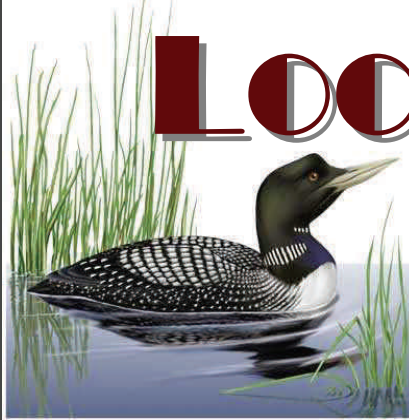


Loon Lines



VOLUME 9, ISSUE 4

For more information about MNAHPERD, please visit our website at www.mnahperd.org or the national site at www.aapherd.org



MNAHPERD

November 2011

Greetings from the President

Mary Cappel



The sun is shining, the leaves are changing and the temperature is dropping. Fall is a beautiful time in Minnesota, and an exciting time to continue a new school year!

Minnesota Association of Health, Physical Education, Recreation and Dance (MNAHPERD) held its state convention on October 7th and 8th, 2011 in Minneapolis at the Doubletree Hotel-Park Place. The theme of the conference was "Move On Minnesota" and featured the option of attending one day (either Friday or Saturday) or the regular two-day option. It was an interesting concept that seemed to work well for our participants. Dr. JoAnne Owens-Nausler gave inspiring keynote presentations each day as well as active learning sessions. Friday featured 2-hour sessions in health, adapted physical education, "in-betweeners" for classroom teachers, Fitstix, and brain based meaningful movement. Saturday included over 40 sessions in the areas of physical education, health, dance, recreation, brain based activities and classroom management. Several sessions allowed teachers to receive specific renewal units necessary for Minnesota teacher licensure. Friday night we honored the state award winners at an evening celebration, and election of new board members was also held during the conference.

We held our first board meeting of the new year on November 5, 2011, which focused on board development. Former Central District President and Executive Director, Sally Scherrer led us through the process of developing the vision for MNAHPERD. The three areas which emerged from this process were **QUALITY DAILY PHYSICAL EDUCATION** ("Required Quality Daily PE in the K-12 School System,") **ADVOCACY** ("Get critical information into the hands of the decision makers,") and **COMMUNICATION** ("Communicate effectively through a variety of mediums to members, potential members and community partners.") Subsequent meetings will see us work toward developing a new strategic plan. We are considering possible reorganization of our board in order to operate more efficiently and cost effectively, and will utilize our list serve, organization website and social media to keep our membership connected and informed. (Check out MNAHPERD on Facebook!) Please contact your MNAHPERD Board of Directors members with questions, concerns or suggestions. We are here to serve you!

Mark your calendars for the Central District Conference in Colorado Springs from February 2-4, 2012 and AAHPERD in Boston March 12-17, 2012. Conferences are a great way to learn from excellent presenters and network with other professionals from across the country.

2011
MNAHPERD
Conference
Highlights

PAGES 8 & 10

Congrats
to the newly
elected
MNAHPERD
Executive Board

What's New?



PAGE 5

Preparing for your Future

Megan McCollom

As a future professional, I have found that the best way to prepare myself to become an educator is to learn from current educators. This is also a great way to network and get to know people in the field. I was able to attend the MNAHPERD conference this year and received some valuable information from the sessions I attended. On Friday, there were longer sessions, which were beneficial because you were able to spend more time networking with the people in the sessions and you were able to absorb more information from the presenters.

There were so many great sessions to choose from on Saturday; many of the sessions got you up and moving, and the presenters gave you great information that you can use when you begin teaching. Some of the sessions I attended were “A Potpourri of Online Activities” by Gerry Levos, “Spring into Sport Stacking with Speed Stacks!” by Paola Metz, “Outrageous Teaching Techniques in Health & Sex Education” parts 1 and 2 by Deb Tackmann, and “Easy & Fun Interdisciplinary Connections with Dance” by Carol Conkell and Tara Storts. I took away so many wonderful ideas that I plan to incorporate into my classroom in the future. The keynote speaker, Dr. JoAnne Owens-Nausler, was very inspiring and she had many wonderful points throughout her speeches. Going to conferences is a great way to get excited about your future profession; you are able to see people who are currently in the field and they are more than willing to share their knowledge with you, so get out there and get excited to teach!



