

NHAHPERD NEWS

NEWSLETTER OF THE NEW HAMPSHIRE ASSOCIATION FOR
HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE

SPRING EDITION

APRIL 2013



"Sharing our knowledge— a resource by our members for our members"

President's Message

Tracy Gray, tracy.gray@41.org

Happy Spring! Although it may not feel or *look* like Spring this year; we've finally made it! If you have snow in your area, take advantage of the final opportunities for skiing and snowshoeing. The schools in the southern part of the state have already started Spring sports and the gyms are full with tryouts. I would like to wish all coaches and athletes good luck with their Spring seasons.

Other than school sports many people are itching to start exercising outdoors. I myself am on the hunt for a nice, fun, and fairly flat half marathon. Last year I tackled the Manchester City Half Marathon as my first half experience. Although I can't say I've fallen in love with Half Marathons, I can say that they give me the motivation to train hard and often. I've realized that I need a goal to work towards to keep myself going. I never thought I would be able to complete a half marathon, especially given the fact that I have a cadaver ACL in my knee due to an old rugby injury. I must say that I surprised myself. I could do it! I had great support from family, friends and my Fiancé. Although the finish time wasn't fantastic, for a first timer, I am very pleased. This year I am looking for an opportunity to train and get a better time in the half marathon that I have yet to choose. I challenge you all to do something this year that you have never done before. I'm not talking something easy that you know you can do - I want you to think big! Get some of your friends involved. Once you have a group and a challenge- please keep me updated on NHAHPERD's Facebook Page! I will keep you all up to date on which marathon I decide on and my training. For starters - look for more information to come about the 90 Mile Challenge! Stay Active!

******* Curt Martin Article Continued Below**

Your attendance at your state conference will assist you in meeting your professional development goals. The conference will also give you an opportunity to network with people from all over the state as well as with some out of state professionals. These connections will help you in bringing a wealth of knowledge and new ideas back to your students. So remember "The Difference Is You!"

"The Difference Is You!"

Curt Martin, Past-President; cwmsoccer@comcast.net

Do you want the 2013 NHAHPERD Conference to be the best it can be? Do you want to return to school with new ideas that will make your program stronger and more valuable to your students? If your answer is yes, I will need your help in making that happen. Remember as the theme states "The Difference Is You!". In order for me to make the above questions become a reality, I will be relying on you to make the difference. Recently I received an email from Percy Hill, 2013 keynote speaker, and he asked for your help. His message read as follows:

Dear Colleagues, You may be aware that I am the Keynote speaker at NHAHPERD in November. What an honor! In preparation for my message, I would like to hear from you. If you have discovered something you did that made a positive impact on a child's life or if something a child did made an impact on your life, please share it with me. If you want to change names, + that is fine; I'm looking for the story. Please send your story to: phill@kearsarge.org Thank you in advance for your help. Have a great day.

Percy Hill, M.Ed.; Kearsarge Middle School

The difference in his message to all of us is going to be the stories that you share with Percy. I know we have all had those moments when we know we have made a difference in a students' life or where a students' actions have made an impact on us. If you want to remain anonymous to Percy, you can send me your story & I will copy & forward to him. At the present time I have a list of a possible 70 speakers who may present at the conference. Some have asked me for a list of topics/areas that attendees would be interested in. So if you would like to make a "difference" and bring back some new ideas, please let me know of any topics that you are interested in learning more about. I will do my best to find someone that can address the topic for you and other colleagues.

Lastly, I know in the Spring many of us are planning our professional development goals for the 2013-2014 school year. So when you write your goals make sure that you include going to conferences, workshops, and seminars as a way to meet your goals. With that in mind, take advantage of the early bird registration form that is in this newsletter.

Dave Olszewski, President Elect; dso867@yahoo.com

Advocacy! Advocacy! Advocacy! That is what I think about when I attempt to communicate to my community the benefits of a quality Physical Education Program in my school. But who are my best advocates? Without hesitation it has to be our students! No Matter what our disciplines we need to always make sure that we give our students the best experiences they can get through our professional expertise? As the theme of last fall's Conference dictated "Recharge Your Passion". By this I mean maintain that commitment that made you a professional educator in the first place. Never hesitate to always learn and improve your knowledge and methods. I'm sure at one time or another many of us have hit that point that we desire to know and learn more. Some of us call it hitting the wall and others may perceive it as a time for further growth. In any event, it is a good time to expand our knowledge base and gather those great energizing ideas and strategies that help us become a better educator. Our annual conference is certainly one place for that. Other opportunities may await us in the form of conventions, resources workshops, seminars, webinars and the list goes on.

Stay on track by Maintaining Professional Excellence through Sound Practice .As Professional Educators sound practice is very important for advocacy, because what we give to our students is what they internalize and then demonstrate through their behaviors toward Physical Activity. When examining this, I try to answer four of these questions. 1. Is my curriculum in line with National Standards? 2. Are my kids successful and challenged throughout every lesson across all ability levels and are they progressing forward. 3. Do my lessons have purpose in expanding my student's skill base in a variety of physical activity for school age and beyond. 4. Do I reference credible research that shows what sound practice is and the benefits it passes on to my students. If I can answer yes to all of these, then I feel I'm definitely on the right track. Make what you do visual to your community. As Educators we offer a wide range of community and school based initiatives that function within our discipline. Field Days, Jump & Hoops For Heart, Recess Sports Clubs, President's Challenge, Initiatives in Wellness and Health, Extra Curricular Activities, Interscholastic Sports to name just a few, are all an extension of our roles as educators and can be extremely visual to our communities. When parents continue to recognize our excellence and commitment to our students and our profession, the community support follows. Never cease to be an advocate for yourself, your profession, and most of all your students! Have a great Spring Season?

I hope all of you are enjoying the NHAHPERD Monthly News that is being sent out via our constant contact site. If you have an event, website, or anything that you think would help your fellow professionals, please forward to me (dso867@yahoo.com) so that I can include it in the Monthly News. Enjoy the rest of your year & let the executive board know if we can be of assistance in any way.

Michelle Obama announces new Initiative; *Let's Move!*Active Schools

By Dave April NHAHPERD Let's Move in School Coordinator



In Chicago, IL on Thursday February 28, First Lady Michelle Obama joined Secretary of Education Arne Duncan and leaders from the public & private sectors, announced a new program called Let's Move! Active Schools which is an unprecedented collaboration to bring physical activity back to America's schools. The creation of this new initiative grew from AAHPERD's Let's Move in School initiative to increase physical activity before, during and after school. Because schools are facing many challenges, like balancing multiple priorities and dealing with smaller budgets

while striving to do every single thing they can to help their students learn and grow. The Let's Move!ActiveSchools program is designed to address these challenges by coming up with innovative solutions & offering customized support & tools to accomplish this important task. AAHPERD & the Alliance for a Healthier Generation are the managing organizations guiding the development & implementation of this new program. The President's Council on Fitness, Sports & Nutrition is the federal agency. They are looking for school champions to lead this effort in every community across the country. Each school needs a champion, & anyone can be that champion. From PE & classroom teachers to administrators, staff, & parents, all it takes is one dedicated person to step up & start making a difference. We know that our kids need 60 minutes of physical activity daily, not only so they can grow up healthy, but also because we know it helps them succeed in school. All you have to do is sign up at LetsMoveSchools.org and follow a simple, six-step process to create an active school environment. The goal of Let's Move!ActiveSchools initiatives to register 50,000 schools in the program over the next 5 years. That means Let's Move!ActiveSchools has the potential to reach about 25 million students which could make a huge difference not just for these students, but for our entire country. I hope you'll join in & sign up to be a school champion, in your community. With your help, Let's Move!ActiveSchools can meet this goal, so that our kids can grow up healthy & reach their full potential. Stay tuned! Lot's more to come@ www.AAHPERD.org.

Award	Brief Description	Criteria
Lilyan B. Wright Service Award	Recognizes an individual or organization making a significant contribution to NHAHPERD.	NHAHPERD Member
NAGWS Pathfinder Award	The National Association of Girls and Women in Sport honors a woman from each state that advocates, recruits, & enhances opportunities for girls & women in sport and sport leadership.	NHAHPERD Member
Outstanding Professional Award for Recreation, Dance, Health or College Teaching	Given annually to a recreation, dance, health, or college teaching professional who has made significant contributions to forwarding the objectives of the NHAHPERD organization.	Current NHAHPERD Member, with 5 or more years of service in field
Outstanding Professional Award for Adapted Physical Education	Given annually to an adapted physical educator who has made significant contributions to forwarding the objectives of the NHAHPERD organization.	Current NHAHPERD Member. Certified, full time physical educator with 5 or more years of service. Also have a minimum of 50% total teaching responsibility in physical education
Teacher of the Year—Elementary, Middle, High School	Presented to a physical educator who has made significant contributions to forwarding the objectives of the NHAHPERD organization related to teaching physical education.	Current NHAHPERD Member. Certified, full time physical educator with 5 or more years of service.
NHAHPERD Meritorious Achievement Award	Recognizes professionals who best exemplify exceptional and outstanding contributions to their respective disciplines. The recipient receives New Hampshire Excellence in Education Award in recognition of their leadership throughout the state during the “EDies” DOE annual celebration in June.	Nominee must have been a professional member of NHAHPERD for 7 years. Nominee is recognized for achievements from the elementary, middle school (junior high), secondary or college/ university level. Nominee must have had 7 years of active involvement in the discipline for which the award will be granted. Nominee must have active involvement at the local, state or district level.

