



Indiana AHPERD Newsletter

Indiana Association for Health, Physical Education, Recreation and Dance Affiliated with American Alliance for HPERD

Enhance

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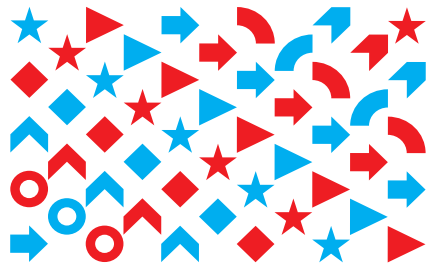
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Let's Move! Active Schools

#ActiveKidsDoBetter

Let's Move! Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools.

Active Schools help kids reach their greatest potential both in the classroom and life.

Sign up at
letsmoveschools.org

DOES THE “D” WORD INTIMIDATE YOU?

When I won National Dance Educator of the Year in 2006, my life was changed forever. I have always loved being involved in Shape America (formally AAHPERD) and promoting my passion-Dance. Yes, the “D” word.

However, teaching dance is not my only passion. I also love my Physical Education classes that I teach along with the dance classes. So in 2012, when the Colorado State grant coordinator asked me if I would be interested in coming to Colorado to teach dance to Physical Education teachers, I was beyond excited!!! You see, in Colorado, it is a state mandate that all Physical Education teachers include dance in their Physical Education curriculum. Interesting, right?

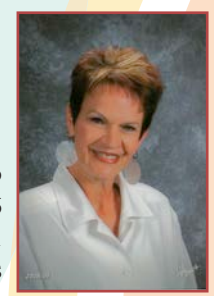
I LOVE IT! Why do I love it? Well, here it comes... There is something joyously wonderful about tapping back into that childhood love of music and movement that happens when you do a unit of dance that is not XBOX or DDR alone. If you do a square dance unit, the students must listen, process and move their bodies in seconds. If they are holding hands for Ballroom dancing, they are learning dance etiquette and the PROPER way to approach a dance partner. Creative dance allows them to, well, CREATE. You know of course, that I could go on and on, so I won't, but the point is, we must offer rhythmic movement exercise in addition to what we are already teaching. The benefits will astound you!

My Dad was an athlete his entire life. When he got older and could no longer play basketball and softball, he took up golf, bowling and Ballroom dancing. I know that he did this because of my Mom, but he got so good that he would fuss with my Mom about how the dance steps went. He is gone now, but my mother is still dancing in the form of line dancing. Dancing moves on with age!

When the IAHPERD Dance Council met this past February for our Leadership Conference, we talked about the focus and direction that the dance council should take to better serve the membership. Most of us on the Dance Council are trained dancers. We know that if we want to learn more dance technique, we can go to a “dance” workshop, but when we teach at the state conference, we are here to serve Physical Education teachers, just like the workshops I have been doing in Colorado.

What, pray tell, can we do to help you, the Physical Education teachers, so that you will include movement,

rhythms or the “D” word in your curriculum? How can we boost your confidence and increase your comfort level enough to venture off the wall of XBOX or the pads of DDR? Those of us on the Dance Council will come equipped to the state conference with tools in hand to share our passion for movement. We are not going to teach ballet tap or jazz sessions. We are here to serve you. Tell us what you want. Tell us what you need so that you can share rhythmic movement with your kiddos. The Dance Council is heaped high with folks that can teach what you want to learn. We can give you the tools. Drop us an e-mail and let us know how we can serve YOU better!



BY LEANN HAGGARD
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ST. PETER'S LUTHERAN SCHOOL SHOWS HEART IN FUNDRAISER

By ERIC DUTKIEWICZ - 21ALIVE

FORT WAYNE, Ind. (21Alive) - A local school celebrated its fundraising efforts for the American Heart Association on Friday.

St. Peter's Lutheran School, 7810 Maysville Rd., participated in Hoops For Heart and Jump Rope For Heart during February, National Heart Month.

