

SDAHPERD Journal

Volume 26, Number 2 Fall, 2011



Plan now to join your friends and professional colleagues at the 2011 SDAHPERD State Convention at the Holiday Inn City Centre in Sioux Falls November 2-4, 2011.

It's GO Time
for a Healthy South Dakota!

Details inside!!

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Interested in leadership, professional development, challenges and satisfaction? Consider running for one of the open positions on the SDAHPERD Board! See [page 19](#) for the nomination form. At this year's convention, the membership will elect a President-Elect and Vice President-Elects for Health and for the General Division (Research, History, College and Adapted).

Questions? Contact LeAnn Vette
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SDAHPERD Aims:

- (a) To provide leadership essential to the continued development and improvement of sound and effective programs in the professionally related fields
- (b) To assist in research and experimentation and to disseminate information secured through these projects
- (c) To work cooperatively with other associations at the state, district, and national levels for the improvement of the profession
- (d) To advance the standards and quality of teaching in South Dakota in health, physical education, recreation and dance
- (e) To promote a healthy lifestyle among the citizens of South Dakota

Journal Goals:

- To provide structure and encouragement for collaboration among South Dakota practitioners
- To encourage practitioners to collaborate in systematic inquiry which addresses significant South Dakota problems
- To express the joy, fun, and satisfaction which can be realized by South Dakota practitioners
- To express the significance of our professions to South Dakota
- To help practitioners deal effectively with their complex professional lives
- To provide a "Sounding Board" for peer review and comment on practitioner's stated viewpoints
- To provide practitioners with current information on what is going on in the profession
- To keep practitioners informed of current legislative initiatives and actions that will impact on the professions
- To identify, discuss, and analyze current issues and trends of importance to practitioners in their respective professions

Letters to the Editor:

Editorial correspondence and comments are welcome. The Journal reserves the right to publish, in whole or part, all letters received. All letters received will be considered the property of SDAHPERD. Please address editorial correspondence to the Editor.

Subscriptions:

The Journal is offered as a membership benefit to members of the South Dakota Association for Health, Physical Education, Recreation and Dance. It is not available on a subscription basis to non-members. Single copies are available at a cost of \$5.00 per copy by writing to the Editor.

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Presidents Hello

Welcome back to another school year! The theme I choose for this falls' convention is "Its go time" I felt this theme represents the current state of our nation and that the time is right for us as physical education professionals to take advantage of the many positive news reports, articles and statistics that support

quality physical education programs. The convention will have lots of great presenters and teaching professionals from our area that can help make your classroom better. The keynote speaker, JoAnne Owens-Nauslar is a former president and many-time award winner of AAHPERD. She is a natural speaker and will challenge you to think, laugh and learn. I encourage you to register and come to Sioux Falls for this wonderful growth and social opportunity.

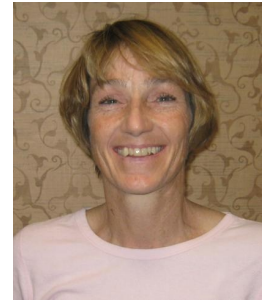
"It's go Time"

Chris Andersen

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Happy fall to Everyone!!

LeAnn Vetter, Past-President



With the school year underway and young people to inspire, "It's GO Time"!

We're all in this together making South Dakota healthy. There's no better way to get new ideas and professional inspiration than to attend the SDAHPERD Convention.

You can't help but get excited about health, physical education, recreation and dance listening to such motivational people and playing with the best, right here in South Dakota. Then go back to your home town with the fire to make it happen!

THINK ABOUT GETTING INVOLVED IN SD LEADERSHIP...Share your enthusiasm, get to know some *INCREDIBLE* people and make a difference by volunteering to serve on the SDAHPERD board. Your ideas and passion may be just the thing we need to keep South Dakota on the cutting edge!

**JUST FOR THE HEALTH OF IT....
SEE YOU IN SIOUX FALLS IN NOVEMBER!!!**

President-Elect

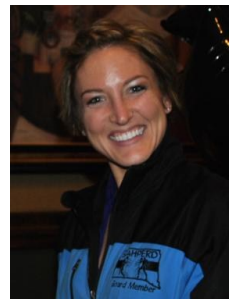
I can't believe the 2011 Convention is less than a month away! This past year I have been given some great opportunities to advocate for our association and for the health of our nation's youth.

Last Spring, I traveled to Washington, D.C. with the American Heart Association to lobby on Capitol Hill for the FIT Kids Act, an amendment to NCLB that would hold schools accountable for quality daily physical education. It was truly surreal to be in the heart of our nation, fighting for a cause that we all feel so passionately and strongly about.

This month I spoke to physical education majors at Black Hills State University about SDAHPERD: who we are, what we have to offer, and why it is so crucial that they become actively involved. I left them with this to think about, "How are we supposed to expect parents, the community, administrators, colleagues, and the government to believe in the power of quality physical education when we have professionals that don't even care enough about it to become members in their state organization?" As president-elect, I will continue to devote my time into showing new-professionals the value of this organization and what we stand for.

I am looking forward to seeing you in Sioux Falls, "It's Go Time!"

Breon Schroeder, President-Elect



Friday Morning November 4th 7:00am

Convention at a Glance!

	Wednesday November 2	Thursday November 3	Friday November 4
Morning		Breakout Sessions	Breakout Sessions
Afternoon		Business meeting Breakout sessions	Closing Luncheon
Evening	Opening Social & Exhibitor's Reception	Annual Awards Banquet	

From the Desk of the Executive Director

Scott Klungseth



I have been the SDAHPERD Executive Director for a little more than 4 -months. I know I will never be able to fill Gale's shoes but promise to serve our association to the best of my ability. There are many exciting things happening in the Health and Physical Education fields throughout the nation to place emphasis again on Health Education and Physical Education as a primary vehicle to combat our country's overweight/obesity issues and as an important academic area in creating a well-educated young person.

