, it YOU that makes a good convention great!

We're getting a jump start on our own 2011 SDAHPERD convention scheduled for November 2-4, 2011 at the Holiday Inn Sioux Falls City Centre. The hotel is owned by the same group that operates the Rushmore Plaza Holiday Inn in Rapid City (our CDA host hotel) and is in the process of a complete upgrade. Our convention will be one of the first to enjoy the new décor of the facility.

We are also anxious to participate in numerous upcoming leadership development experiences for our officers and emerging leaders. Breon Schroeder, a second-year teacher in the Lead-Deadwood School District, will be traveling with the American Heart Association delegation to Washington, D.C. to help promote legislation vital to the health and well-being of our students. Our President-Elect, Craig Ullmann from Georgia Morse Middle School in Pierre plans to attend the Leadership Development Conference in Green Bay, Wisconsin in June. SDAHPERD President Chris Andersen from Patrick Henry Middle School in Sioux Falls is actively engaged in convention planning and will represent HPERD professionals in South Dakota in various events during the year. SDAHPERD will also engage members in the Central District Leadership Summit this July at Mahoney State Park in Ashland, Nebraska.

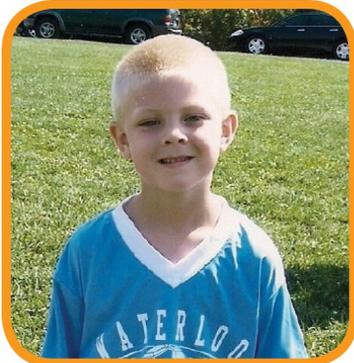
We are looking forward to summer and to the warm weather—as we assume almost everyone in Central District is too!

SDAHPERD Convention
November 2-4, 2011
Holiday Inn Sioux Falls City Centre

"It's Go Time!!"



American Heart Association
Learn and Live



IT TAKES HEART TO BE A HERO!

DONNIE, Age 6

"I was born with a hole in my heart. I Jump Rope For Heart to support the research of the American Heart Association."

Jump Rope For Heart and Hoops For Heart are national events sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students in these programs have fun jumping rope and playing basketball — all while becoming empowered to improve their health and help other kids with heart health issues.

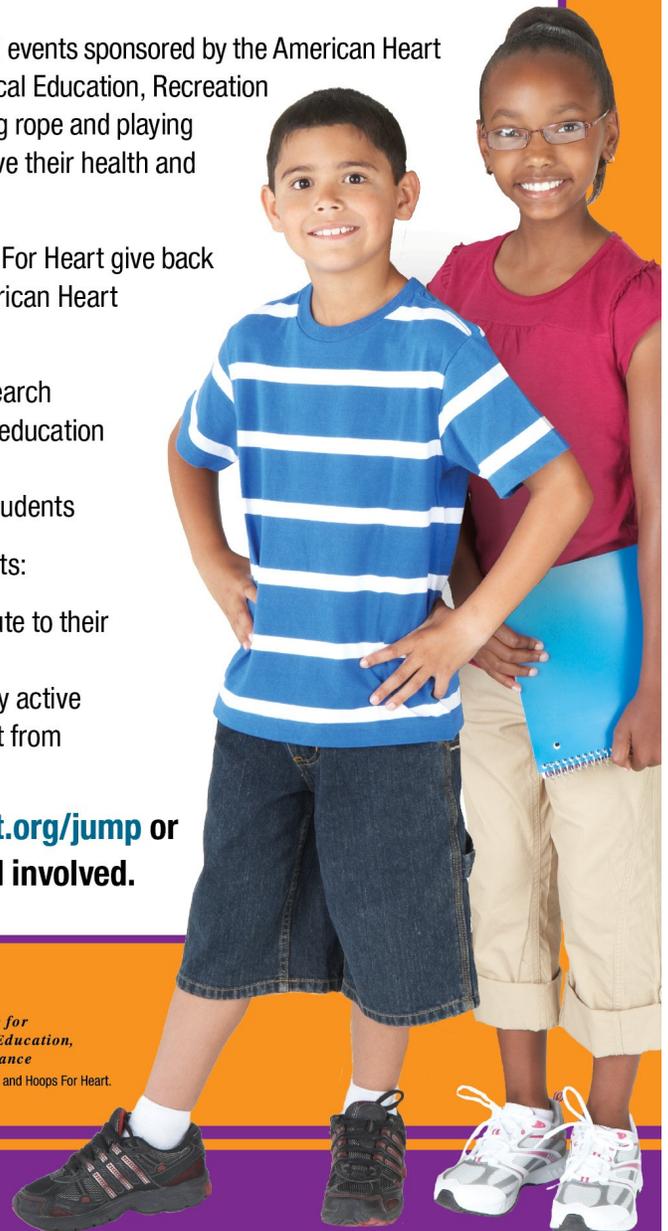
Funds raised through Jump Rope For Heart and Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

