

MINNESOTA ASSOCIATION OF HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

# Loon Lines



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)



**DID YOU KNOW?** According to the American Academy of Child Psychiatry

March 2010

The problem of childhood obesity in the United States has grown considerably in recent years. Between 16 and 33 percent of children and adolescents are obese.

Obesity is among the easiest medical conditions to recognize but most difficult to treat.



Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths each year. The annual cost to society for obesity is estimated at nearly \$100 billion.

Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise.

## Calling All Health & Physical Educators!

Mary Thissen-Milder, PhD

On February 9<sup>th</sup>, 2010, First Lady Michelle Obama launched the “Lets Move” campaign to battle childhood obesity. There are four pillars to her plan, which are: Increase the number of healthy schools in this country Increase the level of regular physical activity that kids are getting in this country Improving the accessibility and affordability to foods Empower consumers to make better choices in their own lives. The details of the campaign can be found at <http://www.letsmove.gov> [www.letsmove.gov](http://www.letsmove.gov).

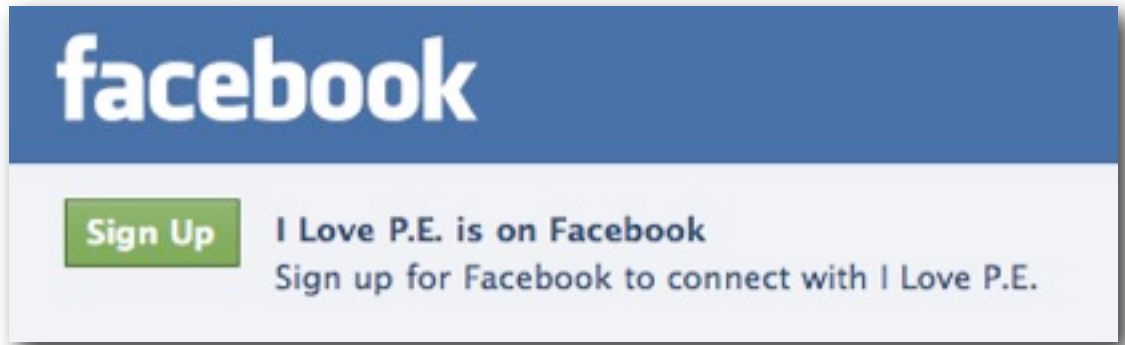
It would be an understatement to say that our professions are committed to this issue. When the pillars of “Let’s Move” are broken down, we, as health and physical educators, immediately try to search out the words “health education” and “physical education” as part of the solution.

On the glass is half empty side, it takes several clicks on the Lets Move website to find them. I have to say I am disappointed that they are not emphasized more in answering the obesity

equation in this campaign. After all, from our perspective, we provide the educational component that is the basis for critical decision making about physical activity and healthy eating.

However, on the glass is half full side, we are reminded that this is the time for opportunity. Reauthorization of several key pieces of legislation that can have direct impact on health and physical education as part of this campaign are due. They are the Carol M White Physical Education Grant Program (PEP) from the United States Department of Education and the School Wellness Policies from the United States Department of Agriculture.

We need to get the words “health education” and physical education” integrated into the language of both bills. Both the American Association for Health Education (AAHE) and the National Association for Sport and Physical Education (NASPE), have specific information on how to impact the reauthorizations of these bills. I encourage you all to get on the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) website at <http://www.aahperd.org> [www.aahperd.org](http://www.aahperd.org) to learn about the new bill proposals and be able to take action to ensure our students receive the educational components necessary to make a lifetime of healthy eating decisions and participate in daily physical activity. Let’s Move!



## Hello Minnesota AHPERD!

Vicki Skaar Johnson  
Past President

MNAHPERD members are welcome to submit articles, article ideas , creative lesson plans or digital photos to Loon Lines for possible submission. Please direct them to Kent Mollberg at [mollberg@arvig.net](mailto:mollberg@arvig.net) with Loon Lines in the subject heading. Your district may allow you continuing education clock hours for doing this!

I want to thank you again MNAHPERD for the privilege and honor of serving you, such dedicated professionals. If you had the opportunity to attend the 2009 Fall Conference in Roseville, I am sure you found it to be as inspiring and informational as I did. I would like to extend a very big thank you to Linda Hoffman and the rest of the MNAHPERD Board of Directors for all of your hard work to make the Fall Conference a success. Thank you to the keynoters and presenters for sharing their passion with us.

You will want to mark your calendars right now with the dates October 17 and 18, 2010 for next year's fall conference "Promoting Our Message through Partnerships). It will be at the Hilton Mall of America-Airport. I am sure you will want to arrange a long weekend and to bring your family with you. The Hilton provides a shuttle to the Mall and to the light rail. It is next to the Minnesota Valley National Wildlife Refuge and close to Fort Snelling. The Hilton has graciously offered us a rate of \$99.00 per night and lots of free parking. Please consider being a presenter or finding others who you partner with to present. A Conference Proposal form can be found in this Loon Lines.

Welcome back Anne Bomstad-Miller as our partner in our Advocacy efforts to ensure Physical Education for all of our Minnesota children. If you are called on to volunteer, contact your legislative representatives, participate in Heart on the Hill, or in any other way please find the time and passion to do so. It is not only the future of our children at stake, but the future for you the professionals.

