

# Loon Lines



VOLUME 9, ISSUE 2

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



MNAHPERD

June 2011

## Message from the President

*Kay Oling*



It's hard to believe another school year has gone by and my term as president will soon be over. I have had the opportunity to meet and learn from educators and leaders from around the country. The latest trip was to beautiful San Diego, CA for the National AAHPERD convention. Tuesday was spent attending the PE2020 National Forum where people from all over the country met to discuss the future of PE and what it will look like in the year 2020. All of the documents, Power Points, and links to movies have been posted on the NASPE Forum- [www.naspeforum.org](http://www.naspeforum.org) or go directly to the materials with this link- <http://www.pelinks4u.org/naspeforum/discuss/messages/4842/4842.html?1305141678>.

One of the messages that came out of the Forum was that planning for the future is not something that you should let others do for you. Take the information and use it at your next local, regional and state meeting and create your own vision for the future. We need to change what we are doing and quit ignoring the changes that are going on in the world around us. Physical education needs to be a part of the future of public education and a core feature to tomorrow's learning environments.

Attending a national convention is a life changing experience and my hope would be all MNAHPERD members could attend one at some point in their career. There are so many session options available to choose from each day and the networking that is done with the other attendees is so valuable. I was able to attend several adapted physical education sessions and found out how behind I am with technology to be used in the field. I need to update and learn about the "apps" that are available to help my students with communication and logging their fitness information on a more regular basis. First, I need to get a piece of equipment that I can put an "app" on!

MNAHPERD continues to work on our "listserv" so information can be readily available to our members and potential members. Communication is the key to a healthy organization. Let us know what you think and want in the future.

We are planning the next state MNAHPERD convention which will be held at the Double Tree Hotel in Park Place, Minneapolis on October 8-9, 2011. Please put these dates on your calendar. We have several nationally known speakers and many wonderful educators from Minnesota on the agenda as presenters. There will be sessions offered that fulfill the relicensing requirements from the Minnesota Department of Ed and many more in health, elementary and secondary physical education, recreation, aquatics, higher ed., and dance. Check the MNAHPERD website for more information coming out soon.

Lastly, have a great summer! Think about giving back to the organization by joining the board. Elections for new officers and divisions positions are coming up in the fall.



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Great web resources!

PAGES 6 & 8

## Congratulations to Jump/Hoops Grant Winners

*Amy Kaiser & Sandy Hasse*

The 2011 Jump/Hoops grant winners have been selected.

Congratulations to the following:

DeeDee Anderson, Scandia	Fitness station equipment
George Beran, Apple Valley	Snowshoes
Sandy Chesley, Duluth	Pedometers and tokens
Donna Hanna, Duluth	Math activities for PE
Tom Hoeg, Litchfield	scooter hockey sets, whiteboards
Julie Mickschl, Plymouth	Jump Rope for Heart event supplies
Brent Peterson, Willmar	Wii Fit Console for D/APE and PE
Wayne Opsahl, Duluth	Curling set

Each year teachers who conduct either a “Jump Rope for Heart” or “Hoops for Heart” event AND are MNAPERD members are eligible to apply for these \$500.00 grants. Applicants can re-apply every three years.

One of these grants could easily be yours!! . Look for grant applications on the MNAHPERD website and apply next year. Questions can be answered by your state MNAHPERD Jump and Hoops coordinators. We are happy to assist you in the grant application process.

Amy Kaiser  
[amy.kaiser@duluth.k12.mn.us](mailto:amy.kaiser@duluth.k12.mn.us)

Sandy Hasse  
[shasse1@isd77.k12.mn.us](mailto:shasse1@isd77.k12.mn.us)



**\*\* MARK YOUR CALENDARS \*\***

**36<sup>th</sup> Annual Minnesota Conference**  
**September 29-30, 2011**  
**CAMP COURAGE Maple Lake, Minnesota**

***Connecting real worlds***

**Developmental Adapted Physical Education Teachers**  
**Elementary - Secondary Physical Education Teachers**

**Keynote Speaker:** Mark Sanford and breakout session (yoga wheelchair)  
**Topics included:** ASD technology, Miracle baseball league, deescalating behaviours, dancing, minute to win it, fitness, gymnastics, mental health, PE standards, activity exchange and ask the “expert”