Jump Rope For Heart and Hoops For Heart help students:

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

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



American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD is a proud program partner of Jump Rope For Heart and Hoops For Heart.

On March 1, 2011 Randy Siltzer, WAHPERD President, met with lobbyists from the American Heart Association, American Cancer Society and the Wyoming



Primary Care Association to plan ways to increase awareness of the impact quality physical education has on student achievement. WAHPERD has purchased a copy of Dr. John Ratey's book SPARK for each member of the state legislature's education committee and will be presenting these at a summer joint education committee meeting. We are looking into hosting a social at this meeting and speaking with the committee members personally. Randy will also be in contact with Governor Matt Mead's office to request that he introduce a proclamation recognizing National Physical Education and Sport Week. We feel that this simple act will help raise awareness of physical education and sport, along with the positive effects each has on life long health and fitness.

Nancy Raso Eklund, WAHPERD Executive Director, will be attending the [SPEAK OUT](#) day on March 17th and is looking forward to the opportunity to speak with key decision makers.



With our current problems of childhood obesity we need to maintain a well rounded education inclusive of health, physical activity and activity programs K-12 curriculum designed to focus on physical, cognitive, and affective development to combat childhood obesity.

The communication is absolutely necessary for our states to support the education our students need to be successful contributors to their future community. It is imperative to have the vision and willingness as well as take a risk to continue this essential networking. We need to continue to develop the effective responses to the challenges that continue to lie ahead. We must be vigilant and our profession is in a position to chart the future. We have the means, collective minds and the energy to make a difference. While the task before us seems to be daunting, it is important to keep quality programs alive and continue the interdependence of physical education and preventive health—we need to let our parents, administrators and decision makers know that good health is more than the absence of illness but the presence of healthy daily living through quality physical education. My school community and my own children are productive contributors in this global community because of their knowledge of the importance of health and fitness in their everyday lives. Our professional community also benefit from the passion that we glean when we make our “treks” to the Hill or send our emails, make phone calls and challenge our leaders to feel, know and understand the absolute importance of giving our schools the opportunity to pass it on!

Randy Siltzer, and Nancy Raso Eklund, WAHPERD



Missouri would first like to give a big shout out to Central District and South Dakota for an awesome 2011 convention! Missouri members that attended had a great time!

This fall will be MOAHPERD's 75th Anniversary! The theme is set for, "Building on the Past, Shaping the Future." The first day of convention will be 11-11-11. Plan to attend and have excellent learning opportunities, great networking, and a fun time!

Our Representative Assembly met in February and discussed several upcoming events. This month, Missouri is also finishing up with our annual Quality Health and Physical Education Workshops throughout the state. Plans for our summer workshop are also underway. We are also starting up a mentor program to with our Jump Rope for Heart and Hoops for Heart Programs.

MOAHPERD is also currently working on adding an advocacy tab to our website, which will include new topics of interest and our advocacy PowerPoint.

Melanie Zerr, President



North Dakota Legislative Actions

House Bill 1202, which allows the funding for Healthy School Coordinators, has passed the House with a vote of 82-10. This version has been stripped down, allowing the funding for only one coordinator. As this bill passes through the Senate, we are hoping that the funding for 3 more coordinators will be added.

On February 4, NDAHPERD participated in an educational event at our Capital with the American Heart Association. We demonstrated some fun PE activities, and provided information on the state of PE in North Dakota.

