



# Loon Lines

VOLUME III, ISSUE II

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)

MAY 2014

MINNESOTA ASSOCIATION OF HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE



BE FIT

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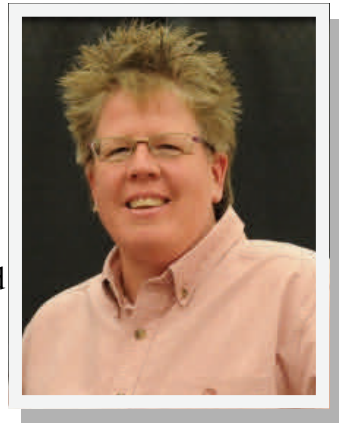


## MESSAGE FROM THE PRESIDENT

Sue Tarr

Happy Spring (or is it still winter?) in Minnesota! I do hope we see the sun and warmer temperatures soon, I will happily settle for one of the two!

As the school year is rapidly coming to a close, I wanted to share some of the exciting events that occurred in our profession since my January *Loon Lines* submission:



- MNAHPERD Board of Directors unanimously approved revisions of our By-Laws (not including a name change).
- MNAHPERD Board of Directors is gathering additional information and data regarding a name change for our organization. We hope to present members with possible names to vote on in the fall.
- A number of MNAHPERD members attended the 2014 SHAPE-America National Convention in St. Louis. It was AWESOME to see so many professionals attend the general session in which the SHAPE-America logo and other marketing tools were unveiled. Check out their new website: [www.shapeamerica.org](http://www.shapeamerica.org)
- Per usual, I was able to attend some GREAT professional development sessions (e.g., Unpacking the National Standards for K-12 Physical Education; Modified Games for Learning: Enhancing Secondary Physical Education for All; Teaching Children Developmentally Appropriate Motor Skills Through Video-modeling; Maintaining Physical Education in the Reauthorization of IDEA).
- I also attended a number of business meetings on behalf of MNAHPERD.
- I would STRONGLY encourage ALL MN health, physical education, and DAPE teachers to attend the SHAPE-America convention in Minneapolis: April 5-9, 2016 – no excuses since it is our own backyard!

Continued on next page

## Message from the President (cont.)

Sue Tarr

### Upcoming News:

- MNAHPERD board members Jeremiah Hinkemeyer, Tara Storts, and myself will represent MN at the Central District Association-AHPERD Leadership Summit in South Dakota in July 2014.
  - MNAHPERD fall conference is November 3-4, 2014 at Wayzata High School – the conference sessions are shaping up nicely! Chris Freytag, health and fitness expert, will be our keynote speaker! Additionally, Deb Tackmann, health educator; Deb Stephenson, Central District President; MacKenzie Mushel, National Dance Teacher of the Year, and NUMEROUS professionals from Minnesota will share their knowledge with us!
  - The Minnesota Department of Health is partnering with the Minnesota Department of Education and MNAHPERD to offer a 4-hour informational workshop on the 2013 National Physical Education Standards and K-12 Grade Level Outcomes. This training will provide information that may enhance current physical education programming through the exploration of the new national standards and outcomes. The workshop provides a process for participating schools to assess current programming and initiates an alignment process with the standards. The training is recommended for school staff including curriculum developers and physical education teachers. Teachers are encouraged to bring their current standards/outcomes/curriculum documents. Any questions contact Mary.Thissen-Milder@state.mn.us
  - MNAHPERD will sponsor the Central District Association-AHPERD convention February 5-7, 2015 at Minnesota State University Moorhead; get this date on your calendars! MNAHPERD members (membership obtained by December 31, 2014) will be able to attend at a reduced rate. We will also need LOTS of volunteers to put on a wonderful conference. Contact Nancy Christenson (nancy1485@gmail.com) or Wendy Frappier (frappier@mnstate.edu) to volunteer!
- Just a gentle reminder: let's get out there and advocate for our schools' health, physical education, and DAPE programs; our students' lives depend on US!
- I am honored to serve MNAHPERD as your President. Please contact me (sjtarr@stcloudstate.edu) with issues, projects, or questions about Health, Physical Education, DAPE, Recreation, & Dance.