The New President ELECT

Jack Olwell

I am the new President Elect of MNAHPERD and will follow in the footsteps of Kay and Mary next year. I have been an elementary teacher and H.S. tennis coach for the last 33+ years in Farmington. This will be my second term with MNAHPERD, the previous term coming in the mid 1990's. The landscape is far different now although I am not certain we as physical educators have kept up with the changes.

We are blessed to be a part of such a great profession. The future of our kids and the future of our profession is under attack. We face many daunting challenges not the least of which is the resistance to our message that quality Physical Education transforms the body and mind. Physical Education has the weight of research behind it and yet we are still losing ground. As Dr. John Ratey from Harvard said recently, “I can't believe the resistance that the whole issue still meets in this country. We are supposed to be the models for the world, the innovators and we have become so stuck in the mud.”

Look for new advocacy resources in the coming months. Our professionals are our best salespeople. There is no better sales pitch than an extraordinary program backed by irrefutable research data supported by student achievement and health. We will be asking our people to begin to spread the word and trumpet the success stories in our state.

Advocacy 101

Joe McCarthy

- ◆ Has your community heard of you?
- ◆ Have they read or seen the latest research?
- ◆ Have you invited in a school board member or administrator to have fun with your classes?

If you are not in the forefront, they will forget about you. We must do a better job of promoting all the wonderful ways we impact our school. Students are participating at all times. We provide opportunities for different levels of success for all students. We present time and goal challenges for all our classes.

We need to empower our students to be physically active every day. Whether it's walking the dog, raking the leaves or playing a sport, find time to move. Many great things are happening to our heart and brain. We feel better, therefore we are in school. We look better, therefore we are more confident. Finally, we are happier; therefore we will have more friends.

Did you know that obesity costs U.S. \$168 billion?

Nearly 17% of U.S. medical costs can be blamed on [obesity](#), according to new research that suggests the nation's weight problem may be having close to twice the impact on medical spending as previously estimated.

Being overweight increases your risk for many health conditions and diseases, including heart disease, diabetes, hypertension, stroke, osteoarthritis, gallbladder disease, and sleep apnea.

The importance of why students need Physical Education

- ◆ Being active grows new brain cells
- ◆ Aerobic fitness aids cognition
- ◆ Cross lateral movement organizes brain functions
- ◆ Eye tracking exercises and peripheral vision development helps reading
- ◆ Balance improves reading capacity
- ◆ Exercise reduces stress
- ◆ Movement prepares the brain for optimal learning

***Find time to present at your next PTP or School Board Meeting and share the research and data on how we affect the whole child.**

Dance and Interdisciplinary Learning

Carol Conkell

A strong push in Physical Education has been to integrate other areas of the curriculum. Several sessions at the October MNAHPERD Conference presented ideas for doing so both in Physical Education and Dance. One session at the conference was presented by Dr. Carol Conkell and Tara Storts from Saint Cloud State University. Their session presented ideas to connect movement activities with Language Arts, Social Studies, and Geography. Following, is a quick overview of interdisciplinary learning and two activities presented at their session.

What is Interdisciplinary Learning?

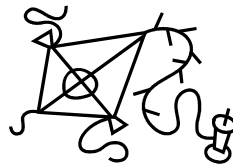
Interdisciplinary learning is an educational process where two or more subjects are integrated. The main goal is to enhance learning in each of the subject areas. Cone, Werner and Cone (1998) in their *“Interdisciplinary Teaching through Physical Education”* presented three models that they felt worked well in Physical Education.

Interdisciplinary Teaching Models

- **Connected Model:** This model uses content from another subject area to enhance the main discipline area. For example, when playing a game from a country in South America, the teacher might use a map to show where the country is located.
- **Shared Model:** This model integrates two subject areas through a theme or concept. The subjects may be taught alone or together. Perhaps the fourth grade class is learning about architecture. The Physical Education teacher could tie in to this unit by helping students understand foundation (base of support) and angles as applied to gymnastics.
- **Partnership Model:** There is equal representation of each subject area when using this model. Often teachers collaborate and teach the unit together. Perhaps the Art and Music teachers team up with the Physical Education teacher in order to teach a unit on Native Americans. Each would teach an aspect of the unit to all of the students collaboratively.