North Dakota Professional Development

A huge thank you to our state's Coordinated School Health program manager for her hard work in securing 3 NASPE PIPE-line trainings. They will be held Mandan, Devil's Lake, and Jamestown in April. We are also working on our proposals for our fall Regional Conferences.

Let's Move In Schools

NDAHPERD and our president Vicky Bender will be working with Coordinated School Health this spring to try to get as many schools as possible in ND participating in LMIS. We are looking forward to celebrating activities across the state during NASPE's Physical Education and Sport week May 1-7.

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News from the Sport & Physical Education Division

Congratulations to all who participated in the recent CDA convention in Rapid City. There were some strong presentations, meaningful meetings, and lots of fun! Numerous people were recognized while attendees “cowboyed up” for Friday night’s banquet. Physical Education Teachers of the Year included: Elaine Rosquist (elementary), Andi McCarthy (middle school), and Kris Ayers (high school); all from Colorado! The first Mark Harvey Legacy Recognition Award was presented to Kathleen Engle.

Over 70 people attended the Future Directions Meeting on Friday of the convention. Thanks to all who participated in the meeting by sharing ideas for future program sessions and discussing issues in physical education. Sharing ideas, networking, and developing a support system is one of the benefits of participation.

Let’s Move in School was a topic of much discussion. Let’s Move in School (LMIS) was created in response to First Lady Michelle Obama’s Let’s Move agenda. LMIS is a NASPE/AAHPERD initiative that encourages schools to provide a comprehensive school physical activity program, with quality physical education as the core of the program. The ultimate goal is to guide students to develop the knowledge, skills, and confidence to be physically active for a lifetime. For more information go to: <http://www.aahperd.org/letsmoveinschool/>. Physical educators are encouraged to register their school for a LMIS event during National Physical Education and Sport Week (May 1-7). The first 10,000 schools that register with NASPE receive a LMIS poster from NASPE.

Another topic of interest is PE2020. According to the NASPE website, PE2020 is about building a shared vision for Physical Education in the year 2020. People are encouraged to go to the NASPE website (<http://www.aahperd.org/naspe/about/relatedLinks/pe2020/>) and submit their vision for PE in the year 2020. This is an opportunity to share your vision with NASPE. For those attending the National AAHEPRD Convention in San Diego this year, there is a PE2020 day-long event on Tuesday, March 29.

It is time to consider a number of issues related to physical education. The CDA website provides the application form needed to apply for the Central District/State Joint Workshop Grant. Members are encouraged to place their names in candidacy to run for office on the CDA Board. Also, members are encouraged to submit presentation proposals for next year’s convention in Colorado Springs. At this time, those interested in running for Sport & PE Division Vice President-Elect (to serve on the CDA Board) or making presentations next year should contact Dennis Docheff docheff@ucmo.edu.

VP Dance Update



We have returned from our Central District Conference, and are getting ready to gear up for the AAHPERD National Convention in sunny San Diego. Right now I can’t wait for sunny San Diego, we received another 4 inches of snow and below zero temperatures here in North Dakota...., come on March 29th!

During our Future Directions meeting at the CD Conference, many important topics were discussed.

- Please remember that we are always looking for members to run for a position on the board. Don’t be shy about submitting your information. A position on the board allows you to connect with people in your profession from all over our district on a regular basis.
- If you know someone who has made outstanding contributions to the field of dance or dance education, please email their name and contact info to me. We are always looking for people to honor for their time and effort. I know they are out there, but we need you to help us identify them.
- We are looking for people that are willing to demonstrate the great dance programs they are offering in their schools to the rest of us. Please keep an eye on the Central District website for the conference presentation application. We would love for you to be presenting at our next CD Conference!

As a K-8 PE and Health teacher, I find myself struggling to remember the dance steps that I taught the previous year. There are so many to choose from, and they are constantly being added to. One of my goals as your VP of Dance is to set up an online directory of dance education videos. I have done some quick searches on You Tube, and have found some that I find very well done. I would like to ask each of you for your favorites as well. Some of the categories I have so far are: Line Dance, Social Dance, Cultural Dance, Modern/Creative Dance, Hip Hop, Elementary Rhythms. If you have a specific online video that you like, or that you have made and would like to include, please email me the web address. I hope to have a catalog of these instructional videos before our next newsletter.