### Health/Physical Education Majors of the Year

St. Cloud State University selected Carmen Johnson and Tim Lyngen as the Health/Physical Education Majors of the Year. Both students were recognized at the 2014 SHAPE-America National Convention in St. Louis, Missouri. Tim just completed his student teaching and is interviewing for health, physical education, and DAPE teaching positions. Carmen has finished her coursework and will be student teaching in the fall semester. The HPE/DAPE program faculty at SCSU are extremely proud of these two future professionals!

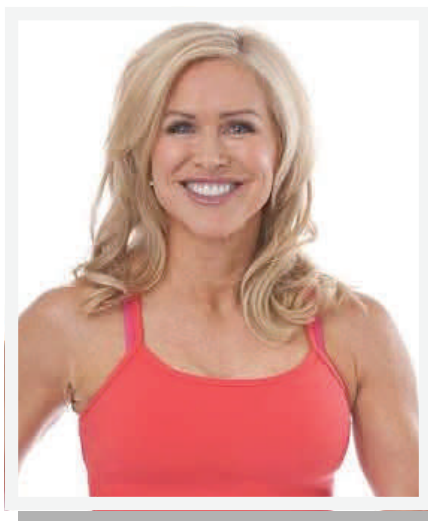
## Fall Conference Presenters

### Chris Freytag and Deborah Tackmann

Chris Freytag is a nationally recognized fitness expert, speaker, and contributing editor to *Prevention magazine* and an author of several books. Chris has served as the chairman of the board for the American Council of Exercise for several years, and was named as a top ten influencer in the world of fitness by [Sharecare](#). Chris has appeared nationally in *SUCCESS* magazine, on *The Today Show* and as a regular healthy lifestyle guest on QVC. Chris also appears weekly on NBC's Minneapolis/St. Paul affiliate [Kare 11 News](#), in a segment called Motivation Monday, featuring actionable nutrition and exercise tips.

Known for her high energy style and dynamic presentations, Chris inspires audiences in both corporate settings and on the national stage with her mission to motivate bodies and empower minds.

Chris resides in Minneapolis with her husband. They have three children ages 22, 20, and 17 and a dog named Dakota. When Chris isn't working or working out, she enjoys spending time with her friends and family, cooking, outdoor activities and giving back to her community.



Chris Freytag

*"I believe that staying healthy is a way of living ... and I am dedicated to motivating others to achieve a healthier, happy life."*

Deborah L. Tackmann, B.S., M.E.P.D., (Consultant) is an exemplary health education instructor, consultant and author in the Eau Claire Area School District in Eau Claire, Wisconsin.

She was selected as one of the top teachers in the nation by USA Today, was awarded national "Health Education Professional of the Year Award" by ASHA and AAHE, and is a Disney Teacher Award recipient.

Deb is in high demand for her high energy and exemplary presentations and has keynoted and presented in over 25 different states.



Deb Tackmann

# Congratulations 2014 Grant Winners

Amy Kaiser

Name	School	City	Project
Susan Allen	Woodland	Eagan, MN	Bosu Balance Balls
Steve Sizer	North Intermed.	St. Peter, MN	pedometers
Stacy Sorgatz	Cokato Elem	Cokato, MN	winter sleds
Jamie Bodette	Raleigh Edison	Duluth, MN	HDMI, Bluetooth PA
Dawn Baudoin	Grand Meadow	Grand Meadow	Mileage Club
Deb Johansen	Clearview Elem	Clear Lake, MN	ME Moves Program
Stephanie Rupp	Paul Bunyan	Bemidji, MN	Spiderweb climbing mat/rope
Ross Peterson	Cannon Falls	Cannon Falls, MN	Gaga pit



## Make a difference in the lives of your students.

Jump Rope For Heart and Hoops For Heart are educational fund-development programs. Each year more than 7 million children participate in a JRFH or HFH event, engaging teachers, schools and their community in a shared collaboration to improve the health and educational success of students.