Reward those outstanding teachers!

Please help by nominating your colleagues for an award. It’s simple...

1. Send an email to Curt Martin, Awards Chair: cwmsoccer@comcast.net
2. In the email, write who you are nominating, their contact info, their role, and what school they teach at.

You can nominate people for any of the above categories/awards.



New Hampshire Association for Health, Physical Education, Recreation & Dance

P.O. Box 123, Porter Road, Bath, NH 03740 - 0123

Dianne L. Rappa Scholarship

The Dianne L. Rappa Scholarship was established to honor this outstanding individual for her long and devoted service to NHAHPERD and the people of New Hampshire. This scholarship is awarded to NHAHPERD members for professional development activities. Four scholarships of up to \$500 each may be awarded annually. The professional development activities should allow the recipients to better provide quality programs by positively impacting their knowledge and abilities. The scholarship may be used for professional development activities such as course tuition, conference attendance, and/or equipment purchase. Other activities will be considered as long as they are consistent with the NHAHPERD mission. Scholarship recipients will be expected to share their newly acquired knowledge and abilities with other NHAHPERD members. Recipients will be expected to retain their NHAHPERD membership for a minimum of three years. Complete the enclosed scholarship application. **TYPE** all information. Inclusion of a personal resume with the application is required. It must not exceed two pages. Letters of support need to be included with the application. A maximum of two letters will be accepted. The completed application form, with supporting materials, must be returned to the NHAHPERD Awards Chairperson Curt Martin, cwmsoccer@comcast.net; P.O. Box 114, Contoocook, NH 03229. All information will be confidential for the biographical summary which may be used for publication if applicant received the award. Include all of the following: Date: Name: Home Address: Home Telephone #: School Address: School Telephone #: E-mail: Description of the activity: Describe the benefits from your participation in this activity: Describe how you would share your new knowledge and skills: Describe how you would better serve you profession as a result of this experience: Write a short biographical sketch (no more than 100 words). Please provide the name and telephone number of two individuals submitting letters of recommendation.

MARK YOUR CALENDARS!!

FRIDAY MAY 31, 2013

ANNUAL GRANITE WALK OF AGES (Formerly Intergenerational Wellness Walk)

KICKOFF OF THE GCPAH 90 MILE SUMMER CHALLENGE—6/1—8/31/13

and

WALKNH WEEK JUNE 1—7, 2013

JOIN US IN CONCORD FRIDAY MAY 31ST OR SIGN UP FOR YOUR SATELLITE EVENT

*****More details to follow in your monthly Constant Contact NHAHPERD email Newsletters, sign up at our NHAHPERD website—www.nhahperd.org &/or www.nh.gov/nhgcpah**

PHYSICAL EDUCATION NEWS

No, You Are Not Dreaming

Sheila S. Lane, VP Elect PE, slane@sau16.org

Palm trees, beautiful sunrises and 78 degrees, IN JANUARY! Yes, it did happen last January at the Share the Wealth conference in Jekyll Island, Georgia. I asked one of our presenters who had been to many conferences around the country to give a preference to the “best” conference he had been to and he said “for sure it is Share the Wealth”. The lure of a great conference coupled with warmer temperatures was the perfect fit for me.

Another colleague also felt the calling and we got our schools ok, booked flights, rented a car, villa rooms and packed our bags, we were ready! We left New Hampshire with 2 degree’s showing on the temperature and landed in Jacksonville Florida facing 68 degrees, it was tough, but someone had to do it. The drive from Jacksonville was about one hour north into Georgia. The palm trees at the airport were a great introduction to the different climate we were going to experience. We had lunch in a small town named Brunswick, outside on a deck, no coats needed, oh yes! Since Jekyll Island is an island we paid the steep toll of \$7 and drove past the conference center where the conference was scheduled to start at 7pm and run to 9:30 on a Thursday night. We found our accommodations delightful as we could see the ocean from our living room. Our anticipation was high for the conference with many names we had read about, heard about and were looking for great ideas for our own conference.

The conference center was a dream come true, huge rooms, high ceilings, bright clean and of course the ocean as a backdrop! We were welcomed with a Program of the many events to take place in the next two days and a list of vendors. Some of the presenters were: Shirley Holt Hale, Don Puckett, Artie Kamiya, J.D. Hughes, Melanie Champion and Jim Ross. Where to go, who to see? The conference had an eye opening wake up session that was full of moving activities to start the day. One of my favorite activities was table ball played like 4 square but up on a table. There were 6 sessions to choose from each 50 minute block and the topics ranged from Pilates/Yoga to I Teach PE with iPads and benefitted all age ranges from kindergarten to high school. College professors, college students, and professionals from Georgia, Florida, Mississippi, Tennessee and Iowa were many of states represented for presenters. It was so nice to see how the “southerners” teach our subject.

I am gushing about the conference and YES; do intend to go back next year, good weather or not. The sessions were really helpful and included a couple of great

ideas for me to bring back to my school. As a matter of fact the latest standards were presented in draft form and I am hoping to make a connection with one of the authors to come to NH to help us rewrite our curriculum to the latest standards. Last, if you want to have in your hand the handouts from the conference to the web page, Share the Wealth presenters, listen to “Sweet Georgia on My Mind” and hit the print button. It is *almost as good* as being there. Maybe I’ll see you next year?

Bonus: Looking to add to your Rhythmic Unit? Check out the Buckets, Balls and Beats video on You Tube. This session was presented at the Share The Wealth Conference, January 2013 by University of West Georgia students, UWE HPE Students, Brent Heidorn, Cody Skinner and Chase Penland.

Eastern District Association Convention,

Piper Cronin, VP PE, pcronin@sau50.org

Eastern District Association of AAHPERD’s (EDA) 2013 convention was held in February at Valley Forge, PA. There were over 125 different sessions to choose from as well as socials, a keynote presentation by Irene Cucina (AAHPERD President 2012-2013), and the exhibits hall.

Extracurricular activities included Taste of the States, EDA Challenge, mechanical bull riding (yes, I did do this and would like any and all videos destroyed!), gambling at the casino, dance gala and more. The Taste of the States had each state bringing something yummy from their state to share with everyone. New Hampshire teamed up with Maine and offered up brownie sundaes. The EDA Challenge was nice because they had the college students mixed in with veteran teachers for some good mingling and socializing. One of the sessions that I went to was on the Myachi Challenge put on by the Myachi Man (Steve Ochs) and Kid Myachi (Jason Loeffler). A myachi is a rectangular beanbag similar to a hacky sack. The rule in hacky sack is that you may use only your feet. In myachi the only rule is that you may not use the palm of your hand with most of the tricks done using the back of the hand. I know that I quickly became addicted to it and I am sure I wasn’t the only one as I saw many others walking around playing with one. Check them out at <http://myachi.com/home.html>.

Next year the EDA convention is February 26 – March 1 in Newport, RI. Mark your calendars and come join me for some fun. You can keep up with the latest news about EDA on their website at <http://www.aahperd.org/about/districts/eastern/> or follow on Facebook at EDA AAHPERD.

STUDENT CORNER

NH's EDA Outstanding Future Professionals

Allison Tamiso – atamiso@ksc.keene.edu

Nicole DiFloures, njr29@wildcats.unh.edu

Being selected as one of the two Outstanding Future Professionals from New Hampshire was such an honor. I was so excited to be able to represent New Hampshire at the Eastern District Convention. What I experienced at the EDA Convention was more than I could have ever imagined. It was not only the amazing sessions I attended, but also the connections I was able to make with professionals and other students. The guidance I received from many professionals throughout the Eastern states was more than I could have ever asked for. I was given the opportunity to sit down and talk with them for a period of time, and it was the most rewarding experience I got out of going to Pennsylvania. They are people I know I can contact in the future if I ever needed help with a job, or just advice in life.

While at the convention, I also had the opportunity to spend a lot of time with the other physical education students. Within an instant, we became very close friends. They are the future of our profession, and the people I will be working along side with in a few years. It was amazing to be able to talk to them about their program at their school, and where they see themselves in the future. I am still in contact with many of them now, and plan to stay in contact with them.

As far as the sessions go, they were great to see. It was a similar set-up to NHAHPERD, but the sessions varied. The ones I went to ranged from different styles of dancing to playing games with little equipment in small spaces. I learned so many valuable tools that I can use in my student teaching, internship, and job. The session I enjoyed the most was put on by FlagHouse, and it was all different styles of dancing. The session started with fifteen people, and by the end there were over fifty people on the floor dancing. It showed great ways to incorporate dancing in a physical education class, and I learned many new dances also.