The Senate Subcommittee that has jurisdiction over the Carol M. White Physical Education Program (PEP) Grant recommended funding the program for 2012 at the same

[More >](#)

SDAHPERD Supports Student Attendance at the Annual Convention

Students, or in AAHPERD and SDAHPERD language, 'future professionals,' are strongly encouraged to attend conferences at the local, state and if possible, national levels. Being a 'lifelong learner' is implied in being a professional, and conferences, workshops and conventions provide a vehicle through which teachers and coaches at any point in their careers can get the latest information on a variety of areas to enhance their professional effectiveness.

SDAHPERD has committed funds in its annual budget to provide financial support for students. The SDAHPERD Scholarships provide direct financial support to selected applicants (we actually give students a check at the convention!). To apply, students must complete an application form (available online at: http://studentorgs.sdstate.org/sdahperd/SDAHPERD_Forms%26Documents.htm)

The number of scholarships and the amount of each award varies based on budget limits and the number of applicants.

Professionals (and others) wishing to make a donation to the SDAHPERD Scholarship can donate to either the Gary Busch Memorial fund or the Marj Evjen Memorial fund. Check should be made payable to SDAHPERD and sent to Cheryl Miller, SDAHPERD Treasurer, P.O. Box 644. Mitchell, SD 57301. Please note the fund on the memo line of your check.

level as 2011. This is great news for our profession. For many months the fear has been that the PEP grant would not exist for 2012. Through the hard work of many people and organizations it looks like PEP has a positive outlook. On September 15, 2011, a group of Senate Republicans working to reauthorize the Elementary and Secondary Education Act (ESEA) introduced five bills aimed at overhauling what they see as the worst parts of 'No Child Left Behind' (NCLB). Included in one of the bills (the "Empowering Local Educational Decision Making Act of 2011") is a definition of core academic subjects that includes physical education. Thus, local school districts would have the option of spending federal education dollars on professional development for physical education teachers, as well as increasing the use of technology in physical education (among other areas). Although these bills are merely a starting point in the Senate's discussion of ESEA reauthorization, this is a huge victory for the physical education profession!

The national Let's Move in Schools Initiative is off and running. More than 5000 schools totaling more than 3.6 million students conducted events to celebrate Let's Move in School during National Physical Education and Sport Week, May 1-7, 2011. The Let's Move in School Showcase at PETCO Park in San Diego held during the 2011 AAHPERD National Convention was a huge success! I had the opportunity to be at this showcase and it was incredible. If your school is not currently signed up to be a "Let's Move in School" program I strongly urge you to sign up your school. Simply go to <http://www.letsmoveinschool.org>. There is no cost and no obligation by your school, but by signing up you will access too many incredible educator and student resources and toolkits. These include lesson plans, printable posters, event calendar, webinars, and other great teaching resources.

On October 11 you and your students can help break a Guinness World Record! I encourage you to join First Lady Michelle Obama as she kicks off National Geographic Kids attempt to break the record for the Most People Doing Jumping Jacks over a 24-hour period. Go to <http://kids.nationalgeographic.com/lets-jump> for details!

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It's GO Time!



**November 2-4 2011
Sioux Falls, SD**

The SDAHPERD Convention will be held at the Holiday Inn City Centre in downtown Sioux Falls.

Featuring Dr. JoAnne Owens-Nausler, motivational speaker, Director of Corporate and Community Development, GeoMotion Group, Inc. and former President of the National Association for Sport and Physical Education (NASPE) and the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

We hope to see you there!

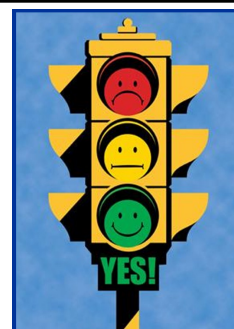
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2011 SDAHPERD Convention

Registration Form

“It’s Go Time”

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



Important Information:

Members registering for the 2011 convention must do so by Mail. SDAHPERD does not currently have access to electronic fund transfers. Your registration must be postmarked by **OCTOBER 10th** to receive the Early Bird registration rate (see next page). After October 10th, you must submit full payment, or you must register on site with payment (check or cash). Members registering on-site will not be guaranteed meals.

1. You must be a current member of SDAHPERD. (See “Membership Categories” below)
2. Complete the following information (please print or type):

Please provide the following information (please print):	
Name:	School/Organization:
Home Address:	School/Organization Address:
City/State/Zip:	City/State/Zip:
Home Phone:	School Phone:
Home Fax:	School Fax:
Home email:	School email:

Employment/Student Information (Check all that apply)

Student Elementary Middle School Secondary College/University Other

Interest Area (Check all that apply)

Health Physical Education Recreation Dance Adapted PE
 Athletics/Coaching Other _____

Membership Categories (select one)

I am currently a member Student: \$10 per year Professional: \$30 per year
 Retiree: \$10 per year Associate: \$25 per year Lifetime: \$250

Membership Publications/Communication

Would you prefer to receive the SDAHPERD Journal by: Mail Email

Which address would you like your Journal mailed/emailed to: Home School

Do you want to be a member of the South Dakota AHPERD List Serve? Yes No

SDAHPERD Journal

3. PRE-REGISTRATION FEES: Includes Wednesday evening opening General Session followed by a social, Thursday luncheon, Thursday evening banquet, and Friday lunch.

Early Bird Registration (must be postmarked October 10th)		After October 10 and On-Site Registration Print out this form, complete, and bring with you; all attendees must be paid in full before attending convention sessions.	
Student/Retiree Registration	\$45.00	Student/Retiree Registration	\$55.00
Professional/Associate Registration	\$100.00	Professional/Associate Registration	\$115.00
Membership: Student/Retiree	\$10.00	Membership: Student/Retiree	\$10.00
Membership: Professional	\$30.00	Membership: Professional	\$30.00
Total Amount:		Total Amount:	

Payment: Send check or money order payable to SDAHPERD to:

Scott Klungseth, SDAHPERD Executive Director
 908 Prairie Park Drive
 Beresford, SD 57004

Questions: Contact Scott Klungseth, sklungseth@sfcss.org , 605-228-3540

Hotel Reservations

Holiday Inn City Centre <http://www.sfcchotel.com/>
 100 W. 8th St. • Sioux Falls • South Dakota • 57104

➤ Hotel Room Rate are:

Room Type	Rate
Doubles	\$94.00
King Leisure	\$94.00
King Executive	\$94.00
Suite	\$104.00

- Call the Holiday Inn City Centre Direct: 605-339-2000
- When making your reservation please state that you are with the SDAHPERD Convention.
- Reserve your room by October 19th. Reserve your room today!!