We will soon be into spring. I wish you good health and best wishes for the rest of 2010. I know I am thankful for blessings of family and for you, for the professional way you promote our message. Have a wonderful spring, (I think we're due for one)...



Marley Hanson  
Student Rep



Wayne Geary & Cindy Hart - American Heart Association. Kathleen Kinderfather Award



Rich Burke  
CD Honor Award



Nancy Christenson  
enjoying the  
Wacky Olympics  
Plunger Relay



Left: Jon Martin making  
a new friend at Central.



Right: Martha James  
sharing strategies at  
Central

# MINNESOTA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE PROGRAM PROPOSAL

2010 Fall Conference – October 17 & 18, 2010  
Hilton Hotel – Minneapolis/St. Paul Airport  
[www.mnahperd.org](http://www.mnahperd.org)

## “PROMOTING OUR MESSAGE THROUGH PARTNERSHIPS”

Name(s) \_\_\_\_\_

Work Address: \_\_\_\_\_

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

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

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Brief Biography: (Information to Introduce Speaker(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Title of Presentation: \_\_\_\_\_

Description of Presentation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Type of Presentation: \_\_\_\_\_ Lecture \_\_\_\_\_ Demonstration \_\_\_\_\_ Active Participation

Preferred Audience: Mark those that apply:

Physical Education: Elementary Middle High School

DAPE: Health: Dance: Higher Education Other \_\_\_\_\_

Audio Visual Requests: (PLEASE NOTE - LCD Projectors and Computers WILL NOT be supplied)

(An honorarium will be given to presenters; \$50.00 per session or \$75.00 for two sessions if the same session is repeated. If there is more than one presenter per session, the honorarium will be split among the group. All presenters must be current members of MNAHPERD or other AAHPERDs.)

Please Mail or E-Mail to:

Vicki Johnson  
1506 East Short Drive  
Detroit Lakes, MN 56501  
(T) 218-847-5212  
(Email) [vjohnson@lakesnet.net](mailto:vjohnson@lakesnet.net)  
(Fax) 218-846-1797

PROGRAM PROPOSALS  
MUST BE RECEIVED BY  
JUNE 15th, 2010



*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 Kent Mollberg at [kmollberg@detlakes.k12.mn.us](mailto:kmollberg@detlakes.k12.mn.us) You can also access this newsletter in PDF format on the web at [www.MNAHPERD.org](http://www.MNAHPERD.org)*



# Using the Olympics as a Teaching Tool

Molly Aukes

Do the winter months find you searching for more teaching ideas? Try using this great event – the Winter Olympics – as a tool to get students, staff and yourself through the winter months! At Park Rapids Century Elementary we had a school wide assembly and started the Olympics with our own Opening Ceremony! Each classroom represented a different country, 18 in all (all Kindergarteners represented Greece and led the Ceremony). We paraded in to the gym waving flags made in the classrooms. The students recited the Olympic Creed and heard a little history on the Olympic Rings and the parade. Students spent two days practicing 8 events, all modified for being in the gym. Our events included: Bobsled, Luge, Speed skating, Cross-Country skiing, Biathlon, Sled races, Hockey dribble & Hockey shoot-out. Each student chose two events to compete in and medals were awarded in a grade-level ceremony at the conclusion of the Olympics. The classrooms also followed the country they represented as we kept a large display up to date with the current medal count. The staff and students were very excited about Olympics along with the Minnesotans that represented us in Vancouver.



Molly Aukes  
V.P. Rec Sports Aquatics

# Health Education

Julie Knutson

Last week at the MN School Health Education Conference there were great sessions available for Health Educators here in Minnesota! A few of the sessions included (but were not limited to): "Obesity in a Bottle"-- As we know Michelle Obama has generated a push for schools and communities to lower obesity among children. Learning Zone Express has taken on this challenge with their curriculum "Obesity in a Bottle". If you are looking at getting new ideas contact them! [www.learningzoneexpress.org](http://www.learningzoneexpress.org) "Defining Domestic Violence"— The Tubman organization offered material to help bring awareness to domestic violence. If you would like another resource on this topic contact them! [www.tubman.org](http://www.tubman.org)

Top 20 Training gave a great presentation on "Discovering the Power of Choice- Road Block to Success: I am Stupid!" by Paul Bernabei. If you want more information about this contact [www.shop.top20training.com](http://www.shop.top20training.com)

Mental Health Association is always a great resource for getting current information on Anxiety Disorders, Panic Disorders, ADHD, Depression, Post Traumatic Stress Disorder, Social Phobia, Autism and MORE!!! Contact them at [www.mentalhealthmn.org](http://www.mentalhealthmn.org)

The MN School Health Conference is a great workshop which is devoted to keeping current on the Health Education topics. Clear your calendar so you can attend next year!