Overall, my time in Pennsylvania flew by. It was so much fun, and something I would highly recommend many people to attend. The networking I was able to do, and the skills that I learned are not something you can get sitting in a classroom. If you get the chance in the future, reach out and go to the Eastern District Convention, you will not regret it.

Attending AAHPERD's Eastern District conference was such an unforgettable experience. As a senior, student teaching has made me excited to become a physical educator, and going to EDA got me even more excited. Connecting with others in the physical education field was a great opportunity while at the conference. The ability to network with other professionals as I look for a job myself was one off a kind. I have to admit, I was a little nervous about the conference and networking with other professionals, but those nerves didn't last very long. Everyone that I met at EDA was willing to offer advice, and made me feel so welcome. Along with networking with other professionals, I met a great group of students. Right away, I felt so comfortable with each and every one of the other OFP's. We all bonded immediately and made friendships that will last. It was great to meet others who share the same interests and passion as you. I enjoyed talking to the other OFP's about their experiences at their colleges and the schools where they are student teaching. I only wish that we had more time to get to know each other. I never imagined that I would bond with these people so quickly. Leaving my new group of friends was sad, but we all promised to keep in touch. Even though our time together was short, it was great spending being at the conference with these future professionals. One of my favorite events with the other students was the EDA challenge. We teamed up with professionals in the physical education field and took part in different "Minute to Win It" type games. Each team came up with a name and cheer that we performed before each activity. Along with the EDA challenge, attending the sessions was another great experience in which I learned a lot. One of my favorite sessions had to do with activities that you could use when you have a small space to teach in. It was great to get ideas on how to use a small space efficiently, especially since many schools that I have been in have had limited space for activity. It was great getting involved in the sessions and I learned something useful from each one that I went to. I can't wait to share what I learned with others. I didn't expect to meet as many people as I did or to have as much fun as I did at the EDA conference. It was truly an experience I will never forget and I am so thankful for the opportunity to attend the conference. This experience has added to my excitement of getting a teaching job. I am so glad that I chose this field and cannot wait to attend NHAHPERD, EDA, and even the National Convention in the years to come. I definitely recommend going if you ever have the opportunity, for it is an experience that you will never forget!



Attention Facebook

“Likers”

Check out our new and improved NHAHPERD Facebook page!

Be sure to:

Find out what we are all about; Take a look at our pictures; Complete our survey

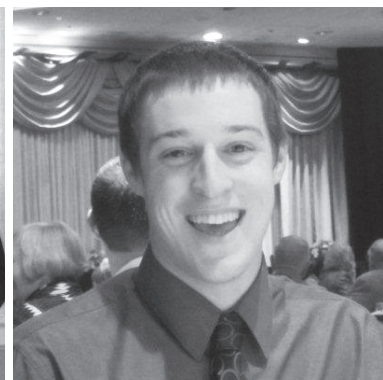
We want to know your thoughts on the 2012 Conference so we can improve for next year!

Post any ideas, thoughts, comments or questions

Make friends with other members of NHAHPERD—Community is key!

Students: We want your feedback on the Student Challenge, Thursday Night's Festivities, & the Banquet at our NHAHPERD Conference November 21-22 Let us know what you think!

Contact Hannah Kimball, NH Student Rep; hekimball@mail.plymouth.edu



University of New Hampshire-Kinesiology Summer Courses 2013

For more information contact: Michelle Grenier at 603-862-1835; michelle.grenier@unh.edu

To register for the courses go to: <http://www.unh.edu/summersession>

Title: *Effective Supervision in Physical Education*/ Dates: June 26th-July 2nd

This UNH Master's level course is meant specifically for experienced teachers who supervise PE students [preservice teachers - PTs] in, either their practicum, student teaching or internship experiences. Cooperating teachers (CTs) play such an important role in PTs' experiences mentioned above, yet typically they are not trained for this role. Working with a young adult in a supervisory role is very different than teaching school-aged pupils in activity settings. The purpose of this course is to train cooperating teachers to be effective in this very crucial role.

Instructor: Steven Wright

Title: *Inclusive Teaching Through Sport*/ Dates: July 11th- July 17th

This 5-day course examines the practical application of inclusion in physical education and recreational settings through a variety of disability and Paralympic sports such as wheelchair basketball, sit volleyball, goalball and boccia. Participants will design inclusive curricula, access recreational venues that support individuals with disabilities and "play" a variety of sports designed for general participation by all ages and abilities.

Instructor: Michelle Grenier

Title: KIN 910: *Curricular Issues in Health Pedagogy*/Dates: May 21–Jun 20 (M & W)

This hybrid course will examine health education and curricular issues as they affect the teaching of health in school settings. Specific curricula designed to focus on health topics will be discussed as well as appropriate and relevant teaching methods for elementary, middle, and high school students. Students will discuss the planning process through the development of a feasible health curriculum for a selected level of school health instruction. Students will engage in peer teaching episodes related to various health content.

Instructors: Michelle Grenier and Steven Wright

**For more information on any of these courses contact Michelle Grenier at 603-862-1835
or email michelle.grenier@unh.edu.**

Celebrate Olympic Day in Your Community

Olympic Day, held annually on June 23, is celebrated by millions of people in more than 160 countries. Commemorating the birth of the modern Olympic Games, Olympic Day is not only a celebration, but an international effort to promote fitness and well-being in addition to the Olympic ideals of fair play, perseverance, respect and sportsmanship.

This year, the window of Olympic Day celebrations in the United States is June 21 – 30, 2013. Communities across the United States will celebrate Olympic Day through educational programming and other activities, or they may include Olympic Day as part of a preexisting event. The American Alliance for Health, Physical Education, Recreation, and Dance and the United States Olympic Committee will partner to provide guidance and resources to make hosting an Olympic Day event as turnkey as possible. A local Olympian or Paralympian in your area may participate in an Olympic Day event to share their personal story and inspire those in attendance with Olympic messaging. To learn more about Olympic Day and to register to host an event, please visit: www.teamusa.org/olympicday

Excerpted from the NAGWS Winter 2013 Newsletter; submitted by Mary Ellen Alger, Council for Services R; mealger@nec.edu

NHAHPERD PROGRAM ENHANCEMENT GRANT

Application

Name: _____

Address: _____

School: _____

Level of School: ____ Elementary (K-5) ____ Middle (6-8) ____ Secondary (9-12)

Number of students impacted by this equipment: _____ Grades: _____

List quantity, cost and description of equipment:

(Please respond to each of the following questions in 1 or 2 paragraphs)

How will the acquisition of this equipment enhance your program's content?

How will the acquisition of this equipment enhance your teaching practice?

How will the acquisition of this equipment benefit your students?

****The Program Enhancement Grant is sponsored by the past presidents of NHAHPERD awarding 3 grants of \$250 annually. Funds are designated for the purchase of equipment that will enhance teaching & programming at the K-12 levels in NH schools.**

Criteria: 1. Must be current NHAHPERD member; 2. Receive award only once; 3. Must submit a programmatic play & student outcomes for equipment requested; & 4. Use of equipment must follow the NASPE guidelines on Developmentally Appropriate Practices in PE. The application must include a letter of support from applicant's supervisor indicating program budget for year & specifically identify the account source, school/district for deposit of these funds

Send completed application to: Dianne L. Rappa, P.O. Box 123, Bath, NH 03740 for review & approval.

Public Relations/Advocacy Report: Deb Georgevits, dgeorgevits@sau18.org

The 2012 Shape of the Nation Report has been released. The report is on the status of Physical Education in the USA. The link to read the full report is www.aahperd.org/naspe/publications/upload/2012

Only 6 states require Physical Education in every grade K-12(Massachusetts, Vermont & New York are 3 of the six)

50 out of 51 states have their own standards for physical education

Only 26 states require student assessment in physical education

30 states allow physical education credits to be earned through online classes.

14 states require schools to perform fitness assessments.

There was an increase (27%) in schools including physical education in GPA's.

Only 11 states prohibit withholding physical activity as punishment or physical activity as punishment for inappropriate behavior.

Recess is required for students in elementary school students in only 9 states.

Almost 50% of U.S. Students do not receive PE in an average week.

Obesity will cost an estimate 344 billion dollars by 2018.

What can you do? Does Physical Education make a difference in the lives of our students'? First Lady Michelle Obama is part of the ***Lets Move! Active Schools***. This is a collaboration to bring physical activity back to American Schools. The objective is for students to get 60 min of quality physical activity before, during and after the school day. Lets Move in Schools mobilizes Physical Education Teachers, classroom teachers, administrators, staff and parents. A six step process is involved in the program. Now is your chance to make a difference in your community.

Go to www.letsmoveschool.org to register your school

HEALTH EDUCATION NEWS

Healthy Spring Ideas To Report

Kathy Birse Siegel, VP Health
kbirse@portsmouth.k12.nh.us

Spring is sneaking up on us despite all the snow that we have received. I can hear the birds singing as I walk my dog in the early morning hours. The extra hour of light gives me that added spring in my day!

