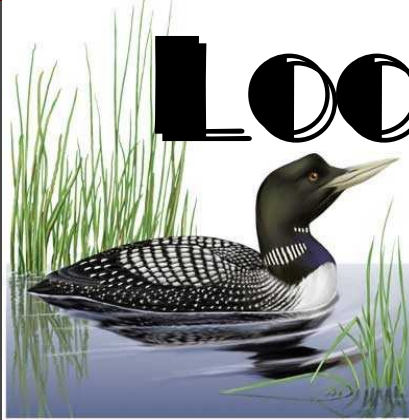


# Loon Lines



VOLUME 10, ISSUE 3

For more information about MNAHPERD, please visit our website at [www.mnahperd.org](http://www.mnahperd.org) or the national site at [www.aahperd.org](http://www.aahperd.org)



MNAHPERD

August 2012

## Greetings from the President



Mary Cappel

“Building Bridges”  
MNAHPERD  
fall conference  
registration  
and schedule

PAGES 10 & 11

As you read this article, you are either enjoying the last few days of summer, or preparing for your next school year. Summer brings the opportunities for rest, relaxation and recuperation, as well as the chance to attend a class or workshop, do a little research, or brainstorm ideas for the next year. I hope your summer allowed you to do all of these things—and more!

MNAHPERD continues our goal of providing quality programs, products and services to Minnesota students and professionals. Work continues in our partnership with the Minnesota Department of Health and Minnesota Department of Education to produce two webinars, which will be available on all three websites when completed. Members of our MNAHPERD Board of Directors have attended Central District and AAHPERD workshops and seminars from Green Bay to Nebraska to Washington, D.C., helping them to prepare for the work necessary in the upcoming year, and plans are being finalized for our Fall Conference. Our website is being updated as we strive to keep our membership connected and informed through our list serve, website and social media.

Our board members are also taking an active role in the Central District of AAHPERD. Cyndi Johnson serves as Secretary, Amy Kaiser on Jump/Hoops for Heart, Jack Olwell on Advocacy, Vicki Johnson as Membership Chair and representing Central District on the NASPE Physical Best Committee on the national level, Nancy Christenson on the CD Leadership Summit and Retirees/Necrology committee, and Joe McCarthy is running for Sport and PE VP-elect. It is great to have a strong Minnesota voice at the District level!

Recently, AAHPERD President Irene Cucina announced that the 2012 Alliance Assembly has voted to unify the five national associations and the Research Consortium into one association. This vote will allow AAHPERD to move forward as a progressive, forward- looking organization. Over the next several months, the AAHPERD Executive Committee will appoint a representative transition committee to make recommendations as we move forward as one organization, the by-laws will be re-written with the assistance of legal counsel to reflect this motion, and the recommendations of the ad hoc district and mission committees will be considered at the September Board of Governors meeting. Please stay tuned as AAHPERD undergoes this historic transition!

Save the date for the MNAHPERD Conference on October 12-13, 2012 at Hopkins High School! Past-President Kay Oling has been planning for many terrific sessions that include innovative leaders in our field utilizing this awesome facility. It is going to be great conference! Hope to see you there!

This is the last Loon Lines article I will write as President of MNAHPERD. It has been a wonderful year, where I have met great colleagues from around the country, sharing ideas about leadership, successes and struggles, best practices, and our profession as a whole. It has been my pleasure to work with the fantastic MNAHPERD Board of Directors, who each bring their strengths, pride and passion to the table. I truly appreciate the opportunity I have had to serve you in this capacity, and look forward to the continued future directions of physical education in Minnesota. Please continue to contact your MNAHPERD Board of Directors members with questions, concerns or suggestions. We are here to serve you! Thank you, and have a fabulous school year!

# Here are FIVE reasons why it is imperative that you become a member of MNAHPERD

*Joe McCarthy*

*jmccarthy@farmington.k12.mn.us*

1. MNAHPERD is a leading advocate for Health, Physical Education and DAPE teaching jobs!

MNAHPERD will advocate for status within our profession. In 2010, MNAHPERD worked with the American Heart Association and hired lobbyists to pass the MN Physical Education standards. MNAHPERD knows our jobs and requirements to meet our Health and Physical Education needs were not met with this major accomplishment so MNAHPERD will not stop there! In 2011, MNAHPERD will continue the relationship with the American Heart Association and in addition to that relationship MNAHPERD will hire our own lobbyists to advocate for more! We need Physical Education graduation requirements in our schools. We need language requirements and support for Physical Education license teacher specialists to teach Physical Education in our schools. We need each child to have daily Physical Education in their school day. We need MN Health Education standards. We need Health Education graduation requirements. We need language requirements and support for Health Education license teacher specialists to teach Health Education in schools. We need each child to have more Health Education support in their school day.