**\*Cost: \$150.00 includes meals and lodging**

**College students: \$50.00**

**(No Purchase Orders)**

**Registration Deadline: Postmarked by September 8, 2011**

**\*Cost after Sept. 8 is \$170 so register early!**

**Registration Questions:**

**Rich Burke ([richard.burke@moundsviewschools.org](mailto:richard.burke@moundsviewschools.org))**

**Conference Questions:**

**Sally Sertich [sasertich@bemidjistate.edu](mailto:sasertich@bemidjistate.edu)**

**Nancy Bade [nbade@parkrapids.k12.mn.us](mailto:nbade@parkrapids.k12.mn.us)**

**Participants receive Clock Hour Attendance Certificate**

**Lodging and meals are included in your registration fee. You must bring your sleeping bag, pillow, towel and soap. Dress comfortably and be prepared for Minnesota fall weather. Cabins are designated**

**Women or Men's. Meals are served family style. In accordance with the Americans Disabilities Act (ADA), please contact us 3 weeks prior to workshop if you need special accommodations to participate.**

**Send Registration and Check to:**

**Rich Burke**

**15706 Highland Heights Dr**

**Minnetonka, MN 55345**

**“This experience has motivated me to move forward to the next step—whatever that step may be.”**

***Nadine Moeller***

On May 3, 2011 at 12:42 Woodland Middle School was moving. Woodland was selected to be the official Let's Move! Flash Workout school in our television market area. We had around 700 students and faculty members outside moving and grooving to Beyoncé's "Move Your Body".



Let's Move! is a comprehensive initiative, launched by Michelle Obama, dedicated to solving the problem of childhood obesity. Childhood obesity rates have tripled over the past three decades. It is time to stop that trend. Let's Move! is about putting children on the pathway to a healthy future. The First Lady says that we need to encourage kids to eat healthier and move more.

We had two weeks to get ready for May 3<sup>rd</sup>. Staff members jumped right in and helped get us started. Students were excited to do it and many took on some leadership roles. We practiced during homebase everyday. Teachers had students practice during class after they finished their work. Some classes practiced instead of doing their math or science. There were practices afterschool and students practiced at home. It was exciting to watch the event come together. It was fun to watch the school come together for one cause.

I thought it would be nice for you to read some of the comments and reactions of some of the students and staff.

**Students:**

“It was fun getting out of school and go outside to dance.”

“It was fun dancing outside.”

“It was very fun and I learned some new moves.”

“It was really fun and it gave a great boost of energy throughout the school.”

“It was fun and everyone was exercising at the same time. I love the dance and wish I could do it again!”

“It was a lot of fun and a great workout. It was easier to sit down and take my test afterwards.”

“It was very very fun and it boosted my self-esteem in a positive way. It made me feel good about myself. I liked that it was easy and fun at the same time. We should do it at least once every month or more.”

“It was the best thing that we have done at Woodland for the whole time I have been here.”

“It was great fun dancing as a whole school.”

**Faculty:**

“Professionally it was one of the most amazing moments of my career. To watch 700 students enjoying movement all at once will be with me forever. Definitely a highlight.”

“It was so nice to see the whole school involved instead of only a few select “dancers”.”

“It ROCKED”

“Let’s Move was an experience that staff and students won’t soon forget. The music, smiles, collaboration and sense of community was awesome. All focused on making healthy choices and personal responsibility. Nadine made this a reality for us. I am so grateful.”

“It was a good experience for the whole school. Many students who don’t normally participate in school activities really became engaged. Lots of happy and proud students at the end of the day.”

“This was an exciting project from start to finish. We had the whole school buzzing about this event. On the actual day it took place we were graced with perfect weather and the enthusiasm was contagious as students and staff participated together.”

“Let’s Move! was a great event for Woodland. The enthusiasm it created at school was amazing. Kids were humming, singing and moving in the halls for two weeks. My sixth graders had a blast and worked very hard. Many mentioned watching and practicing to YouTube at home. The actual event was the BEST. Lots of kids moving, loud music, parents, friends, community members all came out to watch.”

“Let’s Move! was a fun time. I was able to be involved with the teaching of the dance with different classes from Phy Ed to 6<sup>th</sup> grade science and math. The 6<sup>th</sup> graders really worked hard and seemed to enjoy it. It was fun watching them improve over the days. We as a school did really well for only having about two weeks to work on it. It was a GREAT SUCCESS in my eye. Thanks for letting me be a part of it.”

This was a special event. Our goal is that this is just a start and we can build on this to make things better. We need to continue to provide quality Physical Education programs in our schools. We need to provide healthy foods in schools. Most importantly, we need to teach our students to make healthy choices.