Students in kindergarten through eighth grade tripled their goal of \$2,500 dollars by raising \$7,800 for heart health and awareness.

St. Peter's was the top fundraiser in Allen County for the American Heart Association.

www.21alive.com/news/local/St-Peters-Lutheran-School-Show-Heart-In-Fundraiser-294556121.html

Nolan Broxton - 21Alive Pictures



American
Heart
Association®



Jump Rope For Heart is a national event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students have fun jumping rope while becoming empowered to improve their health and help other kids with heart-health issues.

Jump Rope For Heart helps students:

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

Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

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

It Takes
Heart
to be a Hero



American Alliance for
Health, Physical Education,
Recreation and Dance

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

Indiana AHPERD State Conference

NOVEMBER 4-6, 2015

WYNDHAM INDIANAPOLIS WEST
INDIANAPOLIS, INDIANA

SHAPE AMERICA APP LAUNCHING

Coming in mid-February 2015, SHAPE America will be launching a brand-new mobile app just in time for the 2015 SHAPE America National Convention & Expo. Following up on the launch of the member-only online forum Exchange this past August, the organization is continuing its trend of using technology to enhance membership benefits and value. The new app will give every member access to their member benefits on their smartphones and tablet devices. Through the app, members will have access to their journal subscriptions, current and past issues of Momentum and Et Cetera, their district newsletter, Exchange, the Legislative Action Center, Teacher's Toolbox, CareerLink, the SHAPE America Marketplace and so much more. Members will also be able to update their member profile, view their membership card, renew their membership, and register for events such as the upcoming National Convention & Expo, district conferences, and future conferences and webinars.

The SHAPE America App will also have an event section, which will be the home for the upcoming 2015 SHAPE America National Convention & Expo. Expect to see all of the same features as in the previous years, including the full program schedule, list of attendees, speakers, exhibitors and sponsors. Users will be able to create a personalized schedule, access session handouts, connect with fellow attendees, mark which exhibitors they want to visit, take session notes and evaluations, and stay connected with their fellow members via Exchange, Twitter and Facebook — all through the app.

Once downloaded onto your smart-phone or tablet, there will be no need to download an additional app for any future conference hosted by SHAPE America. We will be using this feature for all future National Convention & Expos, as well as for the PETE/HETE Conference in October 2015. Convention and conference information will be updated and populate as each event nears.

"I'm very excited about this new app and can't wait for it to launch prior to the convention," said SHAPE America CEO E. Paul Roetert. "Technology has allowed everyone to access information in many different ways and across multiple platforms. Soon, in just the palm of your hand, the SHAPE America App will grant you access to all member benefits when-ever and wherever you want." Look for an announcement in the coming weeks letting you know the app is available to download. Search "SHAPE America" in the Apple App Store and on Google Play to download the app.



CONNECT WITH AAHPERD ON SOCIAL MEDIA

HEAD OVER TO **FACEBOOK** AND **"LIKE" AAHPERD**. ON ANY GIVEN DAY, YOU COULD INTERACT WITH LEADING EXPERTS IN THE PROFESSION, INCLUDING AWARD-WINNING K-12 PHYSICAL HEALTH AND DANCE EDUCATION TEACHERS FROM ACROSS THE COUNTRY.

FOLLOW **@NTAAHPERD** AND THE HASHTAG **#SHAPEOFTHENATION** ON **Twitter** TO FIND LINKS TO OTHER RELEVANT AND ENGAGING ARTICLES, FREE PHYSICAL ACTIVITY IDEAS FOR THE CLASSROOM AND TO LEARN THE LATEST CHANGES TAKING PLACE IN PHYSICAL EDUCATION AND SCHOOL HEALTH.