Remember it is not just the responsibility of the MNAHPERD members to do the advocacy for ALL Physical Education/DAPE and Health Education teachers in Minnesota. We need everyone to support our Profession. Become a member if you are not one now! MNAHPERD has and will continue to support your job; to do this we need your membership!

2. When you attend MNAHPERD workshops, you will be given the opportunity to receive CEU's towards your re-licensure. Our goal is for all 13 regions to have 1 workshop every year.

3. You will have the opportunity to observe and participate in workshops and sessions conducted by the state's best presenters.

4. Scholarship and grant opportunities are available through MNAHPERD to MNAHPERD members.

5. Being a MNAHPERD member gives you the opportunity to be honored in our state for your great service and commitment to our profession.

Do you want to do more? MNAHPERD will assist you in promoting your own workshop in your region!

## FIVE Keys to a successful workshop:

1. Design a theme
2. Find a location
3. Find presenters
4. Provide CEU's
5. Make it fun!

**As a MNAHPERD member, you can be a part of this!**



## MNAHPERD Membership Form (or register online at [www.mnahperd.org](http://www.mnahperd.org))

Name (first, middle, last) \_\_\_\_\_

Home Address \_\_\_\_\_

Home City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

Work Address1 \_\_\_\_\_

Work Address2 \_\_\_\_\_

Work City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

# of years in HPERD Profession \_\_\_\_\_

**Areas of responsibility (circle all that apply):** Advocacy, Agencies, Aquatics, Athletics, Curriculum, Dance, DAPE, Exercise Science, Health, Recreation, Retired, Physical Education, Sport Management, Other: \_\_\_\_\_

**Level of responsibility (circle one):** Community College/University, Early Childhood, Elementary, Middle School/Junior High, High School

**Membership Categories** (select one)

- |                     |   |
|---------------------|---|
|                     | Membership Fee (annual/includes processing fee)   |
| Professional Member | <input type="checkbox"/> \$30.00  |
| JRH/HFH Coordinator | <input type="checkbox"/> \$20.00 (\$10 discount off professional membership for coordinators) |
| Student Member      | <input type="checkbox"/> \$15.00 College attended full-time: _____                            |
| Retired Member      | <input type="checkbox"/> \$15.00 Year Retired: _____  |
| Associate Member    | <input type="checkbox"/> \$30.00  |
| LifetimeMember      | <input type="checkbox"/> \$600  |

**Payment Method**

- Personal Check (Make check payable to MNAHPERD)
- Institutional Check (Make check payable to MNAHPERD)

Mail to: Nancy Christensen  
25673 Muskrat Lake Drive  
Detroit Lakes, MN 56501  
218-847-9769 (Home Phone)  
Fax to: 218-846-2416

Questions: Call Nancy Christensen at 218-847-9769 or email [nancy1485@gmail.com](mailto:nancy1485@gmail.com)

# Our job is to create believers

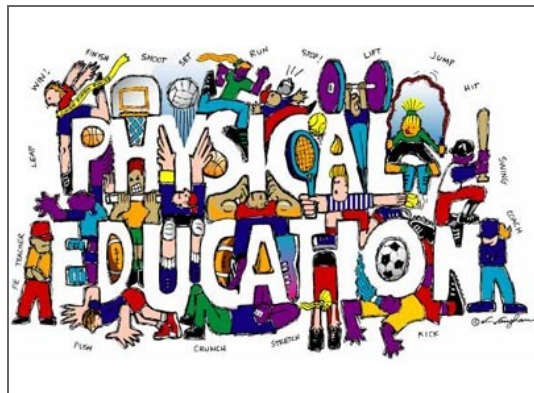
*Jack Olwell*

Sadly, we are past the midpoint of summer with a new school year approaching – a school year that holds much promise and many challenges for physical educators. Don't get me wrong; I love the work of teaching learners to think on their feet and to love movement but I love even more the opportunities summer break provides to participate in the activities I have learned to love.

As I grow older I find I am less concerned with how quality in our programs affects the physical and academic performance of our students and more concerned with how it affects the public's perception of our profession - and likely our future. Unfortunately, much of the public views physical education as education's red headed step child. To illustrate this point consider the legislator on the House Education Finance Committee who shook her head in dismay when informing us PE was her 9<sup>th</sup> grade daughter's favorite subject - this from someone who may influence the course of PE in the coming years. What we rightly celebrate as a triumph of great teaching she looks upon with grief disbelief. We later learned her bias was the result of a poor high school experience of her own. How can we overcome such a damning perspective?

Joe McCarthy, Nancy Christensen, and I just returned from the CDAAHPERD summit in Nebraska on advocacy. While both AAHPERD and MNAHPERD have some great strategies on ways to advance our profession it seems to me the most important tool we have is not the research that demonstrates the indispensable nature of PA and PE in the learning process. Nor is it forming the relationships with policy makers at the state and national level. These *are* vital. Rather, we make the greatest impact on policy makers when our physical education classes and overall programs are of such excellence and distinction that they are esteemed by our peers, our parents, and our administrators.