Academic Credit

One (1) credit hour of undergraduate or graduate credit will be available for participation in the SDAHPERD Convention. Cost is \$50 payable to Augustana College. Register and pay on-site. Additional information will be available at the registration table at the conference.

Need more information? Contact Scott Klungseth, sklungseth@sfcss.org , 605-228-3540

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Need Funding for your PE Program? Here's an Idea!

We have all heard about the budget cuts to education. Things are going to get worse before they get better we are told! Sounds sad and too familiar, doesn't it? Many of us who teach PE may be the last to get money for our classrooms - needless to say to do anything extra for the kids! Well I just want to share a simple and cost efficient way to earn money every year for your school without SELLING any items! Host a walk-a-thon! We have had one every year for the past 5 years and after the expense of a bottle of water for each of the 500 children in our school and the cost of the envelopes it is clear profit. We have earned between \$5000 and \$6000 each year.

We use it as a lead-up to our walking club for grades 2-5 during their noon recess! Everyone in the school participates on the day of the walk and most families choose to participate in the fundraising part of it. I am attaching the letter I send to parents which explains in detail what the fundraiser is all about and how it works! If anyone has any questions or would like a copy of the letter or the envelope we use please e-mail me at ronette.costain@k12.sd.us and I will be glad to share it with you!

In Good Health, Ronette Costain
Harrisburg Explorer Elementary

Upcoming Potential Grant Opportunities

for Physical Education and Health

1. AAHPERD Jump Rope for Heart and Hoops for Heart Grant and Awards - Due on October 15, 2011 (<http://www.aahperd.org/jump/awards/grantprogram/index.cfm>)
2. Saucony Run for Good Grants - Due on December 13, 2011 (<http://www.sauconyrunforgood.com/>)
3. Fuel Up Play 60 Grants - Due December 1, 2011 (<http://school.fueluptoplay60.com/home.php>)

Walk-a-thon

(Sample Letter)

Dear Parents,

I am teaming up with our parent organization to help them raise money for Explorer. This partnership benefits our PE program as well as helps me reinforce the 2nd – 5th grade walking club. This challenge is an extension of our kid's Physical Education class time. We are doing this in an effort to promote lifetime fitness and health in our students.

I am going to attempt to answer a few questions you may have about this fundraiser in the information to follow.

1. What is a Walk-a-thon?

Students collect money from sponsors (friends and family members) who would like to donate money toward a great cause – health and education. The date to collect money is from Tuesday September 27th (collection envelopes will come home this day) through to our walk day Tuesday October 4th.

On the day of the walk-a-thon (Tuesday October 4, 2011) the students are given 30 minutes to walk a determined route. They are given 5 minutes to warm up (stretch) in their classrooms and then 10 minutes afterwards for refreshments. *Refreshments will be provided by Explorer PTO.

Parents, friends and relatives are invited to come and walk with the students on the day of the Walk-a-thon.

2. How do we motivate the students??

- All students participate!
- All participants get refreshments afterward

3. Why a Walk-a-thon? It is easier for parents/school – no delivery and products to sort through

- No catalogs to explain to people over the phone
- 100% participation
- Promotes health throughout the school and community
- PTSA does not have to split money with another company – all profit

4. Expenses:

- Refreshments

5. Extras

- Families with more than 1 child may do it all in one envelope or divide it in to each child. Your choice!
- If it rains we walk inside!
- Any questions call Mrs. Costain (Elem. PE Teacher) M-F until 8:15 am 743-2567
- Collection envelopes will be in next Tuesday's folders.
- MONEY IS DUE. Envelopes are to be handed in to the classroom teacher on Oct 4th - the day of the walk.





Central District Convention February 2-4, 2012 Colorado Springs, Colorado

Pack your bags, we are climbing and "Moving Mountains...One Step At A Time!" Don't miss the opportunity to learn new activities and leadership skills from over 60 amazing speakers and presenters. Camp CDA AAHPERD is comprised of a variety of trail's and is full of national presenters and teacher's of the year! Sessions include martial arts, dance, GeoJammin, leadership skills, Polysack, and much, much more.

This year our pre-convention sessions will feature several activities. Pre-Convention sessions will be held on Thursday, February 2, 2012. Attendees will have the opportunity to attend a full day Basic Archery Instructor Training presented by Steve Lucero. This training will certify participants to teach the National Archery In The Schools Program. If you are more interested in fishing you won't want to miss the Fishing In School Instructor Certification. This is also a full day presentation that will provide you with the basic skills and certification

needed to teach the Fishing In School curriculum. Katie Cole will be presenting this session. Two more pre-convention sessions will be a half day in length. Cindy Combs, former Adapted Physical Education Teacher of the Year will present adapted activities and finally, the United States Tennis Association will offer a half-day instructional tennis session. Pre-convention sessions are \$25.00 and some have limited numbers of participants so get your registration in early!

AAHPERD's Chief Executive Officer Paul Roetert will be the Keynote Speaker for the General Session at 11:30 Friday. Friday evening will feature the very first "Mark Harvey Boom Boom Pow Shakedown"! You won't want to miss the action!

Of course the convention would not be complete without the exhibits. Sue Stinson will once again organize an amazing array of exhibitors and exhibits activities for you to enjoy. Other special activities include the American Heart Association Morning Heart Walk/Run on Friday morning, and an opportunity to join your friends for a 1-hour hike through beautiful Garden of the Gods Park. The park is an incredible city owned park that is truly one of a kind. It offers towering sandstone formations, wonderful views of Pikes Peak, paved and unpaved hiking trails and many other amenities. Garden of the Gods Park is a registered National Natural Landmark. Imagine dramatic views, 300' towering sandstone rock formations against a backdrop of snow-capped Pikes Peak and brilliant blue skies. All you need are tennis shoes to enjoy this beautiful hike.