Contact:  
Julie Knutson  
Instructor  
Health, Physical Education, Recreation and Sports Science  
315 Halenbeck Hall  
720 4<sup>th</sup> Avenue South  
St. Cloud, MN 56301-4498



## Digital Photos?

If you have good digital photos of you or your peers in action that would be appropriate for Loon Lines, mail or email them to:

Kent Mollberg  
1048 South Shore Drive  
Detroit Lakes, MN 56501  
[mollberg@arvig.net](mailto:mollberg@arvig.net)



# RECOGNITION AND AWARDS 2010

**Nancy Christenson**

It is that time of year; the time to recognize the professionals in our field that go above and beyond in their contribution to their students in health, physical education, recreation or dance. MNAHPERD is asking for your input in identifying those teachers and professors who have made and continue to make a significant difference in the lives of the students they teach.

The categories that MNAHPERD recognizes are:

## National Awards:

**Elementary Teacher of the Year**  
**Middle School Teacher of the Year**  
**Secondary Teacher of the Year**  
**Dance Teacher of the Year**  
**Health Teacher of the Year**  
**DAPE Teacher of the Year**  
**Pathfinder – Girls & Women Sports Award**



*American Alliance for  
Health, Physical Education,  
Recreation and Dance*

## Minnesota Awards:

**Lou Keller Collegiate Award**  
**Paul Schmidt K-12 Award**  
**Carl Knutson Health Award**  
**George Hanson DAPE Award**  
**Dolly Strumbel Distinguished Service Award**  
**Health & Fitness Advocacy Award**



Please nominate a number of excellent teachers and let the committee have the hard decision of who should receive the award. It's a good problem to have when there are many nominees! And don't forget, these awards are presented at the fall conference, this year at the Hilton Hotel, Minneapolis/St. Paul Airport, October 17 & 18, 2010. There is a full description of each award on our website:

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



*Left to Right*

*Cyndee Johnson  
V.P. Dance*

*Chelsea Anderson  
V.P. Future Prof.*

*Jean Long  
V.P. Elect*

*Sherry Folsom-Meek  
V.P. Higher Ed.*



# MINNESOTA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

## Award nomination form

- Elementary Physical Education Teacher of the Year  
 Middle School Teacher of the Year  
 Secondary Physical Educator of the Year  
 Developmental Adapted Physical Educator of the Year  
 Dance Educator of the Year (K-12)  
 Health Educator or the Year (please indicate level \_\_\_\_\_ K-12 \_\_\_\_\_ College/University)  
 Lou Keller Award  
 Paul Schmidt Award  
 Carl Knutson School Health Education Award  
 George Hanson Developmental Adapted Physical Education Award  
 Carolyne "Dolly" Strumbel Distinguished Service Award  
 Pathfinder Award  
 Aquatics Award

Please refer to HYPERLINK "<http://www.mnahperd.org>" [www.mnahperd.org](http://www.mnahperd.org) or read next page for description of awards.

Nominee \_\_\_\_\_ School \_\_\_\_\_

School Address \_\_\_\_\_

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

Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_

On on attached sheet, please provide information as to why this person deserves the award indicated.

Nominated by: \_\_\_\_\_

Address \_\_\_\_\_

Phone (home) \_\_\_\_\_ (work) \_\_\_\_\_

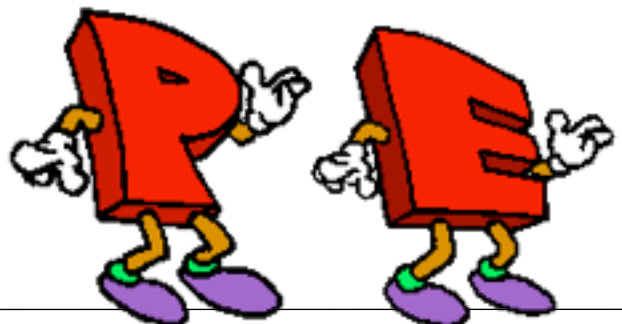
**NOMINATION DEADLINE: March 25, 2010**

**Dr. Sue Tarr**

**sjtarr@stcloudstate**

**3825 Blueberry Ave. South**

**St. Cloud, MN 56301**



# A Primer for Rhythms

Dr. Jane A.K. Carlson - University of Minnesota Duluth  
Vice-President Elect of Dance MNAHPERD

“See Jane Run, See Dick Run” were familiar words used in reading primers. The primers were used to teach basic skills and served as the foundation to develop reading abilities. Similar, basic elements are needed before teaching the first step in rhythms. This primer will provide physical educators basic knowledge of rhythms: what is it, what is its purpose, when it is taught, where to teach it, where to start, how to teach it correctly and how to assess it. The outcome is to improve physical educators’ ability to teach rhythms in hopes to increase students’ enjoyment and learning of rhythms.

## What is it?

Rhythm is defined as moving to the beat of the music. The two components, movement and music, are woven together. Learners initially separate them focusing mainly on the movement as music plays in the background. Mastery blends the movement to the music to form the rhythm. The outcome of moving to the beat of the music distinguishes rhythms from other activities.

A variety of rhythmic activities can be utilized in physical education programs. Activities range from traditional to contemporary Dances: folk, square, social, line, creative, etc. To Manipulatives (moving with an object): Lummi sticks, Tinikling, ribbons, balls, jump rope (individual, long), hoops, parachute, Dance Dance Revolution, etc. The focus is to have students learn to move to the beat of the music individually and also in a group, using any type of rhythmic activity to achieve it.