This is a great opportunity for us to support dance education in our schools, by giving teachers like me a one-stop resource for dance moves and steps. I am looking forward to hearing from you! Hope to see you in San Diego!

Amy Heuer, VP Dance

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Reflecting on Reflection: How We Teach Students to Think About What They Know

Patty Hacker, South Dakota State University, Brookings

(From the Central District Scholar Presentation conversation in Rapid City February 11, 2011)

Many years ago, in another life, I wondered how it was I had learned to think about what it was I was doing in my classroom- why I wrote down notes to myself about what had worked and what had not. But more importantly, why- what were the “things” that made the lessons work the way they did? Was it me? Was it the students? Was it the lesson? Or was it a combination of any or all of these? And how could I get the student teachers I had to do the same thing- and convince them it would help them in the classroom?

When I began teaching physical education it was fun (not that it isn't now!) – fun in the sense that I walked into school each day and knew that I would be playing games all day. And that was what my lesson planbook showed- “games of lower organization,” “games of higher organization,” “relays.” I did not write a single lesson plan during these years, even though I had been taught to do so in my teacher prep program. But no one asked me for them, so I did not write them. And I did not ever think about the connection between teaching and planning for that teaching.

When I changed school districts and states, I was required to not only write lesson plans every week, I was required to have them in the office and tie them to my curriculum and have goals that I planned to meet in the lessons. Writing these lesson plans made me actually begin to think about what I was doing in my classroom, and why. It literally changed me as teacher. I had not been taught to reflect on my practice, but because of questions that came up in my teaching, I began to do just that- think about what I was doing. And then, every once in a while I began to think about what I was thinking about, and that was when life for me as a teacher began to change.

I had supervised student teachers in my first teaching position, but in that early period I was more concerned with teaching the student teacher what I knew than I was with helping that new professional grow into a good teacher. However, in my second teaching position I realized how important it was to help the student teacher recognize the importance of thinking about what they were doing and why. And thus I began my next journey, the one I am still on. Reflection has become very important to me, but so has studying how students develop knowledge structures about concepts they reflect on. Without a certain level of knowledge about a concept, particularly those that are important in teaching, we cannot develop reflection.

An opportunity for advanced study. I had resigned from public school teaching because of frustrations with the system, when an opportunity presented itself. It was an opportunity for advanced study about teacher learning, teaching and supervision. It gave



Place Feb 2-4, 2012 on your calendar as the CDA convention is to be held in Colorado Springs. The US Olympic Training Center, the Garden of the Gods, Pike's Peak, and Central District coming to-

gether in 2012. Next year's theme is "Moving Mountains: One Step at a Time". This year, the Division VP is Dennis Docheff (MO)

docheff@ucmo.edu and the VP-Elect is Clayton Ellis (CO) ceellis@aps.k12.co.us. Please feel free to contact us with any questions or concerns.

Currently, Central District AHPERD has well over 100 members in its Facebook group. Follow CDA and feel free to share your thoughts and questions at:

PE2020 Visions

(can we get about 400 more in the next 4 weeks!)

As of today (March 4, 2011), 1819 visions have been submitted to the www.pe2020.org web site. Hopefully, the site includes your vision! If not, there's still time. We'd love to get to 2020 visions before the Forum on March 29th. This is quite doable if you involve your students in sharing their visions. It will also help all of us to better understand what people think about physical education and set the direction for tomorrow. Please encourage others to share more visions. Thanks.

Steve Jefferies,
PE2020 Planning
Committee, Chair
Email: jefferis@cwu.edu



me an opportunity to study how teachers teach and how teachers learn, based on research on teaching. I also learned about what we now know about how we learn about what we know, and the processes available to help teachers become better teachers- how to supervise them, how to “lead” them to looking at and thinking about their practice in the classroom. This led to my dissertation topic, which was about the knowledge structures of classroom teachers related to classroom management techniques.