We must trumpet our quality programs. Because we often labor in education's shadows (PE is not included in some districts' GPA's) we must make it a point to educate the public. Our job is to create believers. It is one thing to read statistics on PE's ability to reduce obesity and overweight, to pump up test scores, and to increase positive behaviors; it is quite another to have our parents and school board members see it with their own eyes in their own son or daughter's school. So let us be proactive rather than reactive – when it is already too late – and start publicizing our triumphs.



# Recap of Central District Advocacy

*Joe McCarthy*

The 2012 – 2013 school year is fast approaching as summer end is near. I hope you have had a wonderful, active and fun summer with friends and family. I had the great opportunity to attend the Central District Advocacy Conference in Nebraska in July. I was able to meet Scott Strohmeier (Central District President) and many outstanding professionals from Colorado, Iowa, Kansas, Missouri, Nebraska, North Dakota, South Dakota, and Wyoming.

We learned that to advocate is to convey an opinion, to educate and to lobby is to ask for something. We also learned that it is important to know the issues at the local, state and federal levels, such as (ESEA, and PEP funding). We discussed how important it is to educate yourself on the latest research, academic performance, healthy lifestyles, and obesity prevention. (Spending \$1 now on prevention will save on \$3 on treatment).

**Prepare your elevator speech** – if you should ever find yourself next to a legislator, you must be able to defend your position and answer tough questions in 3 – 5 minutes.

**Develop your materials** – fact sheets, eye catching newsletters, PowerPoint's that will sway the voters our way in adding minutes of physical education to the school day.

**Engage stakeholders** – increase your reach with social media (create a LinkedIn, Twitter and Facebook account), listen to a podcast, YouTube video or webinar. Learn from your colleagues, email neighboring districts and see what they are doing.

## Check out these informative websites:

[www.mnahperd.org](http://www.mnahperd.org) - **Minnesota AHPERD State Conference**

October 12 & 13, 2012 / Hopkins High School, Minneapolis, Minnesota

[www.aahperd.org/whatwedo/advocacy](http://www.aahperd.org/whatwedo/advocacy) - Advocacy News, Action Alerts, and Resources

[http://www.youtube.com/watch?feature=player\\_embedded&v=aUaInS6HIGo](http://www.youtube.com/watch?feature=player_embedded&v=aUaInS6HIGo)

23 ½ hours, what is the single best thing we can do for ourselves?

<http://www.health.state.mn.us/physicalactivity/> - Watch Comprehensive School Physical Activity Programs Webinar

<http://www.cdc.gov/healthyyouth/pecat/index.htm> - Assesses how closely physical education curricula align with national standards for high quality physical education programs

[jmccarthy@farmington.k12.mn.us](mailto:jmccarthy@farmington.k12.mn.us) (651) 460-3120/Follow me on [Twitter at JoeMcCarthy09](#)

## Using Technology in Physical Education

Our August podcast has been posted at:

<http://www.pesoftware.com/podcast/index.html>

# THE ROCK 'N' ROPE WARRIOR is coming!

*Amy Kaiser*

Guinness World Record Holder, David Fisher, AKA The Rope Warrior has jumped his way into the hearts of millions of fans throughout the world. He has made over 100 national television appearances, and has performed for Boris Yeltsin in Russia and for Presidents Clinton and Bush. Since 1993, David has performed live for over five million school children. He will be at the fall MNAPHERD conference! Make sure while at the conference you make one of his sessions. You will be amazed, learn some new teaching tips and get inspired for your next Jump for Heart Event!



## FITNESSGRAM Aerobic Capacity Vignette

Below is the latest 90 second vignette from the Cooper Institute explaining aerobic capacity. It is a simple, fun, and a short explanation that will assist students, parents, and teachers and best of all it is FREE, and has the Cooper Institute (non-profit) 501(c)(3) behind the science. Please share with your teachers. It will really assist teachers as they begin the start of the school year with the FG mandate. This is the perfect resource for teachers to assist students with the why? ....are we are taking the FITNESSGRAM aerobic capacity assessment. It can be used to check for understanding.

Aerobic Capacity - <http://youtu.be/eiS8xGzRlWI>

Also, look for a free BMI vignette coming soon....we know how hard it is to teach body composition.

**NutriGram** – Just released nationally. Finally, an assessment for nutrition. Balance the equation between physical activity and nutrition. Go to this website to get more information and sign up.