## What is its purpose?

Rhythms allow students to learn, practice, and refine fundamental motor skills and movement concepts. Specifically utilizing nonlocomotor, locomotor, manipulative skills, space and body awareness, qualities of movement, and relationships with others and objects. The diverse format of rhythmic activities maintains students’ interest in learning and practicing these skills and concepts. As a result, rhythms are an effective means to meet standards as they develop many skills and concepts. Incorporating repetition of these skills and concepts in rhythmic activities allows teachers multiple observations and students numerous trials for an effective means to assess student learning.

Rhythmic activities also create the perfect venue to integrate other subject areas, expand multicultural experiences, and employ all three domains—psychomotor, cognitive and affective. Reframing the activity transforms a simple folk dance lesson to include geography, social studies, and language while blending the three domains to reveal the culture. This provides students meaningful learning experiences with enduring values.

Rhythms are a valuable commodity in a physical education program because of their multi-faceted contributions. Each

rhythmic allocation supplies super-size benefits to a physical education program.

## When is it taught?

Rhythms can and should be taught at all grade levels. However, there is a lack of rhythms taught throughout the grade levels particularly at high school. Its scarcity is a cyclical process of teachers’ unfamiliarity or inexperience with rhythms leading to students’ non-acceptance because of lack of exposure. Ideally, rhythmic activities should encompass ten percent of the K-12 physical education program using various types of rhythmic activities. Appropriate selection, progression, and age level maximizes the effectiveness of rhythmic activities in a physical education program.

## Where to teach it?

The benefit of teaching rhythms is the multitude of places they can be taught since a high ceiling gym is not necessary. Flooring is the determining factor in site selection; hard surfaces are optimal to perform most rhythms while grass and carpet provide challenging surfaces. Rhythms can be taught in the classroom, lunchroom, or hallway, etc. The versatile settings ensure continuation of physical education classes when gym space is unavailable. As a result, rhythms can bailout physical education classes during periods of space shortages.

## Where to start?

Preparing the class: Progressively ease students into accepting and learning rhythms. It is important to slowly build students receptiveness. To gain student acceptance call the activity a “rhythm, warm-up, movement experience, movement expression, etc.” Avoid using the word dance; the “D” word instantly brings negative undertones to some students. Use simple strategies to set a receptive tone and climate close gym doors to avoid onlookers, encourage students to become fully engaged in a non-threatening environment, and utilize the power of music to create a positive and lively atmosphere.

Begin teaching rhythms that are familiar and well-received as a portion of the lesson some ideas are the Hokey Pokey, Macarena, etc. Integrate rhythms as the warm-up, insert dance steps into stations, as students’ acceptance grows introduce new rhythms and slowly increase to become the lesson focus. First, introduce rhythms that are performed individually in a scattered formation; move on to rhythms performed individually on lines, next in small groups, large groups and last partners. This gradual approach increases students’ acceptance and willingness to participate, allowing them to gain confidence and enjoy learning and performing rhythms.

## Preparing to teach:

To begin this grand march into unknown territory, promenade and join hands to expand your rhythmic horizons from heel to toe by learning and teaching a rhythm. Below are steps to begin these moves.



**Rhythms continued on page 8.**



**Rhythms continued from page 7.**

1. Find a partner and together learn a rhythm. Make it an interactive learning experience by learning rhythms with another person.
2. Find a reliable rhythmic resource. For suggestions search Amazon.com and interlibrary loan resources before purchasing to test usability.
3. Read over the rhythm directions and understand them. Visualize and physically practice the skills. Make sure your interpretation is correct. Have your partner read over the instructions and watch your movements. Continuously practice the movements. Start to visualize where to break the rhythm into parts (3 to 4 parts) for your teaching to make it easier for students to learn and practice.
4. Listen to the music so you really know it. Begin by just listening to the music, to learn and know the music play it constantly—in your car, at home and school. Become very familiar with the music. After knowing the music, start to visualize the movements of the rhythm to the music. Physically practice the movements of the rhythm with the music.
5. Practice with a group to know, perform and learn to teach the rhythm correctly. With your partner and a group of friends or co-workers, teach the rhythm in 3 or 4 parts adjusting the parts in accordance to learners' responses. Practice the rhythm with this group so you get to know and perform the rhythm and start to learn how to teach it effectively.
6. Decide effective methods of instruction. Ask the following questions to help organization of the lesson: What equipment is needed? How to get students in the correct formation in an efficient and effective manner? Are the movements broken into effect parts to simplify student learning? How to effectively explain, demonstrate and useful teaching cues for each part?
7. Proper preparation aids in effective implication of a rhythmic lesson. Once the rhythm is established it can remain in a teacher's repertoire indefinitely. To help maintain rhythmic teaching materials place the lesson plan, music CD, etc. for each rhythm in a gallon size plastic zip locked bag. Label the name of the rhythm on the outside of each bag. Arrange rhythmic bags alphabetically in a bin or file cabinet. This system allows teachers to easily locate rhythmic materials as a result encourages usage.
8. Initial preparations to teaching rhythms may seem laborious mainly because the content is new. Start the catalyst of teaching rhythmic by adding one each semester and over time a teaching repertoire is developed. Once established, count on rhythms to become the heart and sole of your physical education program.



*Dr. Jane Carson  
V.P. Elect Dance*



## The Star Polisher

contributed by **Linda Hoffman**

I have a great job in the universe of occupations.