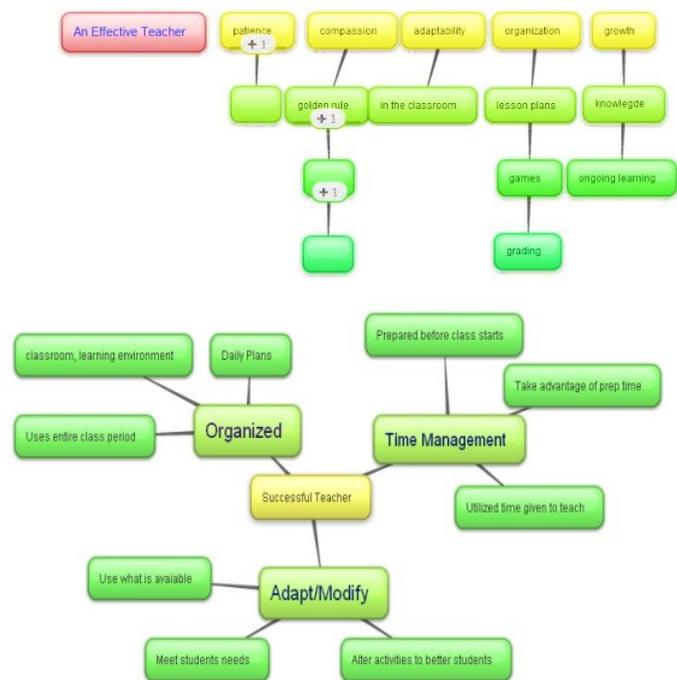
And now here I am. It seems I have come full circle, as I am back to studying knowledge structures, except that we look at them as mind mapping or cognitive mapping. But the questions are the same. How do we teach reflection? How do we teach students (teacher candidates) to be reflective practitioners? How do we develop knowledge structures?

What is reflection? Reflection is defined as a contemplation, or a calm, lengthy, intent consideration (www.hyperdictionary.com). The 1913 edition of Webster’s Dictionary defined reflection as “the reverting of the mind to that which has already occupied it; continued consideration; meditation; contemplation” (www.hyperdictionary.com). Defining the word does not explain the importance of the concept of reflection, and in teacher education reflection has become a very important skill to teach, to have, and to understand as it relates to effective teachers.

One of the goals of most teacher education programs is to help our teacher candidates learn to be more thoughtful about their practice, to be more analytical about what goes on in their teaching. Schön would call this “knowledge-in-action,” and we talk about it as understanding and improving our own teaching by starting from thinking about what we ourselves have experienced (Schön, 1983). What we are actually doing is trying to get our teacher candidates to start internalizing this reflective process during their initial training. The question then is, when does reflection develop? The answer- good question! The literature leads one to think that it has quite a bit to do with whether or not the student has learned how to “think about” what they see, what they do (and experience) and how those two things are related (Downing, et al. 2009; McGlinn, 2003).

Some examples. I wanted to know if my students- my teacher candidates- could develop content knowledge about motor development in children in a physical education class, by doing action research with one child. The project used documentation panel methodology (Kline, 2008). Each week of spring semester the PETE students work with the SDSU kindergarten as part of PE 335 Assisting Teaching class. They are assigned a student from their teaching during the fall, and that is the student they work with specifically in the spring. They develop a research question based on what they have seen in the fall and through the documentation process, they investigate the question and come to a conclusion about it.

The use of Web 2.0 tools has also helped me get at how my students are processing information- how they are thinking about their own knowledge. Two programs in particular, Spicy Nodes (www.spicynodes.org) and bubbl.us (<https://bubbl.us>) are mind mapping programs that helps students put their thoughts on paper using graphic strategies. Several examples follow.



Thinking about effective teachers. Conversations in class this spring began with the topic of effective teachers. My question was what they thought the characteristics were of effective teachers, those they had learned the most from. They were directed to use one of the two concept mapping programs (indicated earlier) to map out their thoughts. I was pleasantly surprised by the results (which are presented), and by the discussion this group of students and I had about what they thought effective teachers did in class and expected of students in class.

Teaching reflection; reflection and teaching. The reality is that teaching and reflection probably go hand in hand. Reflection is one of the marks of an effective teacher (Schön, 1983). Reflective practitioners are what teacher education programs purport to be all about developing, and so those of us who are in those programs, those who teach in those programs, we are the role models for this reflective practice (Schön, 1987).