Here are some Healthy Spring ideas I have been thinking about: The NH Health Teacher Collaborative Ring is ready to go!! The site has been launched and needs Health teachers to log in and join the ring. It is an interactive site that will connect Health teachers on the Internet so ideas, tools, sites and communication can be shared. The link is here: <https://sites.google.com/a/nheon.org/nhdrc-collaboration-ring/nh-health>. Looking to add some adventure activities to your Health program? Check out Katy Kilty's curriculum book from Project Adventure, *Creating Healthy Habits: An Adventure Guide to Teaching Health and Wellness*. The text gives activity lessons that strive to improve Health Literacy and Self Management skills. The main focus is to teach students how to make healthy choices through participation in activities that foster and practice healthy skills. Go to Project Adventure's web site to buy the book and to also sign up for a workshop www.pa.org/workshops. Take a look at the online magazine "Healthy and Wise." There are activities and articles available for elementary, middle and high school levels. www.healthyandwisekids.com. If you are interested in a middle to high school drug awareness presentation look at "Chucky's Fight" at <http://www.chuckysfight.com/drupal/>. Chucky says, "We're getting out there and doing a lot of workshops with positive results. Together we are making a difference in our fight to battle substance abuse."

"With summer fast approaching and swimming, boating and water sports being great healthy outdoor activities for all our students how about some drowning prevention education? The Davis Hemming Way Foundation" at www.davishemingwayfoundation.com/ could be a great program for your entire school. The foundation's purpose is to educate school age students K-12 and the public "on the prevention of drowning, promote and support athletic opportunities for youth, and fund two four year college scholarships annually." If you have questions on any of the ideas shared please feel free to contact me via email. Happy spring to everyone!

American schools must do more to help disability sport says US Education Department—INSIDE THE GAMES Saturday, 09 February 2013, By Tom Degun

The US Education Department have told schools across America that they must do more to encourage disability sport, stressing that there are legal obligations to provide equal access to extracurricular athletic activities for disabled pupils. The United States were highly criticised for a lack of commitment to disability sport during the London 2012 Paralympics when host broadcaster NBC decided not to show any live coverage of the Games, instead opting to show just a short highlights programme following the conclusion of the event. The United States finished sixth on the medal table at the Paralympics with 98 medals, 31 of which were gold. But despite the success at elite level, US Education Department says there must be more commitment to grassroots disability sports in schools. "Sports can provide invaluable lessons in discipline, selflessness, passion and courage, and this guidance will help schools ensure that students with disabilities have an equal opportunity to benefit from the life lessons they can learn on the playing field or on the court," said US Education Secretary Arne Duncan. The US Education Department have highlighted that students with disabilities in America have the right, under Section 504 of the Rehabilitation Act, to an equal opportunity to participate in their schools' extracurricular activities. A 2010 report by the US Government Accountability Office found that many students with disabilities are not afforded an equal opportunity to participate in athletics, and therefore may not have equitable access to the health and social benefits of athletic participation. As part of the push to help disability school sport in schools, the US Education Department's Office for Civil Rights have released a letter that provides examples of the types of reasonable modifications that schools may be required to make to existing policies, practices, or procedures for students with intellectual, developmental, physical, or any other type of disability. Examples of such modifications include the allowance of a visual cue alongside a starter pistol to allow a student with a hearing impairment who is fast enough to qualify for the track team the opportunity to compete. Another example is the waiver of a rule requiring the "two-hand touch" finish in swim events so that a one-armed swimmer with the requisite ability can participate at swim meets. "Participation in extracurricular athletics can be a critical part of a student's overall educational experience," said acting assistant secretary for the Office for Civil Rights (OCR). Seth Galanter. "Schools must ensure equal access to that rewarding experience for students with disabilities." **New Directive Ensuring Students with Disabilities Receive Equal Opportunities to Compete in School Athletics:** <http://www2.ed.gov/about/offices/list/ocr/letters/colleague-201301-504.html>

PHYSICAL BEST/FITNESSGRAM CORNER

Submitted by Joni Butler, Physical Best Coordinator—jbutler2mascoma.k12.nh.us
President's Youth Fitness Program Merges with Physical Best/Fitnessgram

It is official...The President's Youth Fitness Program is now endorsing AAHPERD's Physical Best/Fitnessgram Program. The old President's Physical Fitness test is no longer recognized as its assessment for students. The main focus has changed from assessing athleticism to assessing health. It is about healthy students and lifelong physical activity.

The Fitnessgram Healthy Fitness Zone standards provide students, teachers, parents and administrators a guide for what a healthy student should be able to do based on age and gender. This program also emphasizes personal fitness goals and removes the past practice of comparing children.

The changes to the President's Youth Fitness Program were developed in partnership with the Amateur Athletic Union, the American Alliance for Health, Physical Education, Recreation and Dance, the Centers for Disease Control and Prevention and the Cooper Institute.

For schools participating in the past President's Fitness Testing, you can learn more about the new updates by visiting: www.presidentialyouthfitnessprogram.org

Free Webinars are also being offered; check the above address for more details on dates and times (Click on Professional Development).

We have made significant headway with this merger. Now there is **one nationally** recognized Physical Fitness Assessment. Let's see if we, as Physical and Health Educators can maintain this momentum and help our children become healthier and more active. Let's see what we can do to fight and wipe out the obesity epidemic which has spread across our nation.

TRY THIS! - "Chicken Tag" Melissa Pollard, Past VP Recreation (mpollard@kearsarge.org)

Spring is in the air! The students are getting restless and eager to be outside enjoying warm weather and sunny skies. For the past two weeks we have been working on "pickle ball" with our sixth grade students and all have really been enjoying the challenges. Yet, a common question I hear at the beginning of class is, "When will we be going outside?" I find that in the spring it is a hard question to answer because it is hard to determine when the snow will be gone and how quickly will mud season pass. I am equally as eager [as they are] to be outside enjoying the fresh air. Recently, I was looking through past NHAHPERD conference programs and found a very appropriate tag game to introduce once we begin our "evasion games". The game is called "Chicken Tag" and it is played as follows:

Equipment: 3 or 4 rubber chickens, 3 yarn balls, red hula hoop

Rules: The chickens start the game in the red hula hoop. This is the oven and the chickens are there to get "warmed – up". Choose 3 people to be the chasers and give them each a snowball [yarn ball or another safe/soft ball]. The chasers [sometimes referred to as "taggers"] use the snowballs to freeze people by tagging them; NO throwing. When tagged, students must stand frozen with their arms wrapped around themselves...they may shiver if they would like. To get thawed, a player who has not been tagged needs to go to the "oven" to get a warm chicken. The individual carries the chicken to the frozen person and carefully hands it to him/her. This thaws the person and allows him/her get to have a free walk to return the chicken to the oven. Once the player has dropped the chicken back in the oven they are free to rejoin the game. A chicken must be returned to the oven after it is used.

If a player who is carrying a chicken to a frozen person is tagged, that player becomes frozen and the chicken gets tossed out of the playing area. Once all the chickens are out of the playing area, the game can either be over or can give the chasers a chance to freeze everyone. Chasers are not allowed to "puppy guard" the oven. Chickens should not be handed off to another player if someone carrying it is about to be tagged. However, you may allow the hand off of a chicken if you feel it would add a different element to the game.

RECREATION NEWS

Adam Durkee, VP Recreation, Wellness/Fitness Teacher, Somersworth High School adurkee@sau56.org

Greetings all,

I recently wrote an article about the success of a fitness class based around P90x. I mentioned in that article that I would be starting a class based around Beachbody's Insanity. This quarter long class has been a tremendous success.

First of all let me start by explaining what Insanity is. Beachbody's Insanity is a workout that ranges from 38-58 minute long, that includes, warm-up, stretch, workout, cool down, and another stretch. Insanity is max interval training workout where you go hard for 3-4 minutes, and then get only a 30 second rest. This is an extremely difficult and demanding workout, that is not recommended for beginners.

My class consists of 16 students to start, 12 males and 4 females. Out of those 16 students, all except for 4 student are athletes on school teams. Of those four, all were highly athletic. One of the major perks of this program is that it requires little to no equipment, beyond a drink, towel (you will need it), projector and DVD's. I would recommend having yoga mats, or if you have access to gymnastic/cheerleader mats, that would be ideal. In every insanity workout there is multiple moves that you will leave the ground in some form and can be harsh on the joints, mostly the knees if you do not land softly. At the conclusion of my class, all students has seen some form of results. I had 1 male students who started in good shape, and ends with fully defined muscles, including a 6 pack. This students gained 11 pounds of muscle. I had a female student that lost 17 pounds and 2 inches in her waist, and also had extensive muscle definition.