What do I do?

I'm a "star polisher".

I have a very important job.

If you want to know how important  
Just go out at night and look at the stars.

Twinkling and sparkling.

You see, I work with children.

The stars are the children in my care.

My job is to take them in-

In whatever shape they're in-

And shine and buff them and send them out to take  
Their places as bright little twinkling beacons in the sky.  
They come in my room or bus in all shapes and sizes.  
Sometimes they're bent, tarnished, dirty, crinkly, and broken.  
Some stars are cuddly, soft, and sweet.

Some stars are prickly and thorny.

I tell them that the world cannot do without them.

I tell them they can do anything they set their minds to do.  
I tell them they can do anything they set their minds to do.  
I tell them they can be the brightest, shiniest stars in the sky

And the world will be a better place because of them.

Each night as I look at the sky, I'm reminded of my very  
Important job and awesome responsibility.

I go and get my soft buffing cloth and my bottle of polish in  
Preparation

For tomorrow and the the little stars.

~Leah Becks

adapted for all people who work with children



# MARY LAMPE SCHOLARSHIP

## Minnesota Association for Health, Physical Education, Recreation & Dance

The Mary Lampe Scholarship is awarded to professionals, including undergraduate and full-time graduate students in good standing with MNAHPERD in their quest to enhance professional/educational endeavors. Mary Lampe taught at the University of Minnesota the days before Title IX. She coached the women's golf "team". In the 1960's Mary, then President of MNAHPERD and also the President of the American Lung Association of Minnesota, testified before the United States Senate in the Title IX hearing about the discrimination against women in sports. She promoted healthy active lifestyles for all as well as fairness in participation and opportunities throughout her life.

### Application Due: March 25, 2010 Criteria:

- \* The applicant must be a member of MNAHPERD.
- \* Nominee/applicant must indicate in writing the professional scholarly endeavor for which the finances will be used.
- \* Nominee/applicant shall indicate their contributions and/or services to the profession.

### Recipients of the award are required to:

- \* Present a written report/summary of the benefits derived through this experience. This can be a report to the board of directors, an article for MNAHPERD newsletter Loon Lines or a presentation (individual or group) at the MNAHPERD state conference.
- \* Provide an itemized written financial report – including original receipts.

### Scholarship Amount: \$250 - \$500

\*\*\*Award is presented at the MNAHPERD Fall Convention.

## Application for Mary Lampe Scholarship

Date: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Home Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 E-mail : \_\_\_\_\_

MNAHPERD Membership Expiration: \_\_\_\_\_

Amount you are requesting: \_\_\_\_\_ (up to \$500)

### If you are applying as a Professional Member:

Your Title: \_\_\_\_\_  
 School, College/University Address: \_\_\_\_\_

Area/ Specialty: \_\_\_\_\_

### If you are applying as a Student:

College/ University: \_\_\_\_\_  
 Major: \_\_\_\_\_

Year in School: \_\_\_\_\_ GPA: \_\_\_\_\_

Working toward a degree in: \_\_\_\_\_

### Please submit with application:

- \*Resume
- \*Two letters of Recommendation
- \* Professionals: One from a colleague and one from an administrator
- \* Future Professionals: Two professors

### Essay describing

- \* Contributions/ services to your profession
- \* The purpose for which the scholarship would be used for your professional enrichment during 2006-2007.
- \* How you expect this experience to assist you in your professional development.

Send completed application, letters of recommendation, and resume by March 25, 2010 to Nadine Moeller, 4724 3<sup>rd</sup> Ave. So., Duluth, MN 55803. Email Nadine at [moe1234@charter.net](mailto:moe1234@charter.net) or Nancy Christensen at [nancy1485@gmail.com](mailto:nancy1485@gmail.com)

American Heart Association  
 Learn and Live

15 YEARS  
**HOOPS FOR HEART**

Hoops For Heart gives students several great opportunities: helping kids with special hearts; learning the benefits of physical activity, healthy eating and avoiding tobacco; and raising funds for research and programs to fight heart disease and stroke. Besides having fun, students will learn basketball skills, supporting the National Association for Sport and Physical Education (NASPE) Standards of Physical Education and the American Association for Health Education (AAHE) Standards. Join millions of kids in serving others, saving lives and supporting research — hold a Hoops For Heart event!

**DID YOU KNOW?**

- Obesity and physical inactivity are major risk factors for cardiovascular disease.
- On average, American children and adolescents spend nearly 4 hours watching television every day.
- Obesity among our nation's youth has tripled in the last two decades.
- Overweight adolescents have a 70 percent chance of becoming overweight adults.
- A number of studies have demonstrated that increased physical activity is linked to better school performance.

Call 1-800-AHA-USA1 or visit [americanheart.org/hoops](http://americanheart.org/hoops) to get your school involved.

**WE JUMP. WE SHOOT. WE SAVE.**



Amy Kaiser  
 Jump Rope for Heart  
 Hoops for Heart

# TRISH MEEK DEVELOPMENTAL ADAPTED PHYSICAL EDUCATION SCHOLARSHIP

Minnesota Association for Health, Physical Education,  
Recreation & Dance

This scholarship was established in 1999 in memory of Patricia (Trish) Lee Meek. Trish was a Special Olympics athlete, excelling swimming. Trish influenced the career of her mother, Dr. Sherry Folsom-Meek. Because of Trish, Sherry has become an expert in the DAPE field and a strong advocate for people with disabilities. Sherry's passion has assisted many students in their pursuit of teaching students with disabilities. The purpose of this award is to provide a scholarship to a full-time undergraduate student pursuing licensure in developmental adapted physical education (DAPE).