Reflective Cycle. Part of how we model reflection for our students is to be actively part of a reflective cycle. This cycle must include experience, reflection on this experience, formulation of new ideas/solutions based on this experience and reflection, and then application of these ideas (Kolb, 1984). An integral part of this involves asking questions: what? (what

happened in this situation- reflective observation); so what? (what did you expect to happen?); what next? (how does this apply to your future actions, or what will you do next based on what you have discussed above?) (taken from Kolb’s Experiential Learning Cycle, 1984).

Give feedback. We also have to give students feedback by responding to their questions with questions. It drives them crazy, but it forces them to think about what they have asked, and it forces them to think about..... what you have asked them to think about! In giving students answers we do not allow them to experience situations and the process of thinking through how to deal with the “if-then” loop that all effective teachers go through- this is the reflective part of teaching.

Give assignments. Require students to reflect through journaling. Have a specific set of questions they have to respond to as they begin, then make the questions more thought-provoking as they get more comfortable with the process. You can also use journaling with a peer or small group, where they respond to each other and to each other’s responses. Use role playing situations in class and do the what-if scenario (problem-based situations).

Be a role model. This is the hardest. Put yourself into situations where you can have your students ask you the questions what? So what? What next? Don’t let yourself get caught up in personal weaknesses. It’s tough to be the one being analyzed, especially if you are having a bad day. But those are the best teachable moments for both you AND your students.

The final questions to ask are: what did I learn? And how did I learn it? Why does it matter? And finally, what will I do in

the future because I have learned this? When these questions can be answered, the reflective process has begun (Taken from The DEAL Model of Reflection developed by Dr. Patti Clayton and colleagues, North Carolina State University).

Selected references:

<http://www.hyperdictionary.com/dictionary/reflection> February 6, 2011)

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AAHE Update



Dr. Thomas Davis, current president of the American Association for Health Education (AAHE) addressed the membership at a Town Hall meeting held during the Central District Convention. Dr. Davis shared information concerning efforts between AAHE and the Society for Public Health Education (SOPHE) to unite the health education profession. During his remarks, Tom reiterated the commitment that AAHE has made, and will continue to make, to serve the professional development needs of Central District members who teach health education.

Additional information regarding discussions about the structure of the American Alliance for Health, Physical Education, Recreation and Dance can be found in the Organizational Planning Committee (OPC) update later in this issue.



AAHE
American Association for
Health Education

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Work Smarter Not Harder!

Amy Kaiser, Joint Projects

I have been coordinating Jump for Heart Events at my elementary site(s) for about 18 years and each year I try to keep the event exciting without creating more work for myself. Over the past years through trial and error and networking with other Jump/Hoops coordinators I am happy to share some tips that might help you to work smarter sooner than I did.

- Tradition works! Kids look forward to the event year after year. It is a great culminating event at the end of a teaching unit.
- Create a fun atmosphere in the gym for the day. I used to decorate a lot, now I encourage students to do it themselves. Some art teachers or classroom teachers love to help.
- Bring a camera to the event and take lots of pictures. It's easy to create a bulletin board or newsletter article afterward and students are always motivated to show tricks when the camera is watching.
- Mix in a surprise or two at the event. Along with traditional ways to jump with a rope add something unexpected like snowboard jumping down some mats or jumping on pogo sticks.
- Use your older students!! 5th grade helpers now help turn the rope when I am teaching Kindergarten and 1st grade students during lessons and then help run the stations at my Jump Rope for Heart Event. Not only does that help me with organization, they are learning good leadership skills.
- Invite parents to watch and participate. This is great exposure for your program!
- Remember that we are partners with the American Heart Association and money that we raise for Jump or Hoops not only helps in heart research and education but also helps our national AAHPERD and your state AAHPERD organization. This is a partnership worth keeping strong and healthy.
- Signing up to help with a Jump or Hoop event is the hardest part. Once you have committed your school, you will get help from your AHA rep, your state Jump/Hoop coordinator and other teachers who know how to run a successful event.
- Yes, you can!!!