<https://nutrigram.org/>

## Congratulations Joe McCarthy!

ChildObesity180 has announced the winners of its Physical Activity Innovation Competition. Joe McCarthy received a \$25,000.00 "SCHOOL PROGRAMS" award for the Midwest Region. At Meadowview Elementary, students are motivated to stay highly active both at school, and at home. Designed by PE Teacher Joe McCarthy, the Running Club and the Century Club are complementary programs which use an incentive system to reward students of all abilities for their physical activity, regardless of what form. During the school day, Running Club rewards students for mileage goals attained walking or jogging at the student's own pace. Outside the school day, students earn additional "miles" by logging and converting activity of all forms. Popular activities like hiking and skateboarding, or group play with friends in the neighborhood; all are encouraged and rewarded back at school. By engaging the local business community and other supporters, Mr. McCarthy has been able to create health-related incentives such as gym passes, tickets to local sporting events, and gift cards to athletic stores. Combined with structured P.E. classes, these programs have kids moving 7 days a week.

# ABC's of Speaking Dance

*Dr. Carol S. Conkell, VP Dance*

Rhythmic activity and dance have been an important part of the Physical Education curriculum for as long as most of us can remember. Dance has been touted as an excellent form of physical activity by promoting aerobic benefits, reducing stress, and helping children gain self-satisfaction by learning to express themselves through movement. Most recently, a 21-year study conducted by Albert Einstein College has found that frequent dancing makes us not only smarter, but may help to ward off dementia and Alzheimer's (New England Journal of Medicine, 2003).

Although dance and rhythmic activities are part of a well-rounded Physical Education curriculum, many of us are fearful of teaching dance. Perhaps we lack experience and education in dance; or perhaps we don't understand it. A book written by Ann Marie Williams, titled "*Learn to Speak Dance: A Guide to Creating, Performing and Promoting Your Moves*" (2011) describes in an upbeat format why we dance, and how we use the body to create various dance moves.

Most of us dance all of the time; but we may not realize it. How often have you done the victory dance when your team scored a touchdown? Have you noticed students jumping around with excitement when a test is postponed, or when school is cancelled for the day? Dancing is a fun way to express ourselves, and makes us feel good! When we dance, the brain releases endorphins which make us feel happier. Dancing is also a social connector; whether it's jumping around at a concert, or doing the *Cha Cha Slide* at a wedding.

## What's in a Dance?

Dance, like Physical Education is built upon a foundation. The four basic elements of dance are **Body, Space, Force** and **Time**. In Physical Education, you may know these elements as Movement Concepts (Graham, Holt/Hale and Parker, 2010). Spatial Awareness tells us where the body moves; Effort is how the body moves; and Relationships indicate with whom or what the body moves, and how body parts move in relation to each other.

Music: Williams (2011) said "dancing to music is using your body to express what you are hearing." When a melody is heard, it sends a message to the brain that triggers emotions and affects the way we move. Have you noticed how babies and young children move instinctually to rhythm? Based on what they hear; they move fast or slow along with a song's tempo. Musicians use volume to evoke certain moods or feeling to their music. In dance, loud sounds might encourage strong and forceful movements, whereas quiet sounds may suggest light and flowing movements.

## Dance Evolution

Dance is one of the earliest forms of communication. Through the ages people have danced to celebrate special events such as marriage and birth, the seasons, and to prepare for war. Folk dances are an important part of every culture and have been passed down from one generation to the next. These *dances of the people* have patterned movements which often are performed in the traditional sequence. However, Bennett & Riemer (2006) suggest modifying the movements so students can experience early success; and later teaching the dance intact when they can handle the dance patterns.

Just like fashion, a dance style evolves when modifications to traditional dances become popular. For example, Jazz is a combination of ballet and African dance. In the 1950's and 1960's the younger generation challenged their parents' preferred ballroom dancing style by creating new moves to Rock and Roll by such artists as Elvis Presley and Chuck Berry. In the 1970's Disco hit the dance floors in New York and Philadelphia, and was influenced by funk, soul, and Latin music.

### Practice and Getting Started

We all have experienced the process of learning a new skill. If we had little practice, we didn't use the skill well in the game. However, with a lot of practice we probably played the game well. Dance is the same way. We need to practice the dance move over and over in order to be successful. Teachers can encourage their students to practice dancing at home by imitating the dance moves they see in dance videos; or by having students practice moves in front of a mirror. Just as in class, imitation helps students to learn dance moves quickly. All dancers typically start the same way and stumble through their basic steps (Williams, 2011). Many dancers are self-taught.

### *Dance Elements*

**Body:** Whenever we move, we are moving body parts. We can stretch, twist, sway, hop, skip and spin. We can move alone, or we can move with a partner or a group. We can also move with an object, such as a prop.

**Space:** When we travel, we move in various pathways. We might travel in a straight line, a large curved pathway or we might move in crooked pathways (zigzag). We also might choose to move at different levels (i.e. rolling).