## **APPLICATION DUE MARCH 25, 2010**

Criteria for Scholarship:

- \* The applicant must be a MNAHPERD member
- \* At least one-half of the DAPE licensure courses in respective approved Minnesota Board of Teaching DAPE Licensure program must be completed prior to applying for this scholarship.
- \* You may be currently enrolled prior to the application, meaning that half of your courses would be completed in the semester of application.

## **Recipients of the award are required to:**

- \* Present a written report/summary of the benefits derived through this experience. This can be a report to the board of directors, an article for MNAHPERD newsletter Loon Lines or a presentation (individual or group) at the MNAHPERD state conference.
- \* Provide an itemized written financial report – including original receipts.

## **Scholarship Amount: \$250 - \$ 500**

\*\*\*Award is presented at the MAHPERD Fall Convention.

## **Application for Trish Meek Developmental Adapted Physical Education Scholarship**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_  
Home Telephone: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
College/ University: \_\_\_\_\_  
Year in School: \_\_\_\_\_ (undergraduate student)  
GPA: \_\_\_\_\_

Number of DAPE courses completed at time of application: \_\_\_\_\_

Number of DAPE courses required for licensure: \_\_\_\_\_

Tentative date of completion of DAPE licensure: \_\_\_\_\_

Name of your advisor: \_\_\_\_\_

Advisor's Address: \_\_\_\_\_

MNAHPERD Membership Expiration Date: \_\_\_\_\_

Letter of recommendation will be coming from: \_\_\_\_\_

(DAPE coordinator) \_\_\_\_\_

(Faculty member) \_\_\_\_\_

Amount you are requesting: \_\_\_\_\_ (up to \$500.00)

## **Please submit with application:**

- \* Resume
- \* Transcript: Please highlight DAPE courses.
- \* List of all required DAPE courses to complete licensure.
- \* Two letters of recommendation
- \* One from the DAPE coordinator at your institution In this letter, have your DAPE coordinator verify the courses you have completed and the number of courses remaining.
- \* One other professional letter from a faculty member at your institution.

## **Essay describing:**

- \* The purpose for which the scholarship would be used for your professional enrichment during 2010-2011.
- \* How you would expect this experience to assist you in your professional development.

Send completed application, letters of recommendation, resume, and transcript by March 25, 2010 to:

Nadine Moeller,  
4724 3<sup>rd</sup> Ave. So.  
Duluth, MN 55803

Nadine's email is  
[moe1234@charter.net](mailto:moe1234@charter.net)  
or Nancy Christensen  
[nancy1485@gmail.com](mailto:nancy1485@gmail.com)



# Legislative Efforts to Promote Physical Education

Anne Bomstad Miller, Grasstops, Inc.

MNAHPERD has been working at the State Capitol to promote Physical Education for several years and will continue to do so in 2010. The legislative session started February 4<sup>th</sup> and there are many dynamics impacting the current legislative session, including:

- Our state once again faces a budget deficit. The November forecast projected a \$1.2 billion dollar shortfall for fiscal year 2010-2011.
- Two of the cuts made by Governor Pawlenty via unallotment, have been overturned by the Ramsey County District Court. The State Supreme Court has agreed to take up the case, and they have the power to overturn all of the Governor's unallotments, not just those indicated in the court case. While this process is unlikely to be finalized before the end of the 2010 session, if the unallotments are indeed overturned, the budget deficit would deepen.
- By tradition, the "even numbered" years' legislatures are supposed to focus on state bonding for public buildings and roads and bridges. This year, the focus is on jobs as a means towards economic recovery.
- This year's legislature has a short session with tight deadlines (TBD).
- Every single legislator is up for reelection this fall, and many of them are seeking higher office. Therefore it is expected that they will work quickly to get done on time.

While these dynamics indicate a short and busy session, MNAHPERD intends to be part of the mix, promoting Physical Education. Prior to session starting, Legislators and stakeholders (including MNAHPERD) convened an informal legislative working group that met four times during Fall 2009 and Winter 2010 to recommend legislative proposals that would assist in reducing the epidemic of childhood obesity here in Minnesota. The Working Group affirmed support for physical education, nutrition and physical activity as key strategies to:

- Increase students' abilities for successful learning;
- Teach life-long learning physical activity skills;
- Reduce childhood obesity which reduces early on-set diabetes, heart disease, and other chronic diseases associated with obesity at an early age; and
- Reduce health care costs.

However, while Physical Education is seen as important, due to large state budget deficit (\$1.2 billion), the working group agreed that any legislation put forth in 2010 should not cost the state or school districts any money to implement, and likewise not be seen as an "unfunded mandate" to schools. Therefore the legislation put forth this year will look a little different than in year's prior. First, because of the desire by legislators to avoid unfunded mandates, it is likely that the ½ credit of physical education graduation requirement we have asked for in the past will be dropped. This year's language will require the state of Minnesota to adopt statewide physical education standards. The bill will also most likely include other provisions, including requiring the Department of Education to track the number of PE classes, standards, and credits required by districts for graduation.