As you can see, the 2012 CDA Convention offers a line-up you won't want to miss. Join us in "Moving Mountains...One Step At A Time" on February 2-4, 2012 in beautiful Colorado Springs, Colorado!

Watch the Central District website for registration and housing information. <http://www.aahperd.org/about/districts/central/index.cfm>

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PRE-CONVENTION WORKSHOPS

Thursday, February 2, 2012 (8:00am – 5:00pm)

\$25.00 Fee: Attend all or one for the same price.
Lunch is on your own.

Detailed map with dining locations will be provided.

Archery Instruction Certification

Presenter: **Steve Lucero**, Education Coordinator, Colorado Division of Wildlife

8:00am – 5:00pm, 20 participant limit

Colorado-certified secondary teachers become qualified to teach archery through taking an eight-hour, National Archery in the Schools Program (NASP) archery-training program from instructors certified by the NASP and the Colorado Division of Wildlife. Core content covers archery history, safety, technique, equipment, mental concentration, and self-improvement.



"Fishing in Schools" NFSP Level 1 Teacher Training

Presenter: **Katie M. Cole**, Program Manager, National Fishing in Schools Program

8:00am – 5:00pm, 20 participant limit



The NFSP Teacher Training certifies educators to teach the program's curriculum. The training will provide the proper knowledge and skills so the educator can confidently and effectively share a breadth of outdoor-related learning to their students: fishing, wildlife habitat, aquatic insects, freshwater ecology, fishery resources, conservation and stewardship will be covered. NFSP provides: curriculum, training, equipment and support. The Fishing Education Foundation, the parent organization, provides grants to schools wishing to participate to the extent funds are available.

The "Fishing in Schools" NFSP Level 1 Teacher Training will focus on the process by which schools may participate in the National Fishing in Schools Program. Curricular elements that employ 4 academic standards will be detailed: i.e., how "Fishing in Schools" addresses science, language arts, technology and physical education.

Get on the Bus with Tennis in School!

Presenters: **Jason Jamison**, United States Tennis Association, White Plains, NY, **Vicky Matarazzo**, Director of Tennis for Special Olympics Colorado



8:00am – noon

Participants will experience how to introduce tennis to large numbers of children in limited spaces without the need for traditional tennis courts. By utilizing kid-friendly tennis equipment and simplified scoring and rules, tennis has never been easier to learn.

Designed to be effective for all grade levels, the USTA's School Tennis curriculum provides easy-to-follow lesson plans that incorporate tennis and fitness in a fun and dynamic manner.

Attendees of the workshop will have an opportunity to participate in a variety of games and activities designed to create a positive first experience for students of all abilities. Specific methods for introducing tennis to students with special needs will also be demonstrated.

Adapted PE Treasure Chest and Toys

Presented by: **Cindy Combs**, 2006 National Adapted Physical Education Teacher of the Year

1:00pm – 5:00pm

Come enjoy games and activities from the Adapted PE treasure chest. Play games to reinforce the Activity Pyramid and NASPE Standards. See and feel creative ways to teach muscles and bones. Play homemade card and newspaper games. Celebrate the 2012 Olympic and Paralympic Games in London. Engage in Adventure Course games and elements.



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Assessment Time!

Tracy Nelson, SDSU



We all know what ‘walking’ looks like, but how do you break it down in to small parts? These motor skill assessment sheets can be used to evaluate students on basic locomotor skills. They can help you, the physical education teacher, to communicate with parents areas that need focus. In the past I utilized them with Kindergarten students to evaluate their skills, and then handed them out to parents/guardians at parent teacher conferences. It was a great way to showcase what was going on in physical education class!

I did the assessment during different station play and also though participation in activities such as ‘Locomotor License.’ ([Page 15](#))

Form Created By: Tracy Nelson (tracy.nelson@sdstate.edu) and Benda Berseth.

Reference: Graham, G., Holt/Hale, S. A., & Parker, M. (2010). *Children Moving: A reflective approach to teaching physical education*. (8th ed). New York: McGraw Hill

Walk		
Components:	Present	Not Present
Smooth, even transfer of weight from one foot to the other		
Head up, eyes forward		
One foot in contact with floor at all times		
Weight transferred from heel to toe		
Arms moving in opposition		
Balance (toes forward/body erect/shoulders square/eyes focused ahead)		
Teaching Cue:		

Run		
Components:	Present	Not Present
Even transfer of weight from one foot to the other		
Both feet briefly off floor at height of step		
Run on balls of feet		
Feet move along narrow pathway		
Knees high in front		
Heels close to buttocks		
Arms moving in opposition, at 90°		
Arms do not cross mid-line		
Balance (toes forward/body erect/shoulders square/eyes focused ahead)		
Teaching Cue: Relaxed upper body and hands		

[Continued on next page](#)

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Hop		
Components:	Present	Not Present
Transfer of weight by springing action from one foot to same foot		
Head stable, eyes forward		
Push off and land on ball of foot		
Non-supporting knee bent (balance)		
Arms move in opposition		
Land with soft knees, ankles, hips		
Balance (use arms)		
Teaching Cue: Stress form over distance; smooth/balanced movement		

Jump		
Components:	Present	Not Present
Springing action from one foot or both feet to both feet		
Head up, eyes forward		
Arms extend behind body		
Knees, hips and ankles bend		
Body lean slightly forward		
Heel off first followed by toe		
Knees contract and extend during take-off		
Arms extend forward and upward		
Land on balls of feet first, then heels		
Land with soft knees, ankles, hips		
Balance (use arms/bend knees)		
Teaching Cue: strength of arm swing adds momentum		

Leap		
Components:	Present	Not Present
Transfer of weight from one foot to other foot		
Head up, eyes forward		
Push off with spring		
Both feet off floor at height of leap		
Arm in opposition		
Land on balls of feet first, then heels		
Land with soft knees, ankles, hips		
Balance (use arms/bend knees)		
Teaching Cue: Higher and farther strides than run; Giant run in space		