A few other recommendation I would have if you choose to teach this class. First, if you are going to teach this class I would highly recommend completing the program yourself first. How can you expect your students to workout hard, if you can't lead by example. Second, get permission to put on a t-shirt and shorts and work out with the students a couple times a week. I worked out with my students 2 days a week and I saw a better effort from students that day because they were usually out to compete with me. Third, hold the students responsible for keeping a logs, how the workout made the feel, what food did they eat, do they feel like they could push harder. Fourth, challenge each of your students individually and as a class, make sure your students are setting tangible goals. Lastly, Give a ten minute lecture at the beginning of class, its just as important to talk about proper nutrition as it is to work out.

I asked the students to take a brief anonymous survey about the class and asked for comments about the class and how it could be improve. I will supply just a few comments, "It is great to have a teacher that doesn't lower the expectation bar, but make us strive to work hard to get to get there". Another student wrote, "This class taught me how to push my limits and that my body can do amazing things". Lastly "Thank You Mr. Durkee for bringing a true fitness class to our school, its great to have a teacher in this school that actually cares about our health. You do, not just preach". I was shocked by the positive response that I got from all the students.

One of my future goals for my fitness classes is the following: I am working toward getting a grant to buy 20 Ipad mini's and heart rate monitors. My thought is to have each student in my fitness classes have an Ipad mini to use the apps associated with the workout programs, this will help students keep track of their data and perform weekend workouts. Also I would use the camera in the Ipad mini to have the students complete daily video log as I talked about above. My hope for the heart rate monitor is for each student to wear them during the workout and keep track of their heart rate with the Ipad. I also have students complete a video competency demonstrating their knowledge some of the fitness moves, queuing and muscles involved.

In conclusion, I want to remind you that all the students who chose to take my fitness elective class all had a high fitness level, and this is not a workout program for beginners. I chose to teach this class during 3rd quarter to optimize having the most amount of time with no sports after school. I overlapped 1.5 weeks on both winter and spring sports. This is important so your students will not over train, of they are on active sports teams. Many of my students took this class to prepare and get in shape for spring sports. If you are interested in learning more, I will be giving a presentation at the 2013 NHAHAPERD Conference, check out beachbody.com. Also if you would like any other information about my class feel free to email me, Adurkee@sau56.org. I would also like to say I am no way affiliated with Beachbody, I am just a customer that has used and completed many of their products.

Angela Figallo, VP Elect Rec; anfiga@profile.k12.nh.us
"I make a living by what I get and make a life by what I give." - Winston Churchill

What can an outing club do for your school? How can it affect individual student lives at your school? Why should you start an outing club at your school? To answer these questions... I'd like to share a personal journey that is thankfully not finished yet. I am here today as a Physical Education teacher because of my experience in an outing club. At my high school, it was called ALPS. Through a series of events starting with my high school Outing Club, I have continued to follow my passions which thankfully have led to meaningful relationships, gratifying employment and now giving back with a new outing club at the school where I work.

While growing up in the suburbs of Northern New Jersey, venturing into the "great outdoors" was a novelty for me. My family was not particularly "outdoorsy" although I was always involved in sports. ALPS trips were exciting, beautiful (yes...NJ can be beautiful...) and full of opportunity for a curious teenager. ALPS stand for Adventure, Leadership and Peer Support. ALPS shed light on needed friendships, useful skills and lessons in leadership. It showed me just how much fun you could have in life. It was an outlet unlike any other in my life at that time. Time spent with "ALPS people" was time that I cherished because it was cool to be unique, smart and inclusive of all involved. I could be hyper, focused on new skills, insightful and mellow all in one weekend. It was liberating. ALPS offered 4 trips per year and required 1 meeting per month but there was always buzz about ALPS. Even the community service hours were fun. ALPS of Ridgewood High School, NJ awarded me the first David B. Marsh ALPS Scholarship Award which led to a 15 day Outward Bound trip in UT. Upon return, I felt as if I had conquered the world and I had ALPS to thank for that. My passion for the outdoors grew and I chose Plymouth State University (PSU) to work towards my undergraduate degree. Plymouth's surrounding area was perfect for my education and newfound passions. One spark leads to the next... PSU, a choice as a result of my passions for being active in the outdoors and their program of study, led me to where I stand today. Dr. McCormack encouraged my study abroad in New Zealand. Experience as a teacher, Adventure Education minor (with a certification as a Wilderness First Responder) and time spent in New Zealand led me to my first employer, Rustic Pathways. With 3 years of real world trip leading experience, I felt more confident entering the public school system as a teacher. Here in NH, the experiences with friends and lessons in leadership are just as exciting, and even more available. Although it has taken two years

for me to create the environment and buzz for a Northern NH ALPS rendition, an organic interest in the club has finally taken off. Profile has our first trip scheduled to take place in a month from now. The students have requested that our first trip will be a short day hike with packs to gauge our club's fitness level. We plan on eating lunch outside once we reach our destination and learning how to cook a meal in the outdoors. We'll have some camping gear to talk about and will practice raising a bear bag out in the woods. After some fun we'll head back to reality. An Outing Club has the potential to be the most important part of a student's school experience because of it's focus on character and integrity. Persevering through tough weather, sleeping among big trees and rationing food are usually novelties that excite kids and are incredibly memorable character building experiences. An Outing Clubs' sole priority is joining students together in a non-academic and non-athletic sort of way to experience socializing and challenging themselves in a safe outdoor environment. Below is an example of a flyer you can modify to post around your school. Call it an Outing Club or ALPS or something of your own creation... but get outside and have some fun! If you have any questions about starting your own outing club, or want some unique twists on how to hook students to the idea, please email me.

PROFILE OUTING CLUB

Is Adventure, Leadership and Peer Support

What? A club that enables you to get outside meet new people and have fun! **Why?** It's a great way to make new friends in a different environment. It's a fun way to spend your time outside of school. To experience new activities & expand your horizons. Learn about safe techniques for experiencing the outdoors. **When?** 4 overnight trips per year. Participate in at least 1 community service experience per year. If you want to create your own day trips, just ask! **What will we do?** **Fall:** Hiking/camping trip- weekend; **Winter:** Cross Country Ski/Snowshoe/Ice Hockey/Downhill Ski/Board-weekend; **Spring:** Whitewater rafting/canoeing/kayaking-weekend **Summer:** Backpacking trip- At least 3 nights; Day trips can consist of anything you can think of, & can happen at any time. **What is the purpose of an Outing Club?** It is a chance for you to experience the outdoors with your peers. Learn how & where to hike, set up a tent, make a fire, pack a pack, live in the woods, throw a frisbee, cross country ski, snowshoe, make someone laugh, whitewater raft, kayak, rock climb, hang a bear bag, get outside your comfort zone, read a map, be social, cook, stay positive & make connections outside of school. **It** is a chance to step up and be a leader. The Outing Club is a chance to get together with peers and socialize. The Outing Club is a chance to find out who you really are and see how far you can go. You lead the meetings. You share with your peers how to experience the outdoors safely. You make decisions, expand your horizons, take responsibility and get outside! **Who are the staff who lead OUTING CLUB gatherings?** Ask your teachers!

Branden Vigneault; Past VP Rec; kinworld@gmail.com

Hello everyone. Well, this year's snow fall has helped everyone get outdoors for snowshoeing, hiking, snow angels, snowmobiling and some skiing/snowboarding. It's also been a rewarding season for my nephews playing ice hockey! I hope this season has been active for you, and you are already gearing up for the spring. In this newsletter, I've included some recreation statistics that I think we can improve on. We have to think about how to encourage everyone to move outdoors. As educators, outdoor enthusiasts, and advocates of John Dewey and his philosophy on experiential learning, we know that leading by example is sometimes not enough to entice that person living a vicarious life through you. Grab that person and show them the best experience that nature has to offer by guiding them through your outdoor pursuits side by side allowing them **learn by doing it with** you.

(1/14/13) The New Hampshire Division of Parks and Recreation announces Grant Round Twenty-Six of the Land and Water Conservation Fund (LWCF). The LWCF is a federal 50/50 matching grant program targeted at enhancing New Hampshire's outdoor recreational opportunities. Funds can be used for the development of facilities or acquisition of land for public outdoor recreation areas. New Hampshire municipalities including cities, towns, counties and school districts are eligible to apply. All grant applications must be in by 4:00 p.m., May 31, 2013

(2/6/13) President Obama announced that he has nominated Sally Jewell, the CEO of the outdoor gear company, REI, to be his next Secretary of the Interior. In NH, the active outdoor recreation economy contributes the following to the state's economic resilience, as reported by the Outdoor Foundation: Supports 53,000 jobs, Generates \$261 million in annual state tax revenue, Produces nearly \$4 billion annually in retail sales and services

State Trends: According to the New Hampshire Obesity Data Book 2010, "Contributing factors to obesity include a social environment that supports physical inactivity." Data collected in 2010 from various sources, including the Behavioral Risk Factor Surveillance System (BRFSS) and the New Hampshire Department of Health and Human Services (DHHS) reported: -Low-income children 2 to 5 years old have a 15.5 percent obesity rate. -Third grade public school students have an obesity rate of 18 percent. -High school students have an obesity rate of 11.7 percent. -New Hampshire adults have an obesity rate of 24.9 percent. -The New Hampshire obesity rate is as high as the national rate – 63 percent, and has climbed steadily since 2001. -Inadequate physical activity is one of three Obesity Risk Factors, according to the DHHS' NH Obesity Data Book 2010.