The details of this year's legislation are currently being finalized. We will keep you abreast of our efforts as they move forward. Please consider helping by contacting your legislator and telling them how important Physical Education is! If you are uncertain of who they are, they can be found by entering your address at: <http://www.gis.leg.mn/mapservers/districts/>. MNAHPERD's legislative liaisons, Erin Anderson and Anne Bomstad Miller from Grasstops, Inc. are also willing and able to help if you are unsure of what to say. You can contact them via email at [erin@grasstopsinc.org](mailto:erin@grasstopsinc.org) or via phone at (612) 756-1313.



## Are You Attending the National AAHPERD Convention?

The following meetings might be of interest to you during the week

### Wednesday, March 17

8:15-10:00 General Session

10:15-11:30 AAHPERD Town Forum Marriott Ballroom 5-6 - This meeting will focus on issues other than governance. Members of the AAHPERD Board of Governors will be available for questions and answers about member services, future directions, and issues facing the Alliance and its national associations.

2:00-3:30 District & State President-Elects LDC Planning Meeting Marriott Ballroom 3-4

### Thursday, March 18

8:30-10:30 Central District Caucus Meeting Marriott Hotel.

### Friday, March 19

4:30-5:30 Alliance Assembly Forum Marriott Ballroom 6 - The forum will allow time for delegates to discuss the critical issues being presented at the Assembly in an informal setting. The Board of Governors will be available during this time to answer questions.

5:00-7:00 Central District Social - Jillian's Indianapolis

### Saturday, March 20

10:00-11:00 Alternate Credentialing

1:00-2:00 Alliance Assembly Check In Marriott Hotel, Indiana Ballroom Hall

2:00-6:00 Alliance Assembly Marriott Hotel, Indiana Ballroom



# Developmental Adapted Physical Education (DAPE) News

Sue Tarr - St. Cloud State University

[starr@stcloudstate.edu](mailto:starr@stcloudstate.edu)

**Calling all teachers – regular physical educators and DAPE physical educators!!!**

Several opportunities exist for you to enhance your knowledge and skills for providing physical education to students with disabilities. The annual DAPE in your Backyard Workshop will take place Saturday, April 24, 2010 from 8am-4pm at St. Cloud State University. Workshop sessions will include: ideas for early childhood and students with autism in the physical education setting, non-standardized evaluation tools, many activity ideas. There will be a number of session presenters including DAPE Leadership Members, veteran DAPE teachers, DAPE university students, and Teachers of the Year. See registration details below.

## Registration Form

**“DAPE In Your Backyard Workshop” St. Cloud State University 2010**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Send to registration form AND check (made out to the DAPE Leadership Committee) for \$50 (college students \$20) BEFORE April 15, 2010 to:

Heidi Fisher  
18 N. Terrace  
Fargo, ND 58102  
Email: [hfisher@moorehead.k12.mn.us](mailto:hfisher@moorehead.k12.mn.us) or [katherine.oling@duluth.k12.mn.us](mailto:katherine.oling@duluth.k12.mn.us)

Registration fee includes lunch and CEU's.  
College credit (1 credit) from St. Cloud University is pending (additional cost).  
Sign up at the door.

\*\*\*\*\*

The 35<sup>th</sup> Annual Minnesota DAPE Conference will be held September 23-24, 2010 at Camp Courage in Maple Lake, MN.

Workshop sessions will include: technology, archery, aquatics, wheelchair activities, Positive P.E.: Peer Buddies, rip sticks & balance boards, Wii, response to intervention, high school transition, early childhood education & curriculum, activities for the visually impaired.

Session presenters will be National DAPE teachers of the year, DAPE Leadership Committee members, DAPE university students, and master teachers.

Please check out the DAPE website ([www.mndape.org](http://www.mndape.org)) for conference updates and registration information.



Sue Tarr  
V.P. DAPE

## Meet Reba Miller Vice-President Elect for Future Professionals

Hello, I am Reba Miller, the newly elected Vice President-Elect for the future professionals on the MNAHPERD Board of Directors. I would like to say how much of an honor it is to be on the board. I am ecstatic to serve in this way and learn this new role.



I am a senior at Minnesota State University Moorhead, majoring in Health and Physical Education. I have attended MSUM for three years. During my first year I joined MSUM's majors club called Dragons for Wellness. This is a group of students who get involved on the professional level by becoming active members in AAHPERD and MNAHPERD. In this last year I have served as Student Representative and Vice President within that organization. We are currently raising money for our second national AAHPERD conference.

The first board of directors meeting that I attended, a few weeks ago, was so informative. I was so moved by how passionate everyone on the board was. I felt a renewed, burning desire to become increasingly active in MNAHPERD. I am very excited to see what difference I can make. I am looking forward to this year and being involved on the board!



***Please join me!  
Do what you can when you can!  
Keep up the good fight!  
Don't grow weary!  
Support your fellow physical educators!***  
**Marci Wills**

Happy National Heart Month (Feb.) and National Sportsmanship Month (March) fellow Physical Educators!