### Teachers receive

- classroom resources
- teaching tools
- professional development
- networking opportunities

### Students learn

- heart healthy living
- physical activity skill-building
- civic engagement
- teamwork and cooperation

### Schools can

- increase access to PE
- earn equipment vouchers
- promote student success and well-being



Sign up to hold an event in your school and shape a new generation of healthy, physically active and engaged citizens!  
Learn more! [www.aahperd.org/jump](http://www.aahperd.org/jump)





## Central District Members Join SHAPE America

Vicki Johnson

It is an exciting time within our Professional Organization (AAHPERD and now SHAPE, America) and we want you to be a part of it! This year in Central District we are placing a focus on increasing SHAPE, America memberships throughout our District. If you have suggestions as to how to accomplish this goal, please contact Minnesota Executive Director, Nancy Christensen at [nancy1486@gmail.net](mailto:nancy1486@gmail.net) or Vicki Johnson at [vjohnson@arvig.net](mailto:vjohnson@arvig.net). On a personal note, these are the membership options available to you.

A New Membership Option is available through SHAPE America. This option is solely an electronically delivered membership for \$70.00. This is a savings of \$65.00 from a regular membership. You will receive:

1. A password protected member benefit on the AAHPERD website.
2. Et Cetera - a weekly email newsletter reporting on a variety of topics relevant to AAHPERD members.
3. Plus, members will receive all the regular member discounts on AAHPERD resources on the online store. Members will also receive discounted registration fees for all AAHPERD Conferences and professional development programs, and more.

This membership is a nonvoting membership. To compare the value of a Basic e-Membership or a Full Membership, go to the AAHPERD website. Click on the Who We Are at the top bar and go to Membership. You will find a Complete Benefits Comparison Chart for your convenience.

To Review, a Full Membership will give you the following:

1. A well-rounded perspective and resource for publications and professional development tools.
2. Recognition programs to support the image of the professions and opportunities to apply for grants, scholarships, and awards.
3. Opportunities to network including Career Link and forums, blogs, and webinars.
4. Membership in your choice of any TWO of SHAPE national associations.
5. Membership in your district association.
6. Complimentary subscription to one of SHAPE'S four peer reviewed journals.
7. Diversified personal benefits and financial programs.
8. Voting rights and the ability to run for office.
9. Discounted registration fees for Central District Convention.

And much more is available to you.

**Be Ahead of the Game!!**

**Remember MNAHPERD Memberships run from August to August.**

**Renew now – Don't Miss OUT!!**

**More information is available on pages 14 & 15.**



Amy Kaiser receiving CD Honor award from Meggin DeMoss

## MNAAPERD Central District Award Winners



Nancy Christensen, St. Louis Cardinal Care Program Representative, Vicki Worrell



Meggin DeMoss and St. Louis Cardinal Care Program Representative



Amy Kaiser



Mike Doyle receiving Central District DAPE TOY from Meggin DeMoss

## FITNESSGRAM 10 and New 2013 Physical Education Standards Workshop

Nancy Christensen

The Minnesota Association for Health, Physical Education, Recreation and Dance (MNAAPERD) is pleased to partner with the Minnesota Department of Health and the Minnesota Department of Education to offer trainings on FITNESSGRAM 10 and the New 2013 National Physical Education Standards. Seven trainings were presented on FITNESSGRAM 10, which is the youth fitness testing assessment portion of the new Presidential Youth Fitness Program. Five trainings are being offered on the PE Standards

**Trainings still available in FITNESSGRAM 10 are:**

- May 28<sup>th</sup> at Kennedy Elementary School, 824 7<sup>th</sup> St. SW, Willmar, MN 56201
- June 10<sup>th</sup> at Wilson Elementary School, 325 Meadow Lane, Owatonna, MN 55060

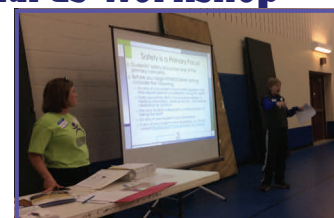
**Trainings available for the New 2013 National Physical Education Standards and Grade Level Outcomes Training are:**