*According to the New Hampshire Obesity Data Book, physical activity recommendations for adults include 30 minutes or more of moderate physical activity five or more days a week or vigorous physical activity for 20 or more minutes three or more days a week.

Outdoor Recreation Trends -National Trends

In 2012, The Outdoor Foundation (OF) released its Outdoor Recreation Participation Report. The report highlights growth in nature-based outdoor activities and a continued decline in youth outdoor participation. Industry trends show the beginning of adjustments in American lifestyles brought about by a challenging economy and shifting demographics. Their research brought the following key findings:

Return to Nature: Nearly 50 percent of Americans ages six and older participated in outdoor recreation in 2011, a slight increase from 2010, equating to a total of 141.1 million Americans.

First Time Participants: Activities with the highest percentage of first time participants in 2011 included stand up paddling, triathlons, freshwater fishing, and adventure racing.

The Economy: Forty-two percent (42%) of outdoor participants said the economy impacted how often they participated in outdoor activities in 2009.

Fitness and Health Benefits: Outdoor participants rate their fitness level at 6.4 on a 10-point scale. In terms of health, outdoor participants rate their health level at 7.6 on a 10-point scale.

Youth: Among youth ages 6 to 17, bicycling is the most popular outdoor activity.

Preservation of Land: The majority of Americans agree that preserving undeveloped land for outdoor recreation is important.

A large percentage of outdoor participants also believe that developing local parks and hiking and walking trails is important and that there should be more outdoor education and activities during the school day.

New Hampshire Outdoors - National Rankings List

Littleton: "American Dream Town," Outside Magazine, 2005

Lebanon: "#10 Best Place to Raise an Outdoor Kid," Backpacker Magazine, 2009

New Hampshire: "Most Livable State" CQ Press, 2011
"3rd Healthiest State," United Health Foundation, 2011
"3rd Lowest Crime Rate in U.S." Morgan Quitno, 2011
"America's Best States to Live In" CNBC, 2012

WEBSITE WATCH

Adventure to Fitness

www.adventuretofitness.com

This website offers teachers 30 minute streamed videos that guide kids on a traveling adventure through physical activity mixed with health education, social studies, math, and geography concepts. Teachers receive free access to the episode library which includes over 20 adventures to various places such as China, New York City, the Arctic, etc. Great for indoor recess.

thePhysicalEducator.com

<http://www.thephysicaleducator.com/>

This website is a place for physical educators to blog about physical education. You will find a multitude of resources ranging from game ideas to app reviews to PE social networking. Their claim is "quality resources for quality programs."

App Alley

Eat-and-Move (free) by New Mexico State University Regents - pick a food you have eaten and roll the clicker to see how much activity you need to do to burn off those calories. Good for elementary.

Fit Freeway Lite (free) full version (1.99) by iOS Universal-Hold the phone or IPAD Screen in front of you or place on a spin bike/treadmill and select the activity you are doing and it instantly records your movement. If you stop, it will stop recording. The faster you go, the faster the screen moves (race car visual).

Team Shake (.99) by Rhine-o Enterprises, LLC-enter your class rosters and instantly select teams at random. You simply enter the number of students per team and shake up the app!



RECIPE CORNER

Jillian Michaels 7 Day Jump Start Vegetable Soup

Makes about 4 servings

3tbsp olive oil

1 cup chopped white onion

1 tsp dried oregano

2 cloves garlic

4 cups zucchini, sliced

1 cup carrots, chopped

14oz tomatoes, fresh diced or pre-diced (carton)

32oz low-sodium vegetable broth (in a carton if possible)

1 1/2 fresh or frozen lima beans

4 cups baby spinach leaves, cleaned and dry

Heat oil in a Dutch oven over medium-high heat. Add onion to pan; sauté 3 minutes or until softened. Add oregano and garlic; sauté 1 minute. Stir in zucchini and carrots; sauté 5 minutes or until vegetables are tender.

Stir in tomatoes, broth and lima beans; bring mixture to a boil. Reduce heat and simmer 20 minutes. Stir in spinach and cook until wilted.

Jillian suggests serving with 4 ounces poached chicken per serving.

Tidbits

Cool Cues - Still a Hot Seller

NHAHPERD's "Cool Cues For Skill Building", is still a hot seller at \$5.00 (Contact Dianne Rappa at: PO Box 123, Bath NH 03740; drappa@valley.net). Why? The answer is simple, teaching through cues not only makes it easier for students to piece together what they are learning but it helps teachers to know about each student's progress. And, teaching through cues makes teaching and learning more interactive.

Hershey Track and Field

Learn about the Hershey Track and Field Program for children ages 9-14. Find out how to enter a participant and host or volunteer for an event. www.hersheystrackandfield.com

SAVE THE DATE!!!

25th ANNUAL WHITE MOUNTAIN JUMP ROPE JAMBOREE FREESTYLE AND DOUBLE DUTCH WORKSHOP AND CHAMPIONSHIPS

SATURDAY, JUNE 1, 2013

HAM ARENA, CONWAY, NEW HAMPSHIRE

WORKSHOP: A sharing session in single rope skills, featuring world champion jumper,

Mark "Rock" Rothstein of Atlanta, Georgia.

CHAMPIONSHIP EVENTS: Single Rope: Individual and Pairs Freestyle

Double Dutch: Individual and Pairs Speed

Freestyle (Individual or Pairs)

CHAMPIONSHIP DIVISIONS: Novice, Intermediate and Experienced Divisions for each of the following levels:

- Kindergarten thru 2nd Grade
- 3rd and 4th Grade
- 5th and 6th Grade
- Open Division (7th Grade and above)

PRIZES: Awards will be given to all participants in each division of each event.

**For more information, contact Mr. Andrew S. Blanchard, Tournament Director,
P.O. Box 2032, Conway, NH 03818, or telephone (603) 447-5025 (home)
or e-mail - ablanch@roadrunner.com**

JOIN US FOR OUR SILVER ANNIVERSARY CELEBRATION !!!!

NHAHPERD AWARDS

**Amber Greenlaw, Curt Martin; NHAHPERD Awards Co-Chairs
cwmsoccer@comcast.net**

Now that the end of the school year is in site, there are many things that we all want to accomplish or complete before we take a break for the summer. One of those things to be done should be to take a minute to nominate one of the many outstanding professionals that work in New Hampshire. I am sure you know of a colleague that has a top notch program in which the students are always engaged in learning about active healthy lifestyles. This could be a colleague who works with you or is at another school in your district or in a neighboring district. The process of nominating someone is simple. Review the list of awards in this newsletter and then complete the nomination form (again in the newsletter) and send to Curt Martin, PO Box 114, Contoocook, NH 03229. Don't like snail mail? Go to the NHAHPERD website (www.nhaherd.org), click on awards and complete the form online, then just email to Curt Martin at cwmsoccer@comcast.net. No matter which way you chose to forward your nomination, it will only take about 5 minutes. Isn't it worth that amount of time to recognize someone deserving of the award?

Also, when you register for the conference—November 21-22, 2013, don't forget to sign up for the Awards Banquet on Thursday evening. (\$25 tickets available on registration form.)

It is a special evening where the award recipients are applauded for their outstanding accomplishments and programs. So let's all attend to honor these colleagues!

JRFH/HFH CORNER

Jump Rope for Heart: If you have any questions about how to organize or run an event, please don't hesitate to ask! It's not hard to run a successful event, and monies raised go to a great cause! Please feel free to email me, Matt Liebenow at: m_liebenow@sau9.org. For more information, contact the NH AHA office: 888-907-6933.

Hoops for Heart: The American Heart Association has a website (<http://www.heart.org/HEARTORG/>) with much valuable information. If you click on "Educator", there is information about incorporating events into physical education. There is a section of basketball skills and skill games for use in the gym along with various links. Feel free to email me: Rose Grenier grenierzoo3@gmail.com

Spring for Heart

Christine Mondor, AHA NH Youth Market Director
Christine.mondor@heart.org; 783-1012

Spring is full of possibilities at the American Heart Association! Here are some ideas for spring events: Hold a Jump Rope for Heart event OUTSIDE! Spring is a great time to hold an event - exercise your hearts AND get some fresh air! Events can take place during regular PE classes, during an all school assembly, or as an after school activity – whatever is most convenient for you and your school! High Schools – Need a community service event for your spring sports teams? Sponsor a Red Out! Pre-order (at no cost) "Saving A Life Is A Real Sport" t-shirt & sell them for \$15. Select a game, or a day, for your Red Out & have supporters wear their t-shirts all day or just to the game. Hold a Hits for Heart or Cardiac Ks. Team members get sponsors for every hit or strike out. This can be done at one game, a series of games, or the entire season. Haven't signed your school up for an event yet? There is still time! The AHA can have your free educational event materials to you within a week, & will work with you planning your event as much, or as little, as you like!