Wow – February sure was a busy month! I tell my students that shoveling is one of the best exercises – it strengthens both your heart and muscles. Enough already! It is great to have snow to do those wonderful winter sports that we love, but I wouldn't feel badly if I didn't have to shovel again this year!

We had a very successful Mini-Metro workshop at the Susan B. Anthony Middle School in Minneapolis in January. For the second year in a row, we faced some challenging weather (ice and freezing rain) but 28 people showed up on a Saturday morning to learn, play and share. Thanks to our presenters – Joe McCarthy, Kate Bergstrom, Dave Krenik and Deb Peluso-Ayres. You did a great job!

Tuesday, March 2 is National Sportsmanship Day. If you have not yet visited the Institute for International Sport web-site ([internationalsport.com](http://internationalsport.com)) you should! You will find some interesting and informative information and a teaching packet with all sorts of games/activities to use in your classes.

I've been listening to Michelle Obama talk about her initiative to combat childhood obesity, but I have yet to hear her mention increased physical education in schools. Am I missing something? Now is the time to continue to contact your legislators and senators and urge them to at least pass a bill that would define state standards for physical education!

**Now, if you choose to continue reading, you are going to have to listen to me vent**

I have been teaching for 26 years. For all of these years, I have loved going to school and making a difference in my student's lives. When I began teaching, I kept hearing that things would change. Phy. Ed. would become a subject worthy of its place in the school day, not just a prep for classroom teachers. I kept working hard, learning as much as I could about my profession, modifying my teaching to include technology, authentic assessments, and all of the content that we know children need and deserve. I have attended and presented at workshops, I became a member of the MNAHPERD board, I worked hard to become Nationally Board Certified, and was honored to be chosen the



MNAHPERD Elementary Physical Education Teacher of the Year in 2006. I did all the things that I was “supposed” to to affect change. As of yet, nothing has changed! Worse yet, it seems to be getting worse!

Right now, I am even considering taking time off to look into another profession. I am growing increasingly tired of the fight! I don't know how much longer I can hold on, waiting for change. This year, because of several defeated referendums to my district, I have had to increase my teaching load to teach 330 students a day! I teach 12 twenty-five minute classes a day between 2 schools. I have only 10 minutes to completely tear down all the equipment at one school, walk across the street (carting equipment) and completely set up the gym for the second school. Because of the decreased amount of time my students receive phy. ed., I have had to cut out half of the curriculum. I have given up part of my prep time to offer an additional 15 minutes of movement time for my students every afternoon. I have instituted a Brain Boost program before school, modeled after Jack Olwell's Farmington program. Even after receiving a grant to implement a fitness software program district wide, I am wondering how I can even fit in another round of fitness testing in the spring. And yet, nothing is changing. I don't know what else I can do.

What is most frightening to me is the fact that some days I dread going to school. I am tired of fighting! I made a presentation to the school board members last spring, begging them to consider how less physical education would affect our students both physically and academically – but to no avail. I had a conversation with my superintendent the other day, and he warned me that in a few years we will look back to today and wish we had what we have now.

I am frightened. I am frightened for my students and for the future of our increasingly unhealthy country. Again, I am tired! Perhaps it's just that I am getting older – but I don't know how much longer my body can last with my current schedule. I can't even drink enough water during the day, because with back-to-back classes, I don't have time to go to the bathroom!

**I hope and I pray that soon, very soon, someone will wake up and realize how important physical education is to the health of our students and our country! For the sake of my students, I will continue to passionately fight for as long as I physically can. Please join me. Do what you can when you can. Keep up the good fight. Don't grow weary. Support your fellow physical educators and believe that what you are doing is helping our youth!**



*Marci Wills  
V.P. Physical Education*

# 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.*

## MNAHPERD Executive Committee

President	Mary Thissen-Milder	(651)-582-8505
President Elect	Kay Oling	(218)-722-8215
Past President	Vicki Johnson	(218) 847-5212
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Patty Mollberg	(218) 841-1576
Executive Dir.	Nancy Christensen	(218) 847-9769
Parliamentarian	Gerry Levos	(218) 254-7317



*Left to Right*

*Melanie Lawrence  
V.P. Health*

*Shelly Gilmore  
V.P. Elect Health*

*Jack Olwen  
V.P. Elect PE.*



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

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

**Happy  
St. Patrick's Day**







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

### Member Information

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

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

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

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

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

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

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

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

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

**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)
Professional Member	<input type="checkbox"/> \$30
Student Member	<input type="checkbox"/> \$15 College attended full-time: _____
Retired Member	<input type="checkbox"/> \$15 Year Retired: _____
Associate Member	<input type="checkbox"/> \$30
Lifetime Member	<input type="checkbox"/> \$600

### Payment Method

- Personal Check (**Make check payable to Human Kinetics**)  
 Institutional Check (**Make check payable to Human Kinetics**)  
 Visa       MasterCard       American Express

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Mail to: MNAHPERD c/o Human Kinetics  
Attn: Jackie Moore  
P.O. Box 5076

Champaign, IL 61825-5076, USA

Fax to: (217) 351-1549

Questions: Call Jackie Moore at 1 (800) 747-4457 ext. 2231, or email [jackiem@hkusa.com](mailto:jackiem@hkusa.com)