**Force:** When we are upset, we might stomp our feet. Or when we are happy we might use bouncy and light steps. In a game we can throw a ball far using strong force; or lightly bunt a softball with a bat.

**Time:** This element has to do with how the body moves to the beat or the pulse of a song. Slow beats are calming, while fast beats excite us. Time is related to the speed of the movement.

**Use Body Parts.** Often when we teach dance in Physical Education we focus on the footwork. Teachers should encourage students to use all of their body parts and functions. The *face* can be used to express a variety of emotions. The *rib cage* helps define jerky and bold movements as seen in African dance and popping. The chest however is quiet in such styles as Irish or ballroom dance. The *arms* help extend the movement from the core out. They can demonstrate aggressive movements such as punching, or graceful movements which tell a story as in the Hula. For certain styles of dance, the *hips* are central to the movement. Salsa and belly dance are two examples. The *knees* provide strength and the springboard action for such movements as leaping, hopping and jumping. The *feet* perform the dance steps, but in styles such as clogging and tap, the footwork is the main ingredient.

**Together or Alone:** Perhaps you've heard stories of a child humiliated in front of their peers, by being made to perform a dance by themselves. Dancing solo is not comfortable for the majority of us. Teaming up with others is the best way to explore and learn new steps. Whether dancing in unison with the teacher (i.e. line dance); or doing simple rhythmic activities (i.e. dribbling to music; skipping); students are more comfortable moving with others while in public. Learning to dance is a process and requires a socialization period. Socialization comes from students interacting in a nurturing environment where teasing is forbidden (Bennett & Riemer, 2006). Problem-solving abilities are enhanced, and relationships are fostered when students are allowed to work with others towards a common goal, such as creating a new dance move or sequence.

### Making Dances

Sometimes students enjoy creating moves tied to a theme. Examples might include the circus, or jungle animals. Other times dances begin with a favorite song. Keep in mind that created steps and dances do not have to last the entirety of the song. You don't even have to start at the beginning of the song. However certain elements need to be included.

To provide practice in making a new move, have each student choose a *body part* as the focus of the movement. Next have students choose a *nonlocomotor movement* such as a sway, bend, stretch, or twist. While performing the nonlocomotor movement, have students choose a *traveling step*, such as a run, jump, crawl, skip, walk, and so on. Students will need to decide how to move their movement through space, so a *pathway* (circle, sideways, zigzag) needs to be chosen as well. Also have students experiment their move to different speeds of music and changing dynamics (smooth vs. choppy, etc.). Finally have students *combine their step/ move* with another person or two to create a short sequence.



One way to think of creating dances is to provide what I call a *dance recipe*. Just as a cake has certain ingredients, so does a dance. Change things up by changing the dynamics of the group size, theme, locomotor movements, etc. The most important thing is to have the proper attitude, and to have fun. If you're enjoying yourself, so will your students!

References:

Albert Einstein College (2003). Leisure activities and the risk of dementia in the elderly. *The New England Journal of Medicine* 348: 2508-2516.

Bennett, J.P. & Riemer, P.C. (2006). *Rhythmic activities and dance*. Human Kinetics: Champaign, IL.  
Graham, G., Holt/Hale, S.A., & Parker, M. (2010). *Children moving: A reflective approach to teaching physical education*. Boston: McGraw-Hill Companies.

Williams, A.M. (2011). *Learn to speak dance: A guide to creating, performing and promoting your moves*. Toronto, Canada: Owl Kids Books, Inc.

**Dance Recipe Example**

**Theme:** Kite Movement

**Grouping:** Partner(s)

**Focus Term:** Matching (side by side, using the same movement)

**Equipment:** Chinese Ribbons

**Directions:** With your partner(s), create a sequence which uses two each of the following: shapes, locomotor movement, nonlocomotor movement, and pathways.

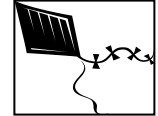
Shapes: Narrow, Round, Twisted, Angular, Wide

Locomotor Movement: Walk, Run, Leap, Roll, Skip, Slide

Nonlocomotor Movement: Bend, Sway, Stretch, Twist,

Turn, Swing, Curl, Melt

Pathways: Straight, Curved, Zigzag; Figure 8



## Conference and Awards Celebration “Building Bridges”

October 12 & 13, 2012

Lindbergh Center—Hopkins High School—Doubletree Motel

Over 45 sessions for Health, Physical Education, Recreation, and Dance.

Receive your needed credits for the following components:

- Accommodation, Modification, Adaptation
- Positive Behavior Intervention Strategies
- Reading Preparation
- Early Onset of Mental Illness

Register NOW Online!

Go to [www.mnahperd.org](http://www.mnahperd.org) for more conference details.

Registration form is on the following page!