- June 4 at Jackson County Central High School, 1128 No. Hwy, Jackson, MN 56143
- June 5 at Rothsay Public Schools, 123 2<sup>nd</sup> St. NW, Rothsay, MN 56579
- June 11 at Marshall School, 1215 Rice Lake Road, Duluth, MN 55811
- June 18 at John Glas Fieldhouse, Bemidji State University, 220 19<sup>th</sup> St. NE, Room 240, Bemidji, MN 56601
- June 19 at MN Dept of Education, CC 13, 1500 Hwy 36, Roseville, MN 55113

**You may register for these workshops at:**

• <https://survey.vovici.com/TestSurvey.aspx?s=56206EE30857C960>

• Questions may be directed to Mary Thissen-Milder; [Mary.thissen-milder@state.mn.us](mailto:Mary.thissen-milder@state.mn.us) or calling 651-582-8505



Esko Workshop



Pelican Rapids Workshop



Pelican Rapids Workshop  
Andrew Jipson, Angela Haarstad, Lori Wixo, Nancy Christensen, Mark Oscarson, Beth Wicklund, and Chris Swenson

## Scholarship Opportunities

Nadine Moeller

MNAHPERD awards three different scholarships throughout the year for students in undergraduate and graduate school. These are: the Future Professionals Conference Travel Scholarship Award, Mary Lampe Scholarship, and the Trish Meek Developmental Adapted Physical Education Scholarship. Applications will be included in the next newsletter. Please encourage students and professionals alike to apply for the appropriate scholarships.

**Future Professionals Conference Travel Scholarship:** This scholarship is awarded to full-time undergraduate students majoring in the field of health, physical education, recreation, or dance to assist them in traveling to conferences. **Due December 12, 2014.**

**Mary Lampe Scholarship:** The Mary Lampe Scholarship is awarded to professionals, full time undergraduate and graduate students for their quest to enhance professional educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis. **Due February 13, 2015.**

**Trish Meek Developmental Adapted Physical Education Scholarship:** Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE). **Due February 13, 2015.**

## Why JUMP?



This year Jump Rope for Heart will celebrate it's 35th anniversary! The program's continuing success can be attributed to supporting Physical Education while raising funds for cardiovascular disease, stroke research and health education.

- Jump and Hoops Events educate children

When a teacher signs up to participate with Jump or Hoops he/she receives an educational kit along with jump ropes and other equipment.

- Jump and Hoops Events benefit schools

Schools receive US Games Gift Certificates for a percentage of funds they raise.

- Jump and Hoops benefit teachers

Lesson plans, activities, professional development are provided in the packets.

- Jump and Hoops Events are fun!

Students enjoy the event, learn about healthy lifestyles and help their community.



Teachers are also eligible for other benefits:

- Free ShapeAmerica e-memberships if their school raises \$1000.00
- \$20.00 Discounted membership to MNAHPERD if you conduct Jump and Hoops Events
- Chance to receive \$500.00 equipment grant from MNAHPERD (see our website/grant)
- Chance to receive grant to the attend national conference in Seattle from ShapeAmerica

# Health Benefits of Dancing

Heidi Mattinen

Throughout centuries dance has improved people's emotional, physical, and mental health. 30 minutes of moderate dancing can burn about 150 calories. An improved cardiovascular system, toned muscles, stronger bones, improved coordination, and superior flexibility are all benefits of getting on your "grove thang." It can also help people who suffer from depression. Dancing always puts me in a happier mood.

So, why wouldn't one want to choose an activity that can improve not only one area of wellness, but three? Therefore, it only makes sense that dance should most definitely be a part of everyone's physical education curriculum. Promoting dance as a choice for staying fit and being physically active is not only a good choice, but one that is escalating in popularity. Zumba, which started in 1999, has become increasingly popular in many cultures as a way to dance, stay physically fit, and have fun at the same time. Also, I can't help but pay attention to the informational commercial for Sean T's "Rocking Body." With their catchy slogan, "stop working out and start rocking out," consumers have been attracted to an exercise regime that gets them off the mat and on to the dance floor. The information commercial shows both men and women doing choreographed dancing to tone their entire body. It also has individuals talking more positively about themselves because of the increased confidence that dance and exercise can have on a person. There is nothing new about the benefits of dance. Richard Simmons knew the physical, emotional, and mental benefits and his popularity increased just as much as today's Beto Perez with Zumba or Sean T's dancing "Rocking Body."