[Continued on next page](#)

SDAHPERD Journal

Gallop		
Components:	Present	Not Present
Uneven transfer of weight from one foot to other		
Head up, eyes forward		
Forward motion		
Step followed by a quick close of other foot		
Lead foot lands heel to toe		
Balance (relaxed arms)		
Teaching Cue: Lead with one foot		

Slide		
Components:	Present	Not Present
Uneven transfer of weight from one foot to the next		
Sideward motion		
Head towards direction of travel, eyes up		
Step followed by a quick close of other foot		
Step shoulder width apart		
Light movement on balls of feet		
Knees slightly bent		
Smooth movement		
Balance		
Teaching Cue: Lead with one foot; Don't cross feet; "Side, together, side, together"		

Skip		
Components:	Present	Not Present
Uneven rhythm		
Head up, eyes forward		
Step followed by a hop on the same foot		
Push off and land on balls of feet		
Arms in opposition		
Weight transferred to other foot after hop		
Balance		
Teaching Cue: Step receives longer time value than hop; step-hop rhythm with change of lead foot		

[See 'Locomotor License' on next page](#)

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Locomotor License

State Standard: 1, 3, 4

Equipment: Hoop for each students; Music

Grade: K-2

Students must have a general knowledge of personal/general space, and be able to move safely in gym. Students must also know basic locomotor skills, in addition to other non-locomotor skills.

Purpose of Event: Students will practice locomotor skills and moving safely in personal and general space.

Time: 15-20 minutes

Description:

Each student is given a spot on the floor, this is their personal space, no one else is allowed to be on their spot. We use our hands/ arms to make a circle around our bodies, this is also our personal space. Then I walk around the gym walking in the general space. I next have them move in the general space. 1-2 minutes

Now we are ready for the hoops (cars!) I tell each student that their spot is their parking garage, and when the music stops they must go back to the garage right away, when it is playing they can move in the general space, using the locomotor movement that I tell them. The Hoop will be the car, it is their personal space, they are the only person in the car, and they don't want to touch anyone else, "crash".

The teacher is known as the Police Officer, or Traffic Cop, and will be looking for safe drivers! Hand each student a Hoop, and have them follow the movement cues. Here are some examples:

Speed limit: Walking	Bumpy Road: Skipping
Narrow Road: Galloping	School Crossing: Slow Motion Walking
Road Construction: Leap over Pot holes (spots on floor)	Flat Tire: Hopping (one foot)
Interstate driving: Running	Shiners: All in one line/follow the leader
Out of gas: take a break at your spot, and fill up	Traffic Jam: 5 Bell jumps! (Feet together, jump side to side)
Raining: Windshield wipers (do 5 Jumping Jacks)	Emergency: Freeze right where you are!
Stuck in the mud: Run in place	Ambulance: to closest wall
Train: Stay on track (follow lines on gym floor)	Helicopter: hula hoop as you move around the gym
Other modes of transportations: sailboat, van, taxi, space shuttle, police car, motorcycle, jet, ship, hot air balloon, tug boat, dump truck, train, canoe, bicycle, lots of possibilities!	

Variation: Hold up colored signs: Yellow: caution/slow Red: stop/weather/bad crash White: one lap to go Green: go fast/under control Checkered: End of Race

Locomotor Movements: run, walk, hop, skip, jump, leap, slide, gallop, step-hop

Non-Locomotor Movements: bending, twisting, turning, rocking, swaying, balancing, stretching, pushing, pulling

Fun Stuff: march, swim, robot, stiff, smooth, skate, float, fly, tiptoe, Pac man (stay on lines), slow motion, straight, curvy, zigzag, windy, wide, skinny, centipede (step one foot right in front of other), hard smooth, snowman melting, and that is just a few!

* You can also create a license for each student; students not following directions receive a ticket (check mark on the license). Students with 3 check will have their license revoked and be sent to traffic school....time away from the game. Laminate the License and collect them at the end of class.

* I have gotten a Transportation Bulletin board set that has 20+ vehicles on it that I hold up so they can see what the vehicles look like, fun visual! They also have the word to go with the photo, so I can add a little spelling in to my class too, Principals love that!

BOBCAT Driver's License

Student Permit Name: Bobbie Bobcat

Grade: _____ Height: Just Tall Enough Weight: Just My Size

Address: 304 15th Ave. Brookings, SD 57006

Traffic Violations: 1: _____ 2: _____ 3: _____

Restrictions: NONE!

I know my locomotor and non-locomotor skills

Concerns: Make sure students are moving safely! No Crashing allowed!

This idea has been modified from a lesson found on PE Central, by Kimberly Kennell www.pecentral.com/lessonideas called Locomotor License; a lesson from Becky Farra called Driving Warm Up www.pittschools.org farrafmy@mwt.net and some ideas of my own!

Hula Hoops Extravaganza

By Scott Klungseth

Many times when I conduct professional development sessions for pre-school and elementary teachers, recreation leaders, and physical education teachers they indicate that they have many, many hula hoops but do not know how to teach hula hooping or know other activities to use the hoops for. Below is a series of activities that can be created for general physical activity or specific physical education lessons. Some can include math lesson integrations. These are only basic descriptions. If you would like further lesson ideas please feel free to contact me at:

scott.klungseth@k12.sd.us.



1. Hula Hoop Ring Toss

- a. With or without distance math integration

This is an oversized ring toss game. Place two large cones or boxes at opposite ends of the ring toss area (or if you want a relay put a target only on one end). The class is divided into teams of 4 or 5 players. Each team starts with 5 or more hula hoops. In order for a team to be finished they must have all of their hoops around the ring or rings. For a math integration activity, place different color cones at different distance levels – each distance is worth differing amounts of points.

2. Hula Hoop Bean Bag Toss

- a. With or without color math integration

Hula hoops of various colors are spread out throughout the field. Cones are placed along an endline. Students are divided into teams of 2 or 3. Each team receives one bean bag and are placed at one of the cones. When the teacher says “go” the first player on each team throws their beanbag into the field of hoops. If their beanbag comes to rest in a hoop they retrieve their beanbag and bring the hoop back and place it around their cone. The next player then throws the bean bag taking turns until the game ends. If the bean bag is tossed without landing to rest in a hoop the thrower retrieves the bag but does not return with a hoop. Game ends when all hoops have been claimed.