**“BUILDING BRIDGES”  
MNAHPERD FALL CONFERENCE REGISTRATION FORM  
OCTOBER 5 & 6, 2012  
Lindbergh Center – Hopkins High School – Doubletree Hotel**

2400 Lindbergh Drive, Minnetonka, MN  
Double Tree Minneapolis-Park Place - 1500 Park Place Boulevard, Minneapolis, MN  
Phone: 952-582-4000 Fax: 952-542-8063  
Reservations: [www.doubletreeminneapolis.com](http://www.doubletreeminneapolis.com)

**Postmark Deadline for Advanced Registration is Monday, September 24, 2012  
Hotel Reservations are due before Thursday, September 22, 2011 (Room rate of \$89.00)**

**Please Print or Type Clearly** \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (O) \_\_\_\_\_ Email \_\_\_\_\_

School/State \_\_\_\_\_

Are you a MNAHPERD Member? \_\_\_\_\_ Date of Expiration \_\_\_\_\_

Cancellation Policy: All pre-registration cancellations must be requested in writing before Friday, September 21<sup>st</sup>, 2012. A \$5.00 processing fee is assessed to all cancellations received by Friday, September 21<sup>st</sup>. Faxes and emails are acceptable. No refunds will be made after Friday, September 21<sup>st</sup> 2012. Please email or fax Nancy Christensen at [nancy1485@gmail.com](mailto:nancy1485@gmail.com) or 218-846-2416 (fax).

<b>REGISTRATION (Check one)</b>	<b>Advanced (Before 9/24/12)</b>	<b>On-Site (After 9/24/12)</b>	<b>Indicate Amount:</b>
___ Professional MNAHPERD Member (1 Day)	\$ 90.00	\$105.00	_____
___ Professional MNAHPERD Member (2 Day)	\$125.00	\$140.00	_____
___ Professional Other State Member (1 Day)	\$ 90.00	\$105.00	_____
___ Professional Other State Member (2 Day)	\$125.00	\$140.00	_____
___ Student Professional Member (1 & 2 Day)	\$ 50.00	\$ 65.00	_____
___ Retirees (1 & 2 Day)	\$ 50.00	\$ 50.00	_____

**MNAHPERD AWARDS/RECOGNITION CEREMONY**

**6:30 Friday, October 5<sup>th</sup>, 2012, Doubletree Hotel** # \_\_\_\_\_ @ \$10.00  
**Social Ticket Cost After Monday, September 22<sup>nd</sup>** # \_\_\_\_\_ @ \$15.00

**(If you are an award winner you will receive 2 tickets at no cost. For additional tickets please mark above)**

<p><b>Payment Method (Please Check One)</b></p> <p>Personal Check _____</p> <p>School Check _____</p> <p>Company Check _____</p> <p>Money Order _____</p> <p>Cash _____</p> <p>Other _____</p> <p>Total Amount Enclosed _____</p>	<p><b>** Credit card payments only available through online registration. Please visit the MNAHPERD website for more detailed information:</b></p> <p align="center"><a href="http://www.MNAHPERD.org">www.MNAHPERD.org</a></p> <p><b>Name you would like on badge:</b></p> <p>_____</p>	<p><b>Office Use Only</b></p> <p><b>Amount Received</b> _____</p> <p><b>Date Received</b> _____</p> <p><b>Received by</b> _____</p> <p><b>Check Number</b> _____</p> <p><b>Other Information:</b> _____</p>
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**\*\*\*\*\*Make checks payable to MNAHPERD  
Mail to: Nancy Christensen, 25673 Muskrat Lake Dr., Detroit Lakes, MN 56501**

**Please Note: Purchase Orders will NOT be accepted. All registration & membership fees must be paid in full by conference day. If school check has not been received, personal check will be required and held until school check has been received.**

## TENTATIVE FRIDAY SCHEDULE

Registration 7:30 - 2:00 p.m.