AAHPERD IS ALSO ON **PINTEREST** **WWW.PINTEREST.COM/AAHPERD/**. FOLLOW OUR BOARDS TO DISCOVER DELICIOUS AND HEALTHY RECIPES TO SHARE WITH YOUR SCHOOL COMMUNITY AND YOUR OWN FAMILY, DOWNLOADABLE INFOGRAPHICS TO HELP YOU ADVOCATE FOR QUALITY PHYSICAL AND HEALTH EDUCATION IN YOUR LOCAL SCHOOLS, AND MUCH MORE!!



SPEAK OUT! DAY

Teacher: _____ **Grade Level:** K-5

Topic/Unit: Advocacy & SPEAK Out! Day **Special Needs:** pencils, paper

Number of Students: _____

Objectives: By the end of the lesson, students will be able to:	State/National Standard(s) Addressed
1. Compose a letter or draw a picture to legislators for SPEAK Out! Day.	<p>National Health Education Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</p> <p>Grade 5- CCSS.ELA-LITERACY.W.5.1 Grade 4- CCSS.ELA-LITERACY.W.4.1 Grade 3- CCSS.ELA-LITERACY.W.3.1 Grade 2- CCSS.ELA-LITERACY.W.2.1</p> <p>Write opinion pieces in which they introduce the topic or book they are writing about, state an opinion, supply reasons that support the opinion, use linking words (e.g., because, and, also) to connect opinion and reasons, and provide a concluding statement or section.</p> <p>Grade 1- CCSS.ELA-LITERACY.W.1.1 Kindergarten- CCSS.ELA-LITERACY.W.K.1</p>
2. Identify strategies students can use to advocate for issues they feel are important through class discussion.	<p>National Council for the Social Studies (NCSS) Standard X. Civic Ideals & Practice: Social studies programs should include experiences that provide for the study of the ideals, principles, and practices of citizenship in a democratic republic, so that the learner can:</p> <ul style="list-style-type: none"> recognize and interpret how the "common good" can be strengthened through various forms of citizen action.

Lesson Description/Overview:
 Students will learn about SPEAK Out! Day and the two major legislative asks for this year. After class discussion and break outs, students will have time to draw a picture or write a letter to legislators about why health and physical education is important to them. Students can choose to have their letter or drawing sent to legislators to support health and physical education across the nation. (Note: Make sure to talk to your principal and get permission from parents before opting to send letters.)

Lesson:

Time	Lesson Outline (Include Activity Names & Descriptions)
Adjust times to fit your needs.	<p>Warm-Up: As students enter the gym have them start with a warm-up activity of your choosing.</p> <p>Learning Experiences/Activities: After the warm-up activity begin a class discussion. Start the discussion giving an overview of the day's lesson. Ask students what they might do if they didn't like something going on at school and they wanted it to change. Give students the example of school lunch. Describe a scenario in which they had to eat the same thing every day or some people got bigger portions of lunch and some students got smaller portions. Change the scenario to fit your school, if needed. Ask students what they could do to make the way school lunches support a cause (changing school lunch) they are advocating. Explain what SPEAK Out! Day is and how physical education teachers across the nation are going to Washington, D.C. to advocate for health and physical education. Today they will help you advocate for health and physical education by writing letters or drawing pictures.</p> <p>Questions to ask to help facilitate discussion:</p> <ul style="list-style-type: none"> What might happen if we didn't have physical education? Why is it good to advocate or try to change something that may be harmful or unfair to people? <p>Set up six different stations of your choosing around the gym. Five of the stations will be activities; this can be an opportunity for students to practice skills that have been taught up until this point in the school year. The sixth station should be a "rest" station where students will have a chance to write a letter or draw a picture to send to legislators. Ask students to write about why physical education is important to them. Younger students can draw their favorite activities in physical education and you can ask students why they think physical education is important.</p> <p>Use this link to find who your local legislators are http://www.congressweb.com/shapeamerica/legislators</p> <p>For grades 3-5 have students form their own letters and paragraphs.</p> <p>For grades 1 and 2 have sentence starters like:</p> <p>Dear [fill in with state legislators name],</p> <p>My name is _____ and I'm in _____ grade. I would like you to support physical education because [students list reasons].</p> <p>For grade K have students draw their favorite thing to do in physical education and orally explain why physical education is important to them. Time permitting, write down what they say on their drawing.</p>
Adjust times to fit your needs.	<p>Modification: Provide word banks for students or a list of units, skills and themes you have done during the year to help students come up with ideas.</p> <p>Extend: Have your own SPEAK Out! Day (http://www.shapeamerica.org/advocacy/resources/toolkit/upload/Planning-a-Successful-Lobby-Day-web.pdf) or work with classroom teachers to expand upon what students did in class today.</p> <p>Closure: Leave a few minutes at the end for closure. Review what it means to advocate and how when something is happening in our community or society that we may not agree with we can ask for change by advocating. Tell students what you plan to do with their letters/drawings.</p>