HOT OFF THE PRESS

Teaching Sport Concepts and Skills: A Tactical Games Approach for Ages 7 to 18, Third Edition (Mitchell)
<http://www.humankinetics.com/products/all-products/Teaching-Sport-Concepts-and-Skills-3rd-Edition&key=publicity> – ISBN 978-1-4504-1122-6 • Paperback with DVD • 672 pp. Print: \$59.00 This reference outlines a tactical approach to teaching sport skills, with detailed lesson and unit plans and a DVD-ROM containing reproducibles and videos of sample lessons. Elementary lessons teach basic concepts and tactics, while lessons for middle and high school students delve more deeply into 12 sports. This text also includes a NASPE standards-linked Game Performance Assessment Instrument (GPAI).

Inclusive Physical Activity, Second Edition (Kasser)
<http://www.humankinetics.com/products/all-products/Inclusive-Physical-Activity-2nd-Edition&key=publicity> – ISBN 978-1-4504-0186-9 • Hardback or e-book • 312 pp. Print: \$56.00 e-book: \$31.00 *Inclusive Physical Activity* is a text and reference for exercise and physical activity practitioners committed to offering optimal physical activity programming to people of differing abilities in school, recreation, sports, and community fitness settings. The updated second edition offers strategies for physical activity programming across the life span, from infancy to adulthood.

Discovering Orienteering: Skills, Techniques, and Activities (Orienteering USA)
<http://www.humankinetics.com/products/all-products/Discovering-Orienteering&key=publicity> – Available now ISBN 978-0-7360-8423-9 • Paperback with DVD or e-book • 208 pp. Print: \$35.00; e-book: \$27.00 *Discovering Orienteering: Skills, Techniques, and Activities* offers a systematic approach to learning, teaching, and coaching orienteering. Readers learn a handful of easy-to-remember skills, techniques, and processes that are reinforced through more than 60 ready-to-use activities. Presented in a lesson plan format, these activities assist educators in applying the benefits of orienteering across the curriculum.

Tumbling Basics (Ortiz)
<http://www.humankinetics.com/products/all-products/Tumbling-Basics&key=publicity> – ISBN 978-1-4504-3206-1 • Paperback or e-book • 184 pp; Print: \$29.00; e-book: \$16.00 With step-by-step instructions, photos, and illustrations, *Tumbling Basics* presents seven skills that serve as the basis for any tumbling program. It also includes strength and flexibility exercises and tumbling circuits to reinforce each skill. Rubrics, spotting techniques, and safety information are also included.

“Bull or No Bull”

By Tracy Gray, President tray.gray@sau41.org

After recently attending the EDA Convention in Pennsylvania this past February, I started to wonder if a mechanical bull would be a great addition to the NHAHPERD Conference game night! The EDA convention was jam packed with fantastic sessions covering a broad range of activities and interesting new concepts related to being active and staying healthy. You probably are wondering where the mechanical bull came into play. The sessions were over but the exercising was not for many of the professionals attending the convention. At the end of the busy days, the convention center had a restaurant/lounge equipped with a mechanical bull. I talked with the outstanding future professionals from some of the eastern district states and they couldn't stop raving about how fun the mechanical bull was. They told me that they each took a turn riding as well as listening to the country music blasting from the speakers. The lounge had a few people teaching line dances on the dance floor as well. How fun! I started to look into Bull Riding and quickly found out that it is a complete body workout mainly using your legs to root yourself to the bull. Matt Johnson, a personal trainer, wrote an article for *Diets in Review* which looked at Bull Riding and how to train for such an activity:

PBR (Professional Bull Riding), is in full swing and the finals are happening right now in Las Vegas, Nevada. Bull riding is one of the most extreme sports in the world and it challenges every muscle in the body. Bull riding was first introduced in 1869 in Deer Trail, Colorado at the first ever rodeo. These rodeos were held as competitions between ranches back in the old western days.

Bull riding is considered a “dance” between a bull and cowboy and the winner is decided after 8 seconds. If the cowboy rides for eight seconds, it is considered a ride, or a win, and if he doesn't, it is a no score and the bull gets the victory. The point scale is decided by a group of judges that judge the cowboy's technique, as well as the bull's bucking ability. The scale ranges from zero to a hundred and a ninety plus point ride is considered a great ride.

As stated before, every muscle in the body is pushed to the limit during a bull ride and below is a list of exercises that target the main muscles used during the sport. If you don't want to hop on a giant angry animal attempting to kill you, mechanical bull riding is popular today as well. For you [some of you] out there, I recommend incorporating the following exercises into your routine if you ever plan on hopping onto a mechanical bull. An eight second ride will leave you completely sore if you don't. Believe me, I know from experience! (Matt, 2010)

Whether we end up with a mechanical bull at NHAHPERD or not, try some of these strength training exercises to help boost your overall body strength. As for me, I am going to look into the possibility of getting a Bull at NHAHPERD's annual conference.

I will keep you updated!

Hip Abduction, Hip Adduction, Back Extensions, Planks, Alternating Bicep Curls, Triceps Press Down, Squats, Lunges, Shoulder Press, Crunches on Stability Ball, Side Planks

Resources:

Matt, J. (2010). The mechanical bull riding workout. *Diets in Review.com*, Retrieved from http://www.dietsinreview.com/diet_column/10/the-mechanical-bull-riding-workout/



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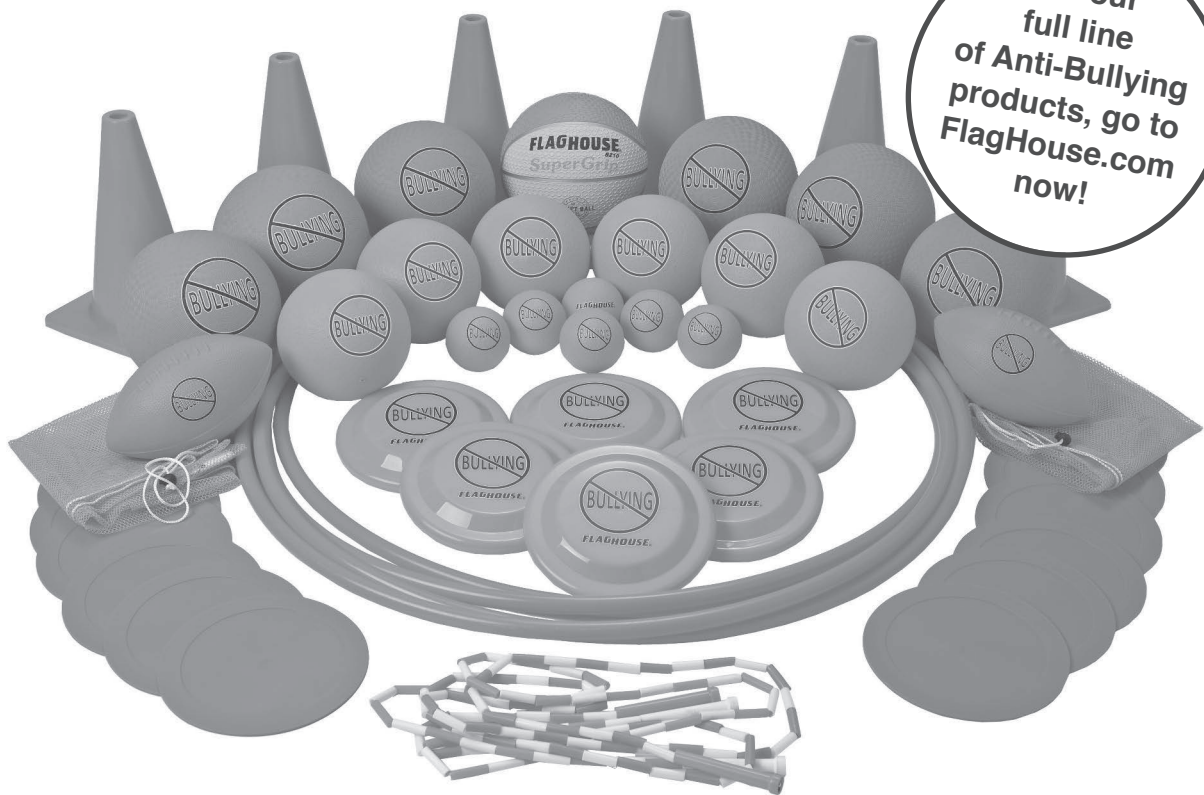
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Dear Physical Activity Enthusiast:

The New Hampshire Governor's Council on Physical Activity and Health, on behalf of Governor Maggie Hassan, is pleased to announce the Council's Outstanding Achievement Awards for Physical Activity and Health. The award winners will be recognized at an awards ceremony on May 31, 2013.