8:30 - 9:30 a.m.		Barb Eilers, Mike Doyle & Sue Tarr: <b>Communicating with Paraprofessionals</b>	Robyn Smith Bretzing: <b>Exercise + Education = Winning Combination</b>	Mary Thissen-Milder: <b>NEW Sex Education Standards</b>	Thomas Johnston: <b>Community Building</b>	
9:40 - 10:35 a.m.					Joel Heitkamp: <b>Walk Your Way to Fundraising</b>	
10:45 - 11:55 a.m.	<b>Welcome &amp; Keynote: The Aerobics of Mental Health-Don't Sweat the Small Stuff - Lee Oling - GYM 1</b>					
12:00 - 12:50 p.m.	<b>Boxed Lunch &amp; Town Hall Meeting with Gale Wiedow- GYM 1</b>					
1:00 - 2:00 p.m.		Randy Weserham: <b>Ice Breakers</b>	Robyn Smith Bretzing	Liz Parr-Smestad: <b>Become National Board Certified!</b>	Marci Wills: <b>Physical Education Apps</b>	Nancy Marcy w/ Students: <b>Drums Alive! (Part 1)</b>
2:00 - 2:15	<b>Exhibitors/ Break</b>					
2:15 - 3:15 p.m.	Randy Weserham: <b>Adventure High Ropes</b>	LaDonna Hanson: <b>Team Building on a Limited Budget</b>	Robyn Smith Bretzing <i>(Continued)</i>	Bridget Duos & Sherry Folsom-Meek: <b>Biomechanics in a Nutshell</b>	Paul Shirilla: <b>The School &amp; Nature Connection</b>	Nancy Marcy w/o Students: <b>Drums Alive!</b>
6:00 - 8:30 p.m.	<b>Awards &amp; Reception: Double Tree Park Place Hotel</b>					

## TENTATIVE SATURDAY SCHEDULE

Registration 8:00 - 12:00 p.m.

8:00 - 8:50 a.m.		Robyn Smith Bretzing: <b>Creative Cardio &amp; Core</b>	Aaron Banks: <b>Shake Up Your Curriculum</b>	Chad Grabau & Bruce Pietz: <b>Ipad for Assessment</b>	Mark Clausen: <b>Cooperative Learning for Elementary PE</b>	Carol Conkell & Students: <b>Rhythmic Games &amp; Activities</b>	Rachel Palmer: <b>Preparing the Body for Exercise</b>	Kristine Ellis: <b>Smartboards in PE Class</b>
9:00 - 9:50 a.m.	Randy Weserham: <b>Trust Fall &amp; Low Ropes</b>	Don Glover, James Gostomski & students: <b>40+ Years in the Gym</b>	David Fisher: <b>The Rope Warrior</b>	Aaron Banks, Bonnie Reimann & Joyce Aarsvold: <b>IPADS, Apps &amp; PE</b>	Liz Parr-Smestad: <b>Taking PE standards to another level</b>	Carol Conkell: <b>Folk &amp; American Heritage Dances</b>	Bonnie Waldman & Eric Wieneke: <b>Crate Stacking</b>	Tim Mead: <b>Using IPAD Apps in PE</b>
10:00 - 10:15	<b>Exhibitors/ Break -Gym 1</b>							
10:20 - 11:10	<b>Rope Warrior - GYM 1</b>							
11:15 - 12:10		Robyn Smith Bretzing	David Fisher: <b>The Rope Warrior</b>	Jordan Olmscheid: <b>Creeping Obesity</b>	Terri Swartout & Amber Dallman: <b>PA Initiatives in MN</b>	Glenn Carlson: <b>Texas Two Step (Session 1)</b>	Tony Stingley: <b>Teaching Tennis to the Masses</b>	Angie Powell & Kathy Healy: <b>Video Modeling for DAPE</b>
12:15 - 1:10 p.m.	Joe McCarthy: <b>Literacy PE &amp; Math PE Games</b>	Kathy Mohn: <b>Elements of Dance</b>	Kristin Bergerson & Alisha Franckowiak: <b>Warm Ups &amp; Creative Apps</b>	Aaron Banks & Bonnie Reimann: <b>Impact of the Olympic Movement</b>	Jason Karn: <b>Formative Assessment using TIVO</b>	Glenn Carlson: <b>Texas Two Step (Session 2)</b>		Gale Wiedow: <b>Student Professionalism</b>
1:15 - 1:30 p.m.	<b>Closing - GYM 1</b>							

## A Health Focus At the October MNAHPERD Conference

*Joel Heitkamp – South Junior High, St. Cloud*

Each year as the fall MNAPHERD conference nears, many members begin thinking about which area within their craft they are going to focus on to make a change for the upcoming school year. As a member that has attended both the MNAHPERD conferences and multiple AAHPERD conferences, at the conclusion of any of them, I came away with great ideas. Enthusiastic teachers shared these ideas because they want to energize others within the realm of health, physical education, DAPE, or dance. This year the group within MNAHPERD that focuses on Health Education have put together a handful of great sessions that focus on the health education area.

On Friday of the conference we have Amiee Bagley, a registered dietitian within the St. Cloud area, on tap to talk about teaching nutrition to students that are active with sports and activities after school. Aimee is an avid speaker within the St. Cloud school district, talking to multiple high school and middle school sports teams each school year. Her talk will focus on the following:

### 1. Main Guidelines:

- Eat at least half of what you eat each day from foods that are high in carbs.
- Stay hydrated.
- Time your food and fluid correctly to increase your energy and promote recovery!