What has changed then? Nothing is changing, we are just getting more creative, and learning that there are even more benefits to dance than just increasing wellness. Research shows that there is a link between dance and learning. Dancing can help brain function. In an article found on AARP.org, it states, "There was a study done in 2003 and published in the New England Journal of Medicine which found that ballroom dancing at least twice-a week made people less likely to develop dementia. Research also has shown that some people with Alzheimer's disease are able to recall forgotten memories when they dance to music they used to know." Learning and memorizing steps to a dance increases the level of brain chemicals that promote nerve cell growth. Therefore increase brain power and memory skills.

For Physical Educators, it's obvious that we should be promoting and teaching dance to our students. It doesn't have to stop there, though. A whole school can work together to promote dance. At my school, Willow River Elementary in Willow River, Minnesota, there are numerous teachers who make dance a part of their students' lives through their teaching. The music education teacher, Nancy Bennet, works very hard to put on not only one musical concert during a school year, but two. In the Christmas program there are always songs that students have learned a choreographed dance to. In her upcoming spring concert, once again there are dance moves to songs and select dancers who are showcased on stage while the other grades are singing. During some concerts, it's not just a few students who learn the dance, but a whole elementary student body, first through fourth grade, who have put together actions for a song. Also, I know when some classes earn parties or rewards at Willow River Elementary, one of the ways they celebrate is by having "Dance, Dance, Revolution" projected in the classroom so students can follow along and dance together.

We always teach our students teamwork and modeling is one of the most powerful instructional strategies a teacher uses. We can model and demonstrate working as a team amongst a school staff to promote dance. The concerts put on at Willow River are only able to happen because of a team working together. With the administration's support and belief in the benefits of music and dance in the learning process, and the classroom teachers' flexibility and cooperation, it's obvious to promote dance most effectively, a whole school must work as a team.

Music can brighten up our homes, classrooms, gymnasiums, or auditoriums. In my experience, when students are practicing skills and music is played, their bodies start moving to the beat whether



they are practicing that perfect chest pass in basketball, or struggling to master juggling three scarves. I know their day got just a little bit better because they were able to dance to music. So, get up, get moving, work together and let's dance because everyone could use a little more joy, a little more physical activity, a stronger heart, healthier bones, a better range of motion in joints, and the growth of more nerve cells! Start reaping the benefits today of what a life filled with dance can offer. The lyrics from Needtobreathe's new song, "The Heart" puts it nicely as it states, "Can't waste time when it comes time to dance."

Health Benefits of Dancing, Exercise, Fitness--AARP. (n.d.). *AARP*. Retrieved April 30, 2014, from [http://www.aarp.org/health/fitness/info-2005/dance\\_to\\_health.html](http://www.aarp.org/health/fitness/info-2005/dance_to_health.html)

## Mentorship

Jason Karn

Do you remember your first year of teaching? The overload of information, new faces, new names, new protocols, new routines. This can be an exhilarating and scary time for a new teacher or a teacher candidate. Some districts do a great job of integrating a mentor program and in some districts these programs don't exist due to a lack of funding and/or staff. This article is not to discuss these programs, but to get you to reflect on your first year or first couple of years teaching. Mentorship is defined by Dictionary.com as "1. a wise and trusted counselor or teacher. 2. an influential senior sponsor or supporter". Somewhere along your journey, a connection was made with a teacher who made you fall in love with learning and activity. Remember that an individual took the time to mentor you: first, as a student, then, as a pre-service teacher, a teacher candidate and finally, as a new teacher. My challenge to you is to reach out and be that mentor to a teacher in your district next year or accept the university pre-service teacher and/or university teacher candidate. Give them a phenomenal Physical Education & Health learning experience. At the beginning of next year, amongst all the new faces, new names, excitement and angst, smile and be the sharer of information, the helper, the supporter, the listener, the teacher and the learner. Physical Education & Health is at a critical point in this country; it is our turn to help push it in the right direction. Start that process by becoming a Mentor or continue to be the Mentor that you are. We can make a difference.