Comments: Reflect on what worked, didn't work, ways to make it better here.

Lesson Plan

Promotes collaboration within the gymnasium
 Lesson can take place within the gymnasium
 Can be personalized to class needs
 Combines physical activity and academics
www.shapeamerica.org/events/speakoutday/index.cfm

MARIO REYNA LEADS TEXAS-SIZED LET'S MOVE! ACTIVE SCHOOLS EFFORT



Take your pick. Whether it is BBQ, football, horse ranches or cowboy boots, Texans agree that everything in their home state is “bigger.” But, the Lone Star state also has a “big” problem. According to the 2011-12 National Survey of Children’s Health, 36.6 percent of Texas children are either overweight or obese, more than five percent above the U.S. average.

Lucky for Texas, one man has made it his life’s work to change that statistic. In a city located only five miles from the Mexican border, Mario Reyna, coordinator for K-12 health and physical education after-school enrichment programs for the McAllen Independent School District (ISD), has shown how Texas-sized determination and passion can get thousands of kids healthier and more active.

After not having a physical education teacher in elementary school, Reyna had an “aha” moment, realizing that physical literacy at an early age can transform lives. From that point on, he never wavered in his career aspiration to be a physical educator, going on to obtain his bachelor’s degree in kinesiology and then teaching elementary school physical education for 20 years before transitioning to the district office.

It is in this current role where Reyna has expanded his vision and impact. Recently, McAllen ISD was honored by Let’s Move! Active Schools for its trail-blazing, exemplary efforts in creating active school environments. Not only did each of its 32 learning sites enroll in the comprehensive, evidence-based physical activity and physical education initiative, but McAllen was also the first U.S. school district to achieve 100% Let’s Move! Active Schools National Recognition – meaning that each of its schools earned the prestigious award.

The Journey

Reyna, the ringleader behind bringing Let’s Move! Active Schools to McAllen, knew that getting all of his schools to sign up and commit would be a daunting task—especially with competing priorities and the growing time demands on physical educators. But he tackled the challenge with a proactive, team approach.

First, before recommending Let’s Move! Active

Schools to the district, Reyna did research. He attended many conferences, conventions and presentations, affirming that this “solution” could get McAllen’s students moving for at least 60 minutes a day.

“I quickly found out that Let’s Move! Active Schools is free and user-friendly, which is imperative to sustainability and buy-in; but even more, it evaluates physical activity and physical education programs, delivers an action plan, and provides access to great resources and personalized help along the way.”

Next, Reyna focused on gaining support from important stakeholders, such as District Superintendent Dr. James Ponce and the McAllen ISD Board of Trustees. Reyna even appointed Dr. Wendy Guess, McAllen ISD PEP Grants Manager, to work with all the district’s physical educators on the Let’s Move! Active Schools assessment and action plan.

Reyna did not stop there. He also defined activation strategies and support mechanisms, which included a November 2013 School Board “Let’s Move!” Proclamation, a partnership with the City of McAllen to adopt Let’s Move! cities, towns and counties, and a unifying slogan, “Be Active, Eat Healthy, Be Well.”