### 2. Hydration:

- Drink 2-3 cups of fluid a couple of hours before practice/game.
- Drink at least one large water bottle during practice.
- Drink another 2-3 cups of fluid (juice, milk, chocolate milk, etc.) after.
- Avoid lots of caffeine when rehydrating.

### 3. High carb food choices:

Bagels, english muffins, bread, hot and cold cereal, fig bars, rice, pasta, popcorn, pretzels, tortillas, graham crackers, teddy grahams, crackers, bread sticks, pancakes, waffles, potatoes, fruit, juice, dried fruit, vegetables, milk, chocolate milk, yogurt, pork-n-beans, kidney beans, black beans, corn, peas...etc. etc.

### 4. Don't forget the Magic Window!

Eat at least 400 calories of mostly carbohydrates within 30-60 minutes of completion for rapid recovery.

For those health educators or coaches, this is a great session to take back to your school for all those students looking to maximize their athletic performance.

On the second day of the conference there are 3 sessions focused on the health education setting. They are as follows:

1. Tom Johnson, a health and physical education teacher in St. Cloud, will focus on team building within the health education classroom. If you want some great ideas for getting kids up moving around and working together, then this is the session for you. Tom will have you participating in various activities that translate well into the middle school and high school setting.
2. Mary Thissen Milder from the Minnesota Department of Education will be in attendance to talk about the new National Sex Education Standards.
3. Lastly, I will be presenting on taking an active role within your school to change the way you fund-raise. If you are sick of selling unhealthy food or magazines nobody wants, stop by and listen about starting a walk-a-thon at your school. South Junior High in St. Cloud will be hosting their 7<sup>th</sup> Annual Walk-a-Thon, having raised over \$125,000 in their first 6 years, South has devised a method for fundraising that takes very little time and nearly 100% of the profits stay at your school.

We look forward to seeing you in October at Hopkins High School and if you plan on attending, try to have a co-worker within your department join our group and attend this great opportunity.

## AAHPERD Announces NEW Membership Option — The Flexibility You Want...The Information You Need!

AAHPERD's Basic e-professional membership delivers the information directly to you in the format you want.

AAHPERD's Basic e-professional member benefits form the foundation of our core membership:

- You'll receive UpdatePLUS — AAHPERD's electronic, searchable magazine published six times a year providing industry news and information to those working in the health, physical education, recreation, and dance professions.
- Password-protected member benefits on the AAHPERD website — packed with valuable content on a wide range of topics that will benefit you and the students you are dedicated to helping.
- Et Cetera — a weekly email newsletter reporting on a variety of topics relevant to AAHPERD members.
- Plus, you'll receive all the regular member discounts on AAHPERD books and materials, other publishers' resources in the AAHPERD online store and discounted registration fees for all AAHPERD conferences and professional development programs, plus much more!

All delivered electronically for the deeply discounted rate of \$65. A savings of \$70! Additional add-on resources are available to help advance your career. This is a non-voting category of membership.



### Minnesota AHPERD State Conference

October 12 & 13, 2012

Lindbergh Center—Hopkins High School  
Minnetonka, MN

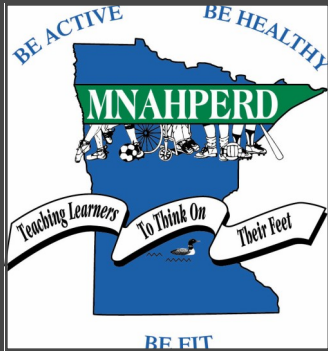


Featuring Robyn Smith Bretzing, Lee Oling,  
Gale Wiedow  
David Fisher—the Rope Warrior &  
many MN Teacher of the Year  
presentations.

\*Many sessions will fulfill MN teacher re-licensure.  
Complimentary certificates of attendance will be provided.

Awards  
Ceremony  
Friday, Oct 12th  
DoubleTree  
Hotel  
6pm

MNAHPERD Executive Director  
Nancy Christensen  
25673 Muskrat Lake Dr  
Detroit Lakes, MN 56501



[www.mnahperd.org](http://www.mnahperd.org)

Loon Lines

August 2012

**MNAHPERD**

MNAHPERD is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs. MNAHPERD is dedicated to improving the skills, knowledge, health and well-being of all Minnesota students.

Contact information for MNAHPERD Board of Directors is posted on [www.mnahperd.org](http://www.mnahperd.org)

**MNAHPERD Executive Committee**

President	Mary Cappel	(507) 454-1641
President Elect	Jack Olwell	(612) 432-9082
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Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Vicki Johnson	(218) 847-5212
Executive Director	Nancy Christensen	(218) 847-9769



The mission of the MNAHPERD newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email

Amy Knopf at [aknopf@detlakes.k12.mn.us](mailto:aknopf@detlakes.k12.mn.us).

You can also access this newsletter in PDF format on the web at [www.MNAHPERD.org](http://www.MNAHPERD.org)