We are seeking nominations of organizations, groups and/or individuals in New Hampshire that have accomplished outstanding achievements in promoting healthy lifestyles through physical activity and fitness services and programs. Please specify the award category you are nominating for, which are:

Senior (Older Adults) Organizations and/or Individuals
Work Sites/Employers and/or Individuals
Disability Related Organizations and/or Individuals
Youth Related Organizations and/or Individuals
Community Related Organizations and/or Individuals
School Districts, Individual Schools and/or Individuals
Town or City Organization or Individuals

Please consider an organization, group or individual that is making a difference in New Hampshire's health. Please forward your nomination to Debra Clark Valentine and she will forward an application. Or go to our website, www.nh.gov/gcpah & complete the application and send to:

Debra Clark Valentine
30 Mechanic Street
Manchester, NH 03101
dvalentine@yogm.org

Deadline for submission: April 12, 2013

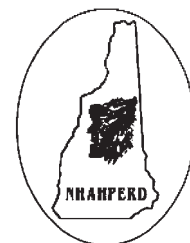
Winners will be notified by May 10, 2013

Awards ceremony will be held on May 31, 2013 in Concord, NH.

For more information, please contact:

Debra Clark Valentine via e-mail : dvalentine@yogm.org or phone (603-232-8691)

Visit Our Website : www.nh.gov/gcpah



GRANITE WALK OF AGES
Kick –Off to Walk NH Week June 1 – 7, 2013
May 31, 2013
White Park, Concord, NH

Granite Walk of Ages: The “Granite Walk of Ages” (formerly the "Intergenerational Wellness Walk") is a statewide health initiative, centered on bringing together towns, cities, schools, organizations and businesses in New Hampshire. This walk focuses on prevention, decreased physical inactivity, and increased employee health. We will examine integrated strategies to reduce the impact of chronic disease and promote optimal health.

Agenda for Granite Walk of Ages

10am – 10:30 Sign-in Registration at White Park
10:30 – 11:00 1 mile walk to State House for reading of the Proclamation
11:15am Walk around Capitol & Return walk to White Park

- ☐ **Individual registration** – I will participate in the kick-off event in Concord/White Park on May 31.
- ☐ **Group/Team registration**–We will participate in the kick-off event in Concord/White Park May 31.
- ☐ **Individual/Group Registration as a Satellite Event May 31, 2013**

To register on-line as an individual or group for the GWA/Concord, NH – Contact:
Dianne Rappa by May 10 - drappa@valley.net; 603-747-2408(F); 603-747-3508 w/?’s
(To register as a satellite event for the GWA please specify below – Thank you!!)

Registrant Name/Team Contact:
Company/organization/school:
Address/city/zip:
Phone Number:
Email:
Expected # Participants:

- You can also register your organization for a Walk NH Week event in your city or town to occur during the week of June 1-7, 2013. Go to www.WalkNH.org or contact Noreen Cremin at 415-4275 or ncremin@healthynh.com for registration information.

NHAHPERD Wear

Here is the current 2012-2013 line of "NHAHPERD Wear" sportswear items.

Stock up and order by mail, phone, fax or e-mail! See the order form below.

Check out our Winter, 2013 specials – Golf shirts 50% off; all other items 25% off!

Item	Color (circle choice)	Size (S, M, L, XL or XXL)	Price (add \$2.00 for XXL)	Quantity	Total
Mock Turtlenecks	White or Heather Grey		\$13.00		
Golf Shirts	Forest w/sand trim		\$15.00 NOW \$7.50		
"	White w/sand & black trim		\$15.00 NOW \$7.50		
"	Grey w/ black stripe		\$15.00 NOW \$7.50		
"	Sand w/black stripe		\$15.00 NOW \$7.50		
"	(other colors – please specify)		\$15.00 NOW \$7.50		
Long Sleeve Golf Shirts	White / Heather grey / or Forest green		\$18.00		
Cool-Dri Golf Shirts – men's	Hunter green		\$22.00		
Cool-Dri Golf Shirts – ladies'	Hunter green		\$22.00		
Denim Shirts	Light blue		\$17.00		
Crewneck Sweatshirt	Sandstone		\$18.00		
1/2 zip Pullover Sweatshirt	Forest green or Grey		\$22.00		
Fleece Vests	Forest green / Black / Charcoal / Winter white		\$23.00		
Fleece ½ zip Pullovers	Black / Charcoal / or Forest green		\$25.00		
Nylon Windshirts	Forest Green or Stone		\$25.00		
Nylon Windpants	Black or Forest Green		\$25.00		
		SHIPPING	\$3.00 or 10% Over \$30.00		
				TOTAL	

SHIP TO:	NAME	ADDRESS	CITY/STATE/ ZIP	PHONE

Mail, fax, phone or e-mail order to:

Andy Blanchard, P.O. Box 2032, Conway, NH 03818

Tel/fax 603-447-5025

E-mail ablanch@roadrunner.com

2013 PRESENTER WORKSHEET
NHAHPERD Annual Conference - November 20 - 22, 2013
Waterville Valley Convention Center, Waterville Valley, NH
"The Difference Is You!"

Please return this form ASAP via mail, fax or email (with 2013 Presenter Form in subject line) to:
Curt Martin, cwmsoccer@comcast.net; P.O. Box 114, Contoocook, NH 03229; or 747-2408(fax)

Name: _____

NHAHPERD Member? ☐ Yes ☐ No
Preferred Address: ☐ Home ☐ Work

Home Address: _____

Phone: _____ Fax: _____ Email: _____

Work Address: _____

Phone: _____ Fax: _____ Email: _____

Disciplines (Check all that apply): ☐ Health ☐ PE ☐ Adapted ☐ Recreation ☐ Dance
☐ Coaching ☐ Technology ☐ Personal

Age/Grade (Check all that apply): ☐ Pre-School ☐ Elementary ☐ Middle ☐ Secondary
☐ College ☐ Adult/Senior ☐ Other: _____

Title of Session: _____

Description of Session(s): _____

Session Format (Check all that apply): ☐ Lecture ☐ Demonstration ☐ Participation

Room Set-up (Check one): ☐ Theatre ☐ Open Circle

Preferred Presentation Date: ☐ Thursday (11/21/13) ☐ Friday (11/22/13)

Preferred Time: ☐ Morning ☐ Afternoon

****We try to accommodate the preferred dates and times - please let us know if there is a day or time you DEFINITELY cannot present:** _____

Provided in each room will be a table, screen, cords & easels. Please bring your own equipment.

***Please be advised that we have a presenter handout booklet with an October 1st deadline submission.**

Any questions??? Please contact Curt Martin, Program Coordinator - 603-746-6236(H) or
Dianne Rappa, E.D./Conference Coordinator 603-747-3508; Fax 603-747-2408; drappa@valley.net

Thank you for submitting your forms ASAP!!

Dianne Rappa, NHAHPERD E.D.
P.O. Box 123
Bath, NH 03740
Return Service Requested

Non-Profit Org.
U.S. Postage
PAID
Permit No. 3
Bath, NH 03740

New Hampshire Association for

Health, Physical Education, Recreation & Dance

Save Now and Register for our Annual Conference!
NHAHPERD Annual Conference, Waterville Valley – November 21—22, 2013
2013 EARLY BIRD CONFERENCE PREREGISTRATION AND MEMBERSHIP FORM

Name _____ *Please circle preferred address (Home/Work)
Home: _____ School/Business Name: _____
Address _____ Address _____
Phone _____ Phone _____
Email _____ Email _____

*Please check one interest area in each column

<u>INTEREST AREA</u>	<u>RESPONSIBILITY</u>	<u>EMPLOYMENT LEVEL</u>
_____ Health	_____ Teacher	_____ Pre to Elementary
_____ PE	_____ Student	_____ Middle
_____ Recreation	_____ Retiree	_____ Secondary
_____ Dance	_____ Administrator	_____ College/University
_____ Other _____	_____ Other _____	_____ Agency

Membership is required for Conference Attendance & is included in rates below: \$30 Professional; \$15 Student

PREREGISTRATION FEES WITH MEMBERSHIP & HANDOUT BOOK INCLUDED: (check one)

_____ Professional Two Days - \$110 Professional One Day - \$80/ Th. _____ Fri. _____
_____ Student Two Days - \$55 Student One Day - \$40/ Th. _____ Fri. _____
_____ Retiree Two Days - \$75 Retiree One Day - \$55/ Th. _____ Fri. _____
_____ Preconvention Technology Workshop Wed. 11/20 – 6 - 8:00 pm: N/C EARLY BIRD
_____ \$25 for Thursday night Awards/Banquet Dinner Ticket – Chicken _____ Fish _____ Veg _____

**Any Dietary Restrictions? _____ TOTAL ENCLOSED: \$ _____

THE ABOVE EARLY BIRD DISCOUNT RATES APPLY ONLY PRIOR TO AUGUST 1, 2013

PAYABLE TO: NHAHPERD, P.O. Box 123, Bath, NH 03740—?'s: www.nhahperd.org

**Please check website for updates—we may have additional preconvention workshops Wednesday night.