“Mario’s dedication to getting kids physically active has been phenomenal,” Dr. Ponce said. “Thanks to these innovative ideas, and the commitment of staff, parents and students, we are making changes that will instill lifelong healthy-living habits in our children and school community, and impact generations to come.”

Big-Time Results

The outcomes of Reyna’s efforts have been both quantifiable and inspirational. Before

McAllen started the Let’s Move! Active Schools process, only two of the 20 elementary schools had recess before lunch. Now, after a full year of implementation, all elementary schools are doing it. Also, the principals are prioritizing physical activity during the school day, and engaging in more dialogue about the learning connection between physical activity and academics.

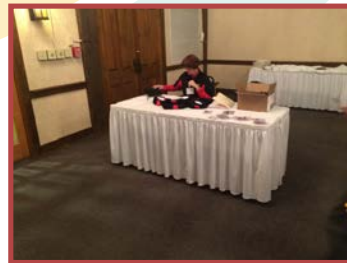
Perhaps the greatest display of Reyna’s leadership, though, was the recent McAllen pep rally, where 5,500 students and community members came together to celebrate the district’s success and commit to a healthier and more active future. Reyna and McAllen ISD teamed up with the City of McAllen to orchestrate the pep rally. Reyna even secured Anthony Robles, an NCAA Wrestling champion from Arizona State University and the winner of the 2011 ESPN Jimmy V Award for perseverance, as the keynote speaker.

Reyna’s influence is nothing short of “big”—giving proper homage to his state—and is already spreading far beyond McAllen city limits. He jumps at any opportunity to share his Let’s Move! Active Schools journey with surrounding districts and schools, often helping them get started and build a support system. And, when he is not at his “day job,” you will find Reyna still giving back to the community, officiating youth volleyball and basketball games, and tutoring kids who are struggling in school.

“As a health and wellness advocate and an educator, I strive to help increase physical activity and physical education opportunities for kids, not just in McAllen, but across the entire state of Texas,” said Reyna. “Ultimately, I want to impact as many kids as possible.”



YOUR LEADERSHIP AT WORK



TURKEY RUN LEADERSHIP GATHERING 2015

We Jump. We Shoot. We Save!



HEART HERO

Diego, age 8

"I've always known that my heart is different because my mom and dad have always taken me to the heart doctor. Doctors are going to switch the two bottom pieces of my heart around. Helping people with different hearts is important so doctors can find cures for kids like me!"

Hoops For Heart a national education and fundraising event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Middle school students have fun playing basketball while becoming empowered to improve their health and help other kids with heart-health issues. And it's a great way to satisfy the physical education standards as determined by the National Association for Sport and Physical Education and the American Association for Health Education.

Funds raised through 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

Hoops For Heart helps students:

- Learn the value of community service and contribute to their community's welfare
- Join with other children to help kids who have heart problems
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

With your support, we can help protect and improve children's health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

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



American Alliance for
Health, Physical Education,
Recreation and Dance

AAHPERD is a proud program partner of Hoops For Heart.

Physical Activity Leaders Impact Thousands of U.S. Schools and Communities

Within one year of its launch, the Physical Activity Leader (PAL) Learning System has made its mark on physical educators, school champions, district leaders and students across the country. And there is no slowing down.

Since October 2013, more than 1,800 individuals have been trained at 54 sites in 29 states. A dynamic professional development resource within the Let's Move! Active Schools framework, the PAL Learning System develops and supports individuals who will champion the effort to ensure 60 minutes a day of physical activity for all school-age youth.

The PAL Learning System has even established itself as a staple at state and district conventions thanks to its flexible and responsive nature. PALs can count on the program to evolve with industry trends and advances, and to prepare them to impact the health and fitness of future generations. Interested in hosting a PAL training? Contact PAL@shapeamerica.org.