Moving Schools to Improve Health and Academic Performance

Let's Move in School (LMIS), a national initiative to increase physical activity before, during, and after school, was introduced by the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and its National Association for Sport and Physical Education (NASPE) on February 1, 2011. [Take a look at the LMIS Promotional Video!](#)

In support of First Lady Michelle Obama's **Let's Move!** campaign, the initiative helps youth achieve 60 minutes of physical activity before, during, and after school to improve health and academic performance. **Let's Move in School** brings together national education and health leaders to redefine school-based physical activity and offer new leadership opportunities for physical education teachers. The [Let's Move in School](#) Web site equips physical education teachers, administrators, school boards, and parents with tools to create an active learning environment.

Get Moving – in 3 Active Steps:

1. [REGISTER](#) your school to host a LMIS celebration during National Physical Education and Sport Week. Schools that register by March 28, 2011 will have a chance to win a visit from a member of the President's Council on Fitness, Sports & Nutrition. The first 10,000 schools to register will receive a LMIS poster.
2. [SHOW](#) the LMIS Promotional Video to others.
3. [VIEW](#) the LMIS Introductory Webinar (February 1) for more details and information.

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The Latest Buzz at NASPE/AAHPERD



NASPE Executive Director Charlene Burgeson discussed the importance of physical activity in children's lives on Lifetime's The Balancing Act with The Healthy Weight Commitment Foundation's (HWCF) Lisa Gable, a LMIS partner. The show reaches 400,000 viewers in the U.S. and 2 million people online. The episode aired on 02/24: <http://www.thebalancingact.com/story/?id=2538>.

Please share with Sinu Patel spatel@aahperd what your school, district and/or state is doing to promote Let's Move in School, an exciting AAHPERD-wide initiative!

Calling all physical education supervisors and teachers! NASPE's March Teacher Toolbox is now available online. Be sure to check it out. You will find fun activities to incorporate into lesson plans, physical activity calendars to share with colleagues to get everyone moving, and other physical activity planning resources all in one place: <http://www.aahperd.org/naspe/publications/teachingTools/toolbox/>.



The 2011 ING Run For Something Better Grant Applications Are Now Available! The

grant program provides a minimum of 50 grants up to \$2,500 for each school that desires to establish or expand a school-based running program. Programs must target K-8th grade students and last at least eight weeks. [ING Run For Something Better Grant Applications](#) are due May 1st.

Attention NASPE/AAHPERD members! Podcasts are up! Get to know your NASPE president-elect candidates, Georgi Roberts and Mary Jo Sariscsany. Hear from both candidates and what they stand for: http://www.aahperd.org/naspe/about/leaders_bod_candidates.cfm. Remember, online voting or by mail/fax for all board of directors seats end March 13th! Make your opinion count! The 2011 NASPE Board of Directors will be announced at the NASPE Association Delegate Assembly at convention.



AAHPERD President-Elect Brad Strand (North Dakota State University) provided input on current issues facing AAHPERD during the Town Hall meeting at the CDA Convention. Brad and current AAHPERD President Vicki Worrell (Emporia State University) spoke to issues like those cited above and the work of the OPC (see article).

OPC Overview AAHPERD Unification

The Organization Planning Committee (OPC) was created by the AAHPERD Executive Committee following the Fall 2010 BOG meeting. The basic charge and roster for the OPC follows:

Organizational Planning Committee: *The Organizational Planning Committee will coordinate and guide the implementation of moving from the current Alliance structure and function to a unified organization with a focus on comprehensive physical education and physical activity. The committee will serve as an oversight committee and provide direction and cohesion to work groups (sub-committees) that will be established to align with structural and functional elements of the transition. [Recommendations to be submitted to BOG by September 2011.]*

Larry Hensley (Chair), Michael Wright, Karen Dowd, Cheryl Coker, Bill Potts-Datema, Sam Hodge, Mariah Burton-Nelson (staff) and Paul Roetert (Alliance CEO, Ex-Officio).

Theme: [United We Move!](#)

Main Messages: *We need to unite in order to move the Alliance forward.*

- 1) We need to focus on our strengths: Physical education and physical activity.
- 2) We need to evolve and grow.
- 3) We need to streamline our structure to best serve our members and our mission.