3. Cross the River

Each student is given two hula hoops with the challenge of crossing a predetermined distance. They must move from one hoop to the other with moving the trailing hoop from back to front to get across the distance. This can be done with more than one person on a team as well or can provide more than two hoops.

4. Introductory to Jump Roping

This is simply using the hula hoop instead of a jump rope. Rotate the hoop in a circle with you inside the hoop. This can also be done with the hoop rotating from side to side.

5. Good Morning Sit Ups

Two students sit facing each other with soles of their feet touching in a sit up position. They are holding a hula hoop in between them. The partners alternate doing sit-ups while saying good morning as they reach the top

6. Stationary Targets

- a. Frisbee drills, basketball drills, football drills, pitching drills

7. Moving Targets

- a. Toss through rolling hoops
- b. Student running or on scooter for moving target (football)

8. Hula Hoop Tinkling

- a. Side to side to front and back
- b. One hoop to two hoops
- c. Four hoop diamond to one hoop circle

9. Thread the Needle

In this contest, the members of each team join hands in a circle with a hula-hoop hanging from one person's arm. When play begins, the person with the hoop must step through it and pass it to a neighboring player without letting go of her teammate's hands. The next player does the same thing. The team that gets the hoop back to the starting player first wins. This game is great because a wide variety of ages can play. The game is more challenging when students of various heights have to work together to move the hoop from one person to another.

10. Hoola Hoop Round Up

The object is to lasso an object and pull them over the end line scoring as many points as possible in the designated time limit. Set up the targets a good distance apart. Each team or individual player receives a lasso (a hula hoop with a rope tied to it long enough to reach the farthest box) and stands behind the end line. On a signal, the players attempt to lasso the boxes and pull them back across the line. Points are indicated on the targets. Players continue to pull targets across the line until the time limit is up.

11. Hula Contortion

The object is to go through the maze of hoops using designated movements. Need to divide the class into small groups of five to ten children. All kids except for one in each group need a hula hoop. Each person in the group with a hula hoop needs to arrange themselves and their hoops in an unusual position. When the instructor says "freeze" the children must hold their position. The student who does not have a hoop must go through all the hoops using different movements such as crawling, rolling, and going backwards. Each child should get an opportunity to go through the hoops.

12. Space Shuttle Relay

First and second players run together inside the hoop and go around a turning cone. After they have turned around, they return to the team. The first player drops out and joins the end of the line. The second player picks up the third player and runs together to the turning cone. They proceed around, and back. The second player drops out and the third and fourth player run together around the cone and pick up the next player. The game continues until everyone on that team has had a chance to be in a cone twice, working with a partner. This game teaches sequencing and hand-eye coordination.

13. Hooping and Hopping Tag

Hooping and Hopping is a game of tag with players hopping after one another. To play the game children must have the balance and coordination to hop on one foot for relatively long periods of time. Players and the tagger can only move amongst the hula hoops with two foot jumps. If a player is tagged by the "IT" person they must hop on one foot inside the hula hoop until the safety patrol can tag them. Safety patrol cannot ever enter a hoop.

14. Hula Maze Challenge

Hula hoops are arranged into a 5x5 or larger maze. The instructor develops a predetermined path through the maze. A team of students must determine the prearranged path and get their entire team to the finish line. Each time a teammate makes a wrong move they must move to the end of the line. Teams are competing against a predetermined challenge amount of time. The entire team must get through the maze to stop the clock.

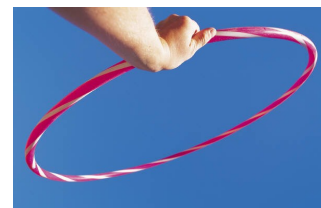
15. Musical Fitness Hoops

Scatter hoops around gym with index fitness cards inside hoops. Students move freely from one hoop to another. When music stops, each student goes to a hoop and reads the fitness card. One student is selected to roll the dice. Whatever the math problem comes up on the dice students will perform the activity listed on the fitness card. If there are two sixes rolled for example: $6+6=12$, students will perform twelve of that particular activity. Some examples of fitness cards include: jumping jacks, crunches, mountain climbers, sit-ups, push-ups, running in place, skipping in place, and free choice.

16. Hula Hoops Sit Down-Stand Up

Two partners stand back to back inside a hula hoop holding the hula hoop at chest height. The partners need to sit down together while remaining back to back and the hoop at chest level and then stand back up.

[Continued on next page](#)



Math Integration PE Worksheet Grades 3-5

Use the formula below to determine your final score for the activity:

Blue bean bags:	2 points each x	_____ (number of bags) =	
Green bean bags:	3 points each x	_____ (number of bags) =	
Yellow bean bags:	4 points each x	_____ (number of bags) =	
Purple bean bags:	5 points each x	_____ (number of bags) =	
Red bean bags:	6 points each x	_____ (number of bags) =	
Total Points =			

HHS' CDC's DASH Announces the release of the "School Health Guidelines to Promote Healthy Eating and Physical Activity"

The Centers for Disease Control and Prevention's (CDC) Division of Adolescent and School Health (DASH) is pleased to announce the release of the School Health Guidelines to Promote Healthy Eating and Physical Activity (Guidelines). This new resource updates and combines previous guidelines last published in the 1990s. Schools play a critical role in improving the dietary and physical activity behaviors of students and the critical health outcomes and diseases they influence, such as obesity, diabetes, and heart disease.

Developed in collaboration with nutrition and physical activity experts across the nation, the Guidelines identify the most effective policies and practices schools can implement to help young people adopt and maintain healthy eating habits and a physically active lifestyle. CDC synthesized research and best practices related to promoting healthy eating and physical activity in schools, culminating in nine guidelines. These guidelines were informed by the Dietary Guidelines for Americans, the Physical Activity Guidelines for Americans, and the Healthy People 2020 objectives related to healthy eating and physical activity among children and adolescents (including associated school objectives).