## “I once lived to play but now I play to live.”

*Jack Olwell*

Like so many kids of my era, I lived to play, eagerly searching the ball fields from the windows of the school bus to see if by chance “the game” had begun. The type of game was unimportant – I had my preferences, for sure – but being in *the game* was what mattered. As I grew older I allowed myself the sweet dream that someday I would make it as an athlete, that *the game* would be my life. *I lived to play.*

The dream faded over time. There was the sad discovery that I couldn’t hit a curveball. Football players gladly showed me what *real* hitting was all about... cross off football. Other sports followed - track, basketball, tennis - all with similar results. I found all these sports could live without me. However, I discovered I could not live without them but not for the sport itself. In my striving to succeed at sports I discovered a love of activity – of being in the hunt – and its real prize: physical fitness.

Fitness benefits were irreplaceable. While I could envision a life without competitive sports, however sad, I could not imagine the absence of the awesome feeling of vitality that is experienced only by the physical-fit individual. In its own way fitness can be intoxicating.

While I was pursuing the immediate benefits of fitness little did I know science had been compiling a wealth of evidence that exercise delivers lasting effects in almost every area of health. Exercise increases the length and quality of life, produces Prozac-like chemicals that combat depression and alleviate anxiety. Exercise has been shown to slow the effects of aging as well as delaying the advance of Alzheimer’s. If exercise was a pill it would be considered a wonder drug.

We as physical educators have the unique privilege and opportunity to introduce the next generation to a life changing discovery: life is enriched in every way by physical activity.

Now, many years later I have settled into games and activities that I enjoy doing, however feebly. My generation has moved from the courts to the softball fields to the couch and it is slowly killing us. My hope is that the next generation will return to active duty and that today’s kids never know inactivity.

## Great Links from the National Convention

*Patty Mollberg*

- ☞ Kids Running Program  
[www.kidsrunning.com](http://www.kidsrunning.com)  
[www.ingkidsrock.com](http://www.ingkidsrock.com)
- ☞ Interactive games and activities  
[www.asklistenlearn.com/games](http://www.asklistenlearn.com/games)
- ☞ [www.perocks.com](http://www.perocks.com)
- ☞ [www.getsweaty.com](http://www.getsweaty.com)
- ☞ [www.superteachertools.com](http://www.superteachertools.com)
- ☞ [www.pelinks4u.org](http://www.pelinks4u.org)
- ☞ [www.beyondkickball.com](http://www.beyondkickball.com)
- ☞ [www.mygymshorts.schoolspecialty.com](http://www.mygymshorts.schoolspecialty.com)
- ☞ [www.noodlegames.net](http://www.noodlegames.net)



## Highlights from the National Convention

### *Mary Cappel, President-Elect*

Attending the AAHPERD Convention in San Diego from March 29-April 2, 2011 was an incredible learning and networking experience! Physical Educators from all around the country gathered to take advantage of the hundreds of sessions, social events, town hall meetings and award ceremonies. What a great way to celebrate our profession!

Some highlights for me included:

- ~ attending the PE2020 Forum, where participants had the opportunity to see examples of some of the amazing physical education programs being offered throughout the country, as well as to brainstorm and dream about what PE could be in the future.
- ~ attending the Let's Move in Schools Showcase in PETCO Park, where hundreds of students, teachers and community members joined Drew Brees, Tracy Austin and Carl Lewis in celebrating movement before, during and after school.
- ~ participating in the Central District Caucus, where we heard from the candidates for AAHPERD President-Elect
- ~ participating in the AAHPERD Alliance Assembly, the governing section of the convention, where the unification process of AAHPERD was discussed, as well as the election of our new President-Elect, Irene Cucina!

Attending a national convention is a wonderful way to get renewed, rejuvenated, and celebrate all our profession has to offer. See you next year in Boston!!

Mary Cappel, Kay Oling, Irene Cucina,  
Nancy Christensen, Vicki Johnson



### HIGHER EDUCATION PRESENTATIONS AT FALL CONFERENCE!

#### *Bridget Duoos, Higher Education Chair*

All Higher Education professionals are encouraged to take a close look at the MNAHPERD 2011 Fall Conference sessions since there are opportunities designed specifically for you! This year, the Higher Education Division has made an effort to increase the number of program sessions aimed specifically at the Higher Education professional. You have the opportunity to not only attend sessions, but to also involve your students in several ways. Here are a few more details:

**Higher Education Sessions:** This year there are more sessions than ever scheduled for you! You will be able to increase your knowledge about technology by attending sessions on IPAD use in teaching and using the computer program, Inspiration. Other sessions include one for Health professionals, cheating in the classroom and more!