### National AAHPERD Convention St. Louis

Tara Storts, Megan McCollom, Amy Kaiser

# 5 Ways to Use Technology to Engage Your Students

Joel Heitkamp

One of the best compliments I have ever received in teaching came from a seventh grade student during my third year of teaching. As the principal of my building came into my classroom, this seventh grade student proclaimed to the principal that “You are going to love this class, we do some really cool stuff”! I don’t remember exactly what we did that day in class with the principal, but I can guarantee that we were out of our seats and the kids had something in their hands.

Although I have only been teaching health education in St. Cloud, MN for the last ten years, I have seen first hand the impact that hands-on learning and the incorporation of technology can have on teaching. I have tried to make a personal commitment to be conscious of what interests the students have and I try to incorporate these interests somehow into my classroom. I have also tried staying up to date on new and exciting advancements that will aid in the engagement of my students, has proven beneficial to their learning.

I have chosen five of the tools and strategies that have worked the best for me. Give these tools a try. Then gage how well you think they will work in your classroom.

## #1 The Apple iPad.

This is an easy choice, I know, but the iPad changes the way many of us teach every single day. As new apps and technology are released, we are able to modify the way we teach and what we do in our room. While I know that all of you as readers know about the iPad, I would like to use this section to briefly highlight five apps for the iPad that I use on a regular basis:

- **The Eat This, Not That Game.** Modeled after the very popular books, this app is a game that pits two foods against each other and the student is forced to make the healthiest choice. The quicker the correct response, the more points the student gets. There is a free version, or a small charge for the full version. This is a great activity during a nutrition unit.
- **Fast Food Calories.** This app is another great tool during a nutrition unit. This free app has all of the nutritional information for nearly every fast food restaurant out there. For a lesson idea, try assigning students a common restaurant and have them find the nutrition facts for their favorite meal. Then tell them they are forced to choose another meal, but it has to be the healthiest meal possible. They will be amazed at how bad the food they eat is for them and how they can still make better choices when the time is taken to pay attention to what is in the foods before they eat them.
- **Push-Ups Dojo.** This app is \$0.99 and works great for the health and physical education teacher that is trying to build upper body strength in their students. If you teach physical education, the push-ups you see from many students leaves something to be desired. For most of those cases, the students just are not strong enough yet. This app motivates students to do push-ups by providing an object on the screen that breaks every time they touch their nose to the iPad. The more push-ups they do, the faster they advance to a different level. The other great piece is that this app will track how many push-ups a student does, so they can see their improvement every day!
- **Virtual Heart.** If you have ever tried to explain the path of blood through the heart, I am sure you have seen the same blank stares from students that I have. This free app makes that explanation easy with a great inside view of the heart. It also includes an explanation of the electrical signal that takes place causing the heart to contract with its regular beat.
- **Nike Training Club.** With this app, students are allowed to create their own training program. They have the freedom to choose not only what they do but for how long they do it. It includes a video of a person performing the exercise to ensure the students are doing them correctly. This is another great free app.

## #2 Google Apps.

Google has revolutionized the way we use the Internet in schools. What used to be a simple search engine, Google has taken web-based tools to a new high. Our school district has a Google account for every one of our 10,000 students. This

gives students the opportunity to create various types of documents, from the simple word processing document to spreadsheets and presentations. The type of app I find the most beneficial for student learning is the Google drawing. This is essentially a blank piece of paper that the student has complete control over. I use drawing document to have the student create concept maps of topics we are covering in class. CPR and first projects are how I use it the most. There are many different areas of first aid; we map out the steps and strategies for all of them. I have had students come back to my room after their time with me is over and talk about how they had used those concept maps they had created to help with an injury at home. There is nothing better than hearing about how students are applying something you teach them!

### #3 Socrative

Socrative is a free app for iPad, iPhone, and iPod Touch. This is an app that allows the teacher to do a couple of different things. I personally use it in two ways. The first is as a student response tool. The teacher has the ability to create a set of questions and students can use their device (iPad, iPod, or iPhone) to respond to the questions. The teacher can control how fast the questions are presented to the students, which prevents students from working ahead and allows for discussion with 100% attention of all your students.