Collectively, the nine guidelines serve as the foundation for developing, implementing, and evaluating school-based healthy eating and physical activity policies and practices for students.

Individually, they emphasize and address

- Coordination in developing, implementing, and evaluating healthy eating and physical activity policies and practices.
- School environments that support healthy eating and physical activity.
- Healthy food choices at school.

- Comprehensive physical activity programs with quality physical education.
- Health education that provides students with the knowledge, attitudes, skills, and experiences they need for healthy eating and physical activity.
- Health, mental health, and social services to address healthy eating, physical activity, and related chronic disease prevention.
- Partnering with families and community members to develop and implement healthy eating and physical activity policies, practices, and programs.
- Providing a school employee wellness program that includes healthy eating and physical activity services.
- Employing qualified individuals, and providing professional development opportunities for staff working in school health-related positions.

Each of the guidelines is accompanied by a set of strategies that can help schools work toward achieving each guideline. Although the ultimate goal is to implement all nine guidelines, not every strategy will be appropriate for every school, and some schools, due to resource limitations, might need to implement the guidelines incrementally.

This new release also includes an Executive Summary; more resources to help promote and implement the guidelines will be available on the DASH Web site in October.

SOURCE:CHEN-L Digest - 15 Sep 2011 to 16 Sep 2011 (#2011-108) This message is being forwarded by the Division of Adolescent and School Health (DASH), NCCDPHP, CDC. Visit the DASH Web site at <http://www.cdc.gov/HealthyYouth> .

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During this year’s SDAHPERD Annual Business meeting at the SDAHPERD Convention in Sioux Falls, an election of officers will be held. If you, or a colleague, is interested in either being a candidate for one of the open positions or would like to nominate someone for office, please use the nomination form below.

Candidates for President-Elect will serve a 3-year term, one year each as President-Elect, President and Past President. Candidates for Vice-President positions will serve for 4 years—two years as VP-Elect and two years as VP. Students serve one year as Representative-Elect and one year as Student Representative.

<h2 style="margin: 0;">SDAHPERD</h2> <h1 style="margin: 0;">Officer Nomination Form</h1>

- President-Elect
- VP-Elect, Health
- VP-Elect, General
- Student Representative-Elect

Nominee:					
School:					
School Address:					
City:		State:		Zip:	
Home Address:					
City:		State:		Zip:	
Phone (H)		Phone (W)			
Email Address:					

On a separate sheet, please provide information regarding the qualifications of this candidate for the office for which they have been nominated.

Nominated by:				
Address:				
Phone (H)		Phone (W)		
Email Address:				

Nomination deadline: October 31, 2011

Submit nominations to:
 LeAnn Vette, Past-President
 6 Swan Lane, Spearfish, SD 57783
lvette262@rushmore.com

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Jump Rope For Heart & Hoops For Heart T-Shirt Design Contest



Sara, Designer of the 2011-2012
Jump Rope For Heart t-shirt

Sara & Katie
designed this year's
Jump Rope and
Hoops For Heart
t-shirts.

Who will design
next year's?



Katie, Designer of the 2011-2012
Hoops For Heart t-shirt

Draw or color a picture about Jump Rope For Heart or Hoops For Heart and submit it on our website: tshirtcontest.heart.org

Eligible pictures will be considered and two very special pictures—one for Jump and one for Hoops—will be chosen for next year's t-shirts!

The winning students will receive a \$150 American Eagle gift card and will be featured in American Heart Association marketing materials, just like Sara & Katie!

Be sure to have an adult help you submit your design by Friday, January 27, 2012.

tshirtcontest.heart.org

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U.S. ED's OSEP Releases Policy Clarifications on Physical Education and Extracurricular Athletics for Students with Disabilities

Just in time for the new school year, the Office of Special Education Programs in the U.S. Department of Education has issued an important policy clarification document that will have positive impacts on physical education programming for students with disabilities. "Creating Equal Opportunities for Children and Youth to Participate in Physical Education and Extracurricular Athletics" is an official initial response by the Department to the June 2010 U.S. Government Accountability Office (GAO-10-519) (report that found "despite legislation obligating states and schools to provide equal access, opportunities for physical activity are limited for children and youth with disabilities.")

The August 2011 report addresses the GAO recommendation that "the Secretary of Education facilitate information sharing among states and schools on ways to provide opportunities in [physical education] PE and extracurricular athletics to students with disabilities."

Garth Tymeson, Legislative Committee Co-Chair of the National Consortium on Physical Education and Recreation for Individuals with Disabilities (NCPERID.org), stated "this report provides much needed clarification for parents, teachers, and school administrators regarding the often confused physical education requirement for all students with disabilities that has longstanding roots in the Individuals with Disabilities Education Act (IDEA). This recognizes the importance of physical education for the lifelong health of all students with disabilities."

The report highlights that "states and schools are required to provide equal opportunity to participate in physical education and extracurricular athletics by children and youth with and without disabilities." The report also states that "the definition of special education in section 602(29) of the IDEA includes instruction in physical education. Marty Block, President of NCPERID, states "this report reaffirms the U.S. Department of Education's longstanding support of physical education for children with disabilities." Furthermore, the report "goes a long way in assuring physical education will continue to be part of future reauthorization of IDEA."

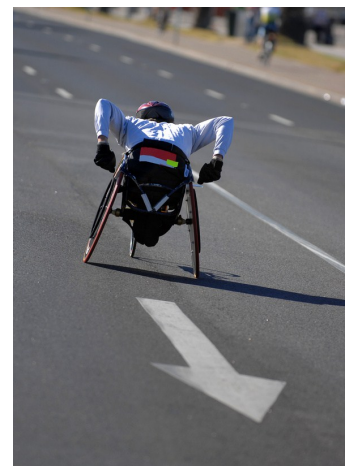
The 20-page report contains a summary of suggestions to increase physical education and extracurricular athletic opportunities for students with disabilities including: accessibility, equipment, personnel preparation, teaching styles, management of behavior, program options, curriculum, and assessment strategies. Robert Arnhold, NCPERID Legislative Co-chair commented that "The Department has done a tremendous job identifying barriers to participation and provides effective suggestions and recommendations for increasing physical education and athletic participation opportunities for children with disabilities in the public schools. The focus areas they have addressed are some of the most critical and often requested areas for assistance and support by teachers and parents."