Purpose

- Engage and enthuse the school community
- Champion an Active School Plan for 60-A-Day!

PAL Leadership Defined

KNOWLEDGE RELATED TO:

- Behavior change, goal setting and motivation
- Physical activity, health and youth
- The role of a Comprehensive School Physical Activity Program (CSPAP) and public health

ABILITY TO:

- Plan and implement efficient lessons
- Coordinate, organize and plan physical activity events
- Market and promote an Active School environment
- Evaluate programmatic progress

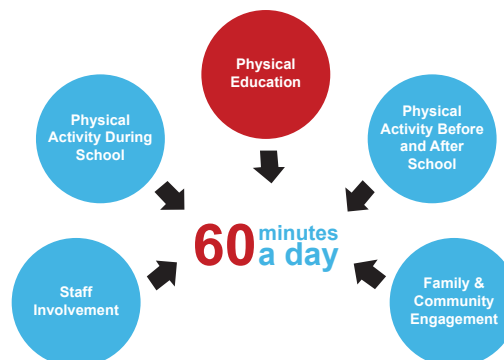
PASSION TO:

- Positively impact the lives of youth

Objectives

As a result of completing the PAL professional development process, PAL candidates will be able to:

1. Establish support for implementing a physical activity initiative (60-A-Day) in the local school/district site
2. Implement a Comprehensive School Physical Activity Program (CSPAP) tailored to site-specific needs
3. Demonstrate the effectiveness of site-selected CSPAP components
4. Serve as the local champion for ongoing support and enthusiasm for physical activity for school-age youth





SHAPE America continues to offer professional development and training to keep you knowledgeable and up to date on all of the current trends in the field of health and physical education!

We offer education and training — delivered in a variety of formats to meet your travel and budget needs — to help you continue to develop your skill set in topics such as:



- Student assessment
- Instructional strategies
- Health-related fitness education
- Adapted physical education
- Standards & compliance
- Regulations
- And more!

Visit www.shapeamerica.org/profdev or email education@shapeamerica.org for more information



JUMP ROPE FOR HEART MEMBER PLAYBOOK

A healthy lifestyle can prevent heart disease and stroke. Eating healthy, nutritious food; being physically active; staying tobacco-free; and maintaining a healthy weight and blood pressure are all part of a healthy lifestyle. Jump Rope For Heart (JRFH) and Hoops For Heart (HFH) get this message across to children at a time when they can develop a positive attitude toward participating in daily physical activity.

Did you know...

- Funds from JRFH and HFH have made a dramatic difference in how both SHAPE America and the state affiliates are able to function and meet their respective missions.
- Because of the programs, SHAPE America and state affiliates have had the opportunity to offer professional programs (grants, endowments, research support), professional education and publications.
- The funds raised are shared between the American Heart Association (AHA), SHAPE America, and the state affiliates.



Top Five Strategies for Holding a Successful Event

developed by SHAPE America members and veteran JRFH coordinators and leaders

1. Make It a Whole School–Community Event (Including Students, Teachers, Administration, Parents, and the Community)

Benefits/Value:

- Increases the number of students who can potentially fundraise (Students)
- Creates total school support, a greater appreciation for the coordinator's efforts, and
- Strengthens the relationship with the AHA by getting teacher and administrative buy-in (Teachers & Administration)
- Provides support to the coordinator in planning and executing the event (Parents)
- Creates synergy at home that allows parents to promote the program and healthier lifestyles
- with their family and their immediate network (Students & Parents)
- Creates awareness and passion throughout the community (Community)
- Opportunity for sponsorship dollars (Community)
- Unifies schools and serves as a constant reminder that the event is taking place at school (Students & Teachers)

Recommended Tactics:

- 100% envelope distribution either via homeroom teachers or the PE teacher
- School-wide kickoff for students, teachers and parents. Hold kickoff for teachers at a staff meeting to address time-lines, incentives and delegate teacher responsibilities and have
- AHA staff attend the meeting
- Provide the principal with additional information and resources
 - Ask teachers and principals to also collect donations and participate in exercise and healthy living habits
 - Form parent committees to delegate various tasks such as event-day responsibilities, rope turning, money counters and refreshments
 - Send home parent letters and/or newsletters with frequent updates to keep families informed
 - Send home family physical activity logs to encourage families to get healthier together
- In-store promotions: store-front

window announcements, statement/ payroll inserts, marquee displays

- Request in-kind donations for raffles (e.g., door prizes, participant awards)
- Apply for grants and matching gifts. Encourage parents to apply for matching gifts from their employers for their personal donations
- Incorporate JRFH/HFH into other classes such as English (essay contest), mathematics (money counting exercises), music (songs about the heart), art (heart poster contest), etc.
- PA announcements and displays of posters; use of the school marquee

2. Online Fundraising

Benefits/Value:

- Provides an additional fundraising opportunity
- Recognizes the tech savvy in school
- Introduces users to other AHA resources and programs
- Decreases accounting time for counting donations and ensures donations are collected and received by AHA
- Easy way to ask for and receive donations

Recommended Tactics:

- Pre-promote and demo to faculty
- Create lesson plans to coincide with classroom demo
- Set goals (e.g., # of emails sent, # of lives touched with AHA mission, dollars raised, etc.), challenges and offer incentives/ recognition to those who use Kintera
- Send out reports to coordinators with updates on progress

3. School Incentives (Including Classroom Competitions and Full Student Participation)

Benefits/Value:

- Generates increased excitement for and awareness of the event
- Serves as additional recognition at little to no expense
- Opportunity for students to set individual
- Goals to achieve the greater school goal

Recommended Tactics:

- Recognition club levels: \$50 T-shirt club, \$100 club, \$150 club with incentive party (e.g., fruit smoothie party)
- Participation-based competition: (1) banner competition—classroom with highest participation gets to hang the JRFH/HFH banners on their classroom door (and students sign banner), or (2) extra PE time

- Coach's challenges: if school goal is met coordinator does a crazy stunt (e.g., pie in the face, shave head, dye hair, dunking booth)
- Create competition and high-level recognition between schools in territory (e.g., countywide traveling trophies, newsletter recognition)

4. Teach Kids Community Service and How to Raise Funds for a Cause

Benefits/Value:

- Eliminates risk of door-to-door collections
- Increases pool of potential donors while alleviating the problem of students only asking their parents for donations
- Gives kids the confidence to ask people for donations since they are given the tools for doing so
- A well-versed student asking for donations will be helping to increase awareness of the AHA mission throughout the community

Recommended Tactics:

- Prepare silly skits on raising money: "What not to say vs. What to say" to be presented at an assembly
- Address this topic at every goal-planning meeting and share sample scripts
- Create list of potential people to approach (aunt, uncle, co-workers, and church)

5. Raise Awareness of the AHA mission

Benefits/Value:

- Creates passion and enthusiasm throughout the school and community
- Strengthens the bond between the AHA and the volunteers
- Increases children's understanding of the devastating effects of heart disease and stroke
- Brings to light AHA's efforts to overcome childhood obesity

Recommended Tactics:

- Memory wall: use the provided template, or create a template where students hand them out to donors
- Survivor or Heart Hero speaker: videotape speech and burn on a DVD to distribute or recognize Heart Hero survivors in their own school
- Kid-friendly heart education: heart facts in the morning during announcements, "Did you know?" decorative hearts with heart info on display at school
- Provide coordinator with survivor stories that could be shared in school

PHYSICAL EDUCATION BECOMES A DAILY PART OF THE SCHOOL DAY ONCE AGAIN FOR MINNESOTA SCHOOL DISTRICT STUDENTS



Like many school districts across this country, physical education in the Win-E-Mac school district in Minnesota had been slowly phasing out over the years mainly due to budget constraints and retiring teachers. In fact, it has been a decade since PE was offered on a daily basis at the elementary level. Finally, this school year, the stars aligned to

bring back the program with renewed support.