The second way that Socrative is best used, is as a web-based test and quiz-taking tool. Ahead of time the teacher creates the quiz with true/false, multiple choice, and open response questions. Then the student logs into your Socrative "room" and with the direction of the teacher, the student takes the quiz; each student can take it at their own pace. The quiz will correct itself, giving the student instant feedback on how they are doing. Best of all, when the class is done taking the quiz, Socrative will prompt the teacher to email themselves an excel spreadsheet. This spreadsheet will have every student's exam graded with each of their responses, the teacher can see then if there is a question that a majority of students answered incorrectly and if re-teaching is required.

### #4 iBooks Author

While this is a relatively new tool for me, my opinion is as educators, this is something we are all going to be using more of in the future. iBooks Author is an application for your computer that allows anyone to create a document that will be in an iBooks format. When complete, the teacher can post a link of the file on their class website. The student can use any device that uses the iBooks app to click on that link. The device will prompt the student if they wish to download it into their iBooks library. You may be asking yourself, how is this beneficial for me? As the teacher, you can create a book with all of your unit specific notes and activities so that a student can have access to them on their personal device, 100% of the time. This could ultimately replace the use of textbooks in the future. If you would like to see an example, go to my class website with your device, (iPad, iPod, iPhone) and click on the link for the free iBook on the main page. The iBook I have created for my class contains all of the notes for my CPR and first aid unit. My website is [www.southhealth.weebly.com](http://www.southhealth.weebly.com).

### #5 Quizlet

With the need to prepare students for class quizzes, exams, and activities, Quizlet has proven to be the answer for my students. This online, and app based, activity allows the teacher to create what Quizlet calls "sets" of review cards. These review cards can be vocabulary words, review questions, or any other topic the instructor thinks may be best for their students. Any student then has open access to these sets of review cards as long as the instructor supplies their Quizlet login name. The student searches the teacher's name and then all of the different sets of note cards for that teacher appear.

Students then have multiple options on how they wish to review. They can simply review by viewing a word or question and then click on the card to flip it and see the answer, or if the student would like more interaction, they have many different review game options to choose from. I find it best to check out our building iPad cart, which allows each student to review on his or her own or with one other student.

If you would like to take a look at some sample sets, go to [www.quizlet.com](http://www.quizlet.com) and enter (jheitkam) in the search bar to see the sets of review cards I have created for my health classroom.

These are tools that work for me; the key is to find what works for you. If you like it and believe in it, your students will too. Best of luck with trying something new!



# 3<sup>rd</sup> Annual MNAHPERD Regional PE Workshop

Mary Cappel

The 3<sup>rd</sup> Annual MNAHPERD Regional PE Workshop in Cannon Falls was held on Saturday, April 12<sup>th</sup>, 2014. Presenters were Sue Bremer (Cannon Falls,) Mary Cappel (Winona,) Mike Doyle (Wayzata,) Peter Johnson (Red Wing,) and Tara Storts (Monticello.) Attending PE professionals and future professionals participated in a variety of activities including Badminton, Winter Olympics, Using the Playground in PE, Nutrition and Cooperative Tag Games, DAPE station ideas and Use of Technology and Social Media in PE.

Regional Workshops are a great way to learn new activities, get updates on best practice in PE and network with colleagues from across the state and region. If you are interested in hosting a MNAHPERD Regional Workshop in your area, please contact President Sue Tarr at [stjarr@stcloudstate.edu](mailto:stjarr@stcloudstate.edu)