More Guidance for Extracurricular Athletics Coming: The DOE report states that the Office of Civil Rights in the U.S. Department of Education will provide separate and additional guidance on the legal aspects of the provision of extracurricular athletic opportunities to students with disabilities to comply with the second major GAO recommendation to the Department in its original June 2010 report.

References:

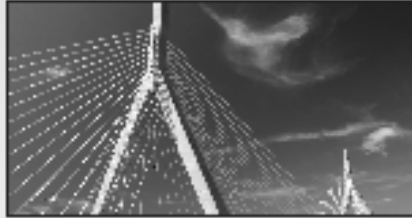
U.S. Government Accountability Office (GAO). (2010, June). Students with Disabilities: More Information and Guidance Could Improve Opportunities in Physical Education and Athletics. Report to Congressional Requestors Number GAO-10-519. Washington, DC. Author. Available at www.gao.gov/products/GAO-10-519.

U.S. Department of Education, Office of Special Education and Rehabilitative Services, Office of Special Education Programs, Creating Equal Opportunities for Children and Youth to Participate in Physical Education and Extracurricular Athletics, Washington, D.C., 2011. Available at <http://www2.ed.gov/policy/speced/guid/idea/equal-pe.pdf>.



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SET SAIL FOR BOSTON!



Join us for the 127th AHPERD National Convention & Exposition March 13-17, 2012 at John B. Hynes Memorial Convention Center to learn from these amazing guest speakers:

Jim Loehr A world-renowned performance psychologist, Co-Founder of the Human Performance Institute, and author of 15 books including his most recent, *The Power of Story*. Dr. Loehr's ground-breaking, science-based energy management training system has achieved world-wide recognition and has been chronicled in leading national publications including the *Harvard Business Review*, *Fortune*, and *Newsweek*. He has appeared on NBC's *Today Show*, ABC's *Nightline*, The CBS Evening News, and The Oprah Winfrey Show.

Mark Fenton A national public health, planning, and transportation consultant; member of the U.S. national racewalking team; former host of the "America's Walking" series on PBS; and an adjunct associate professor at Tufts University's Friedman School of Nutrition Science and Policy. He's author of several books and published widely in exercise science, physical activity promotion, and community health interventions.

Dancing Wheels Company artists **Mary Verdi-Fletcher** and **Mark T. Tomasic**, who will teach "New Approaches to Physically-Integrated Dance Training." Mary Verdi-Fletcher, the first professional wheelchair dancer in the U.S., founded the Dancing Wheels Company in Cleveland in 1980. Born with spina bifida, Mary wanted to offer others with disabilities full and equal access into the world of dance.



www.aahperd.org/convention



PRESS RELEASE

Atlanta, September 7, 2011

ING Awards more than \$100,000 in Grants to Combat Childhood Obesity

ING Run For Something Better® School-Based Running Programs Help Students

Learn Healthy Choices and Take Responsibility for Their Own Fitness

The [ING](#) Community Fund today announced that it has awarded 50 schools from 24 states across the U.S. with up to \$2,500 grants to help students combat childhood obesity by getting them more active through school-based running programs. Through its [ING Run For Something Better® School Awards Program](#), financial services leader ING, in partnership with the [National Association for Sport and Physical Education \(NASPE\)](#), is helping to introduce kindergarten- through eighth-grade students across the country to the benefits of running and making healthy lifestyle choices.

Fifty schools will receive up to \$2,500 in funding to support a minimum of an eight-week running program that will conclude with a culminating running event in celebration of the students' achievements. Schools will receive \$1,000 immediately, with additional funds granted based on the participation in the program. Schools can download unique running lesson plans developed by NASPE and based on the National Standards for Physical Education (NASPE, 2004) to serve as the foundation of the running program or to supplement an existing school program. Other program materials, such as sample eight-week training plans, distance logs, a running journal and access to a free timing system will aid in the development of running skills and preparation for a culminating running event.

"ING is pleased to provide grants to schools across the nation to help them engage students in healthy lifestyles changes, personal development, goal-setting and group participation," said [Rhonda Mims](#), president of the ING Foundation and senior vice president, ING's Office of Corporate Responsibility. "Understanding the connection between student achievement and physical well being, we are committed to making it easier for educators to empower their students to achieve a better future. ING Run For Something Better allows us to make a positive impact on educators and their students."

Grant awards were available in all states and the District of Columbia to elementary or middle schools for running programs that targeted kindergarten- through eighth-grade students.

Over 300 schools applied for the 2011 ING Run For Something Better School Awards Program. A NASPE review board consisting of 190 teachers and education administrators reviewed all applications.

In 2010, the ING Run For Something Better School Awards Program awarded 60 grants to schools in 27 states providing 4,117 students the opportunity to discover running as a fun and easy way to increase physical activity and learn how to make healthy lifestyles choices. Students participating in the program ran a total of 123,580 miles – that's almost 41 times across the United States!

"NASPE is thrilled to see real, positive, tangible results in the student's health over the first two years of this exciting program," explains NASPE Executive Director, Charlene Burgeson. "Participating schools showed an average of 31.2% increase in aerobic cardiovascular endurance in students from the start to the conclusion of these running programs, double from the prior year. NASPE is proud to be part of an effort that is making real changes in the lives of our nation's youth, giving them the opportunities and tools needed to build a foundation for healthy and active lives."

Research has shown that running is a great physical activity for promoting good health and self-confidence. It qualifies as a life sport; one in which participants are likely to maintain over their life spans. Running helps build strong bones and muscles, contributes to fitness, and lends itself to personal goal-setting. Additionally, recent research has shown that students who are healthy and physically active are more likely to be motivated, attentive, and successful academically.

To learn more about the impact of this program and how to get your school involved, including downloading program materials, visit www.naspeinfo.org/run.



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