Current Status: The AAHPERD Board of Governors has passed motions to:

- 1) Move toward one national organization focused on comprehensive physical education & physical activity
- 2) Create work groups to plan the details

Next Steps: The Alliance Assembly will be asked for input at the 2011 Convention. The Board of Governors will review a detailed proposal in September. The Alliance Assembly would be asked to approve any bylaws changes at the 2012 Convention.

WHY AAHPERD NEEDS TO UNIFY

1) We Need to Keep Pace with Changing Times

- a) The vast majority of AAHPERD members are now physical educators and related higher education faculty.
- b) We need to focus on what we do best: physical education/activity.
- c) AAHPERD can't be all things to all people.
- d) AAHPERD has many competitors now: Other associations and the Internet.

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2) We Need to Clarify Who We Are and What We Stand For

- a) First rule of marketing: Be clear.
- b) Unifying would help with media, sponsors, members, potential members.
- c) Some people are even confused about whether they're members.
- d) Have you ever tried to explain AAHPERD and its 5 associations, 6 district associations, and Research Consortium? People tune out before you finish.

3) We Need to Operate Efficiently

- a) We have 13 boards of directors. Most organizations have one!
- b) With overlapping missions, our associations compete for sponsors and attendees.
- c) The complicated structure requires time and funds that could be spent on programming and advocacy. Focus offers our best hope for financial strength.

IF WE UNIFY, WE WOULD...

- a) Strengthen our status as the undisputed national leader in PE/PA
- b) Strengthen our media presence and lobbying voice on Capitol Hill.
- c) Strengthen our ability to:
 - i. Connect experts and emerging leaders at the national level.
 - ii. Develop and disseminate cutting-edge, useful programs and standards.
 - iii. Advocate for members' interests and their professions
 - iv. Be a modern, efficient organization.

WHAT THE NUMBERS SAY

- 1) Member committees appointed by the Board of Governors reviewed 25 reports written about AAHPERD between 1991 and 2010. Two major themes:
 - a) AAHPERD has spread itself too thin trying to be all things to all people.
 - b) AAHPERD's structure is redundant, convoluted, and inefficient.
- 2) Membership has declined 20% since 1998.
- 3) Educators including PK-12 physical education teachers and higher education kinesiology faculty comprise more than 80% of AAHPERD's membership
- 4) The total membership represents less than 10% of the estimated potential membership in physical education/physical activity alone.
- 5) There are more than 200,000 practicing physical education teachers in the US who are not yet members of AAHPERD.
- 6) NASPE is 15 times larger than the smallest association (NDA).
- 7) NASPE is almost twice as large as the second largest association (AAPAR).
- 8) NASPE and AAPAR are considering merging.

- 9) NAGWS, operating in a deficit since December 2009, is negotiating transferring some of its programs to a university.
- 10) [AAHE plans to leave AAHPERD to consolidate the health education profession](#). (This link takes you to AAHE Past-President Steve Dorman's speech on the topic of unifying the health education profession.)

WHAT THE MEMBERS SAY: According to a recent survey:

- 75% of members (and 85% of AA delegates) believe it would be positive to unify
- 90% of members believe focusing on physical education/activity is important.
- 93% believe it's important to have clear consistent brand identity
- 97% believe it's important to have an efficient, effective governance structure.

OUR ASSUMPTIONS

- 1) Unification offers us "oceans of opportunity"!
- 2) The new unified AAHPERD will retain the essence of AAHPERD's mission
- 3) The new structure will be flexible so that it can evolve and adapt over time
- 4) Members will remain involved in decision-making
- 5) The new unified AAHPERD will retain the elements of the existing organization/s that meet the needs of the majority of the members
- 6) The focus on physical education/activity will benefit physical educators who also teach dance or health, and those who teach or conduct research in physical education, kinesiology, sport management, and related fields.
- 7) We won't please everyone. Not everyone will like the proposed changes.
- 8) Some members will leave, and new ones will join.

WHAT DO YOU SAY?

- a) Will you help us make history by moving AAHPERD into the future?
- b) What ideas can you contribute to help us with this [United We Move](#) effort?
- c) Any concerns or questions?

reorg@aaahperd.org

Want to weigh in?
Write to the Organizational
Planning Committee:



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