Clam Bake Tag



Cannon Falls Workshop



Playground Activities



Olympic Skeleton Races



Networking



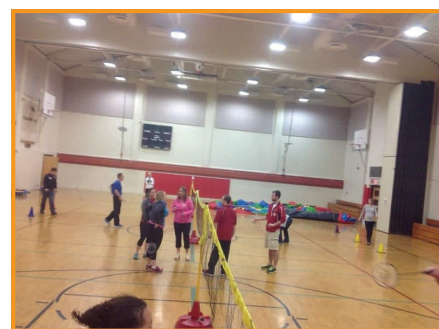
Veggie Tag



Olympic Speed Skating



DAPE Activities



Badminton



## Save the Date: Central District Convention in Moorhead, MN February 2015

Wendy Frappier

When starting to think of requesting money for professional development for the next academic year, plan ahead and save the date of February 5 – 7 for the Central District Conference which will be held at Minnesota State University Moorhead. This will be a fantastic conference with unique and informative pre-conference sessions on Thursday February 5<sup>th</sup> on curling, dance, developmental adapted physical education (DAPE), technology and a pre-professional student section. Thursday evening will include awards and a social at the conference hotel (Courtyard Marriot in Moorhead). Friday will include exciting and educational sessions in health, DAPE, dance, physical education and more. The evening will conclude with a social and dance at the hotel. More education and networking will continue on Saturday at the conference.

We encourage you to update your MNAHPERD membership as soon as possible since if you are a member you will not be required to obtain a National SHAPE America membership to attend. The savings is approximately \$70 and to be a professional state member shows your commitment to your profession. Hope to see you in Moorhead in February!

### Minnesota Hosts SHAPE America Central District Convention “The Power of Unity” February 5-7, 2015

MSU Moorhead, Moorhead Minnesota

This is a unique opportunity for you to attend a district convention at a state rate. Because Minnesota is hosting this convention you may attend by being a state Minnesota AHPERD member, but you must join MNAHPERD by **December 31, 2014**. In other words you do not need to be a member of SHAPE America. This only happens when we host, so take advantage and join your colleagues for an outstanding program. Checkout [SHAPEAMERICA.org](http://SHAPEAMERICA.org). Click on About, then districts, then central. More information will follow in the next newsletter.

Wendy Frappier and Nancy Christensen – Convention Managers

## National Conference Highlights



Night at the Museum Social



Deb Tackmann Presentation



Night at the Museum

# Special Convention Benefits to MNAHPERD

## Members JOIN SHAPE America

Vicki Johnson

**The 2015 Central District Convention** is scheduled for February 5 – 7, at Minnesota State University Moorhead. Professionals, you will want to update your MNAHPERD memberships. Become a MNAHPERD member before December 31, 2014 for state membership registration discount. If you are a MNAHPERD member, you will not be required to have a National SHAPE America membership to attend. Because it is in Minnesota, your state membership will be all you need to attend. This means a savings to you, of about \$70.

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

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.



**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"/> \$35.00  |
| JRH/HFH Coordinator | <input type="checkbox"/> \$25.00 (\$10 discount off professional membership for coordinators) |
| Student Member      | <input type="checkbox"/> \$20.00 College attended full-time: _____                            |
| Retired Member      | <input type="checkbox"/> \$20.00 Year Retired: _____  |
| Associate Member    | <input type="checkbox"/> \$35.00  |
| Lifetime Member     | <input type="checkbox"/> \$650  |

**Payment Method**

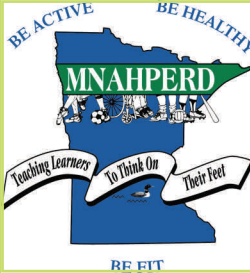
- Personal Check **(Make check payable to MNAHPERD)**  
 Institutional Check **(Make check payable to MNAHPERD)**

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)

# Minnesota Association of Health, Physical Education, Recreation and Dance

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



**MNAHPERD**

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

**May 2014**

## LOON LINES

MAY 2014

### 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

<i>President</i>	<i>Sue Tarr</i>	<i>(320) 217-2371</i>
<i>President Elect</i>	<i>Mike Doyle</i>	<i>(763) 221-3375</i>
<i>Past President</i>	<i>Jack Olwell</i>	<i>(612) 432-9082</i>
<i>Treasurer</i>	<i>Jeremiah Hinkemeyer</i>	<i>(218) 329-2088</i>
<i>Secretary</i>	<i>Vicki Johnson</i>	<i>(218) 847-5212</i>
<i>Executive Director</i>	<i>Nancy Christensen</i>	<i>(218) 847-9769</i>



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)