Before this big change, PE was offered in K-6 three times a week. “I did not feel that our students were getting nearly the physical education that they needed. And simply being told that they had free play for 24 minutes a day wasn’t cutting it either,” said physical education teacher Ross Roragan of Win-E-Mac Public Schools.

Recent turnover on the school board brought in a group of younger members who were open to hearing the latest research linking physical activity to academic success.

When veteran physical education teacher Lois Mauch became project director for the PEP grant overseeing 22 school districts back in 2012, she made it her mission to educate everyone, from parents to school leaders, including the Superintendent of the Win-E-Mac School District, Randy Bruer, on the latest research showcasing how the brain works in the school environment and the connection between physical education and the classroom. Her presentations were based on the findings of Brain Rules author, Dr. John Medina.

“I first went to see Dr. Medina in 2010 at a conference in Denver. Reading his book changed my life,” recalls Mauch. “After many conversations with the district personnel, we were able to work out scheduling so that schools in Win-E-Mac could offer PE daily once again.”

The second piece of the puzzle was to educate classroom teachers on this vital connection and give them ideas to incorporate movement. “Classroom teachers are looking for fun, new and exciting ways to engage students without adding to their already full plate,” said Mauch. She and physical education teachers in the district shared movement strategies such as embodied cognition. “It’s the idea that the mind is not only connected to the body, but that the body influences the mind!” Last summer more than 15 classroom teachers in this small school district alone attended a

workshop developed by Be Fit 2 Learn (befit2learn@gmail.com), a company that promotes classroom movement for high academic standards.

Roragan began to see positive changes in his students almost immediately. “I can honestly tell you that when we started the year, I had on average two to three students per class who could run two full laps around the basketball court without having to stop. Right now, I believe I only have two to three in the entire elementary school who need to walk any of the laps. I have also seen a drastic change in the students’ upper-body strength due to our daily exercises. We hope to see academic improvement throughout the year.”

Mauch has asked the superintendent to monitor test scores and behavior reports this year and is confident of what school leaders will find. In the meantime, a new fitness center is in the works that will be available for both physical education classes and the community to use. “After all the hard work to push PE forward, sustainability is key,” says Mauch. She adds, “all of the support for this change is mostly due to the board ‘buying’ into the research of Dr. Medina, Dr. John Ratey and other researchers, and the concept that ‘what makes us move, also makes us think,” quoting Dr. Ratey.

The PEP grant project director offers these tips to cultivate change in your school district:

- Study Dr. Medina’s Brain Rules and educate school leaders on the research
- Continue to collect and share more research throughout the year. (Thanks to the district’s PEP grant “Get Moving” initiative, BMI has dropped 2 percent. Mauch shares this data within her school community to showcase how movement can make a difference!)]
- Get the entire school staff on the same page. Edit your school wellness policy by taking inventory using the School Health Index assessment tool (https://schools.healthiergeneration.org/help/introduction_to_the_school_health_index/)
Contact Lois Mauch at mauch.lois@gmail.com.



We Jump. We Shoot. We Save!



Hoops For Heart is a national event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students have fun playing basketball while becoming empowered to improve their health and help other kids with heart-health issues.

Hoops For Heart helps students:

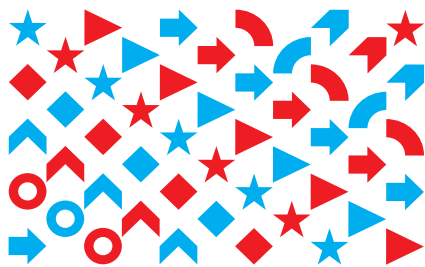
- Learn the value of community service and contribute to their community's welfare
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

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



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