**Undergraduate Poster Session:** Students will have the opportunity to showcase their research in a poster session designed just for them that is sponsored by the Higher Education Division. Students will display their posters on Saturday, Oct. 8, 2011. Abstracts are due no later than September 16, 2011. Please check the MNAHPERD website for additional details.

**Undergraduate Sessions:** Please encourage your students to attend the sessions offered by Dr. Scott Gorman of Pittsburg State University on Saturday. Dr. Gorman is being sponsored by the Higher Education Division especially for the pre-professional. His workshops always prove to be engaging and informative, so please encourage your students attend.

## “Teaching Tinikling”

*Dr. Jane A.K. Carlson*  
*Vice-President of Dance MNAHPERD*

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

Visit our website for the full  
 “Teaching Tinikling” article!

### Definition

Tinikling is a traditional dance of the Philippines performed with two students tapping poles as a dancing student hops in and out of the poles. The dancing student represents the Tinikling bird as it steps from one rice paddy to another.

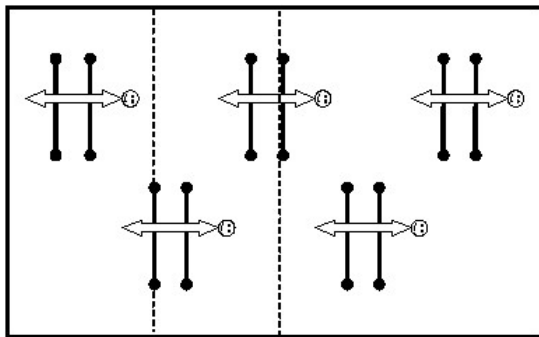
### Teaching Progression

An effective progression to teaching Tinikling is the whole-part-whole method. First, show students the entire dance by watching a video or demonstrating to give them an understanding of what Tinikling is, and also state its history. Next, introduce skills using gym lines, progressing to jump bands and finally poles. This progression ensures student safety and proper skill acquisition. Use music with 3/4 beat to teach every part.

To assist visual learners use the whiteboard or have posters with a large font stating the teaching cues for the dancer, jumpers, and tappers movements.

### Student Organization

Safety needs to be a priority in organizing students when teaching Tinikling. Use floor lines that are two feet apart and seven feet long for placement of each set of jump bands or poles. The lines are used for safety to keep the bands/poles parallel to each other when in use. Stagger each set of jump bands or poles and place them at least 10 feet away from another group or wall. This will eliminate the risk of students running into each other or the wall. Students performing the dancer steps can enter the jump bands or poles from either side but only one at a time. Equipment allocation should be two jump bands or two poles for every four students to provide ample practice time. Students should remain in the same group throughout the lesson.



### Parts

There are two parts to performing Tinikling:

1. *Dancer*
2. *Jumpers* (using jump bands) or *Tappers* (using poles)

### Music

Tinikling is performed to a ¾ beat. Play the music with the teacher clapping to the ¾ beat so students hear the common beat. Then have students clap along. Use traditional Philippines Tinikling music or contemporary music with a strong beat. If a 4/4 beat is preferred, hold the third step for two counts. Still use music with a strong beat i.e. “We Will Rock You” by Queen. (see the MNAHPERD website for the full article)



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

*Joe McCarthy*

### **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!

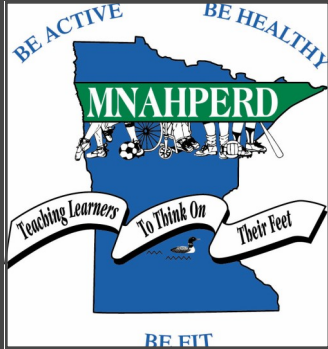
#### FIVE Keys to a successful workshop:

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!

***Join today at [www.mnahperd.org](http://www.mnahperd.org)!***

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



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

## 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	Kay Oling	(218) 722-8215
President Elect	Mary Cappel	(507) 454-1641
Past President	Mary Thissen - Milder	(651) 582-8505
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Patty Mollberg	(218) 841-1576
Executive Director	Nancy Christensen	(218) 847-9769

[ DON'T WAIT ]

Go to  
[www.mnahperd.org](http://www.mnahperd.org)  
to join now!

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)