Ideas for Interdisciplinary Connections with PE & Dance

- Use poems or short stories to stimulate creative movement for Language Arts.
- Use shapes and balances to make connections with Geometry or Math.
- Have students learn the dances or games native to the different cultures within your school for Geometry or Social Studies.
- Have students measure distances for a skill; or graph results of performances.
- Make connections with Science by teaching students about heart rate, muscles, levers and bones as applied to movement.



Fitness in America

Goal: Students experience an interdisciplinary study unit that combines rhythmic movement with social studies, geography and language arts. Students can learn about the states' capitals, location, economics, sports teams, etc.

Procedure: The teacher or the students draw various states on sheets of cardboard. The state's capital might be included as well. The teacher and, or the students create a movement for each state (i.e. Wyoming Washing Machine; Rhode Island Running Man).

Set the states around the gym in stations. The activity portion involves the students interpreting the movement given at each station. Stay at each station for 1-2 minutes. While moving, students should read the fun facts about each state by reading the station card. Use upbeat and fun music; something with a 4/4 time works best.

Teaching Tips:

- It might be helpful to place a map of the United States on the wall, so students can learn the location and shape of each state.
- Have the students create the movement. A few examples might be: Minnesota Mountain Climbers; Illinois Ice Skating; or the California Can-Can.

Poetry in Motion

Goal: Students experience an interdisciplinary study unit that combines Dance with Language Arts.

Procedure: The teacher will place students in small groups. Each group is given a poem and the task of creating a dance that reflects their interpretation of the poem. The students can each take a line of the poem and create movements to it; or they can use the poem as a catalyst for the group-created dance.

Example of a Lesson (Kites)

- The teacher reads a short story that is about Kites and their different shapes and movements.
- Teach the students how to use rhythmic ribbons, which will represent the kites' tails.
- Divide students into small groups and pass out a poem to each group.
- Let each group create a dance that expresses their poem. (If comfortable have groups share their dance and poem.)

References and Resources

Bennett, J.P. & Riemer, P.C. (2006). Rhythmic Activities and Dance. Human Kinetics: Champaign, IL.

Berenstain Enterprises (2004). The Berenstain Bears: We Like Kites. Random House: New York

Cone, T.P., Werner, P., Cone, S.L. & Woods, A. M. (1998). Interdisciplinary Teaching through Physical Education. Human Kinetics: Champaign, IL.

www.50States.com

MNAHPERD members are going green!



This is the last mass mailing as a hard copy of the Loon Lines. From now on, you will be notified through the List Serve when the Loon Lines has been posted to our website and you will find it there. If it is more convenient for you to continue to receive a hard copy please contact Nancy Christensen, Executive Director at nancy1485@gmail.com or at 25673 Muskrat Drive, Detroit Lakes, MN, 56501 or call her at 218-847-9769

www.mnahperd.org

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

Joe McCarthy

jmccarthy@farmington.k12.mn.us

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

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

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

2. When you attend MNAHPERD workshops, you will be given the opportunity to receive CEU's towards your re-licensure. Our goal is for all 13 regions to have 1 workshop every year.
3. You will have the opportunity to observe and participate in workshops and sessions conducted by the state's best presenters.
4. Scholarship and grant opportunities are available through MNAHPERD to MNAHPERD members.
5. Being a MNAHPERD member gives you the opportunity to be honored in our state for your great service and commitment to our profession.

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

FIVE Keys to a successful workshop:

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

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



IT TAKES HEART TO BE A HERO!

DEREK, Age 4

"I can't wait to do Jump Rope For Heart next year to help other kids like me! The money raised for the American Heart Association really does save lives ... it saved mine!"

Jump Rope For Heart and Hoops For Heart are national events sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students in these programs have fun jumping rope and playing basketball — all while becoming empowered to improve their health and help other kids with heart health issues.

Funds raised through Jump Rope For Heart and Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

Jump Rope For Heart and Hoops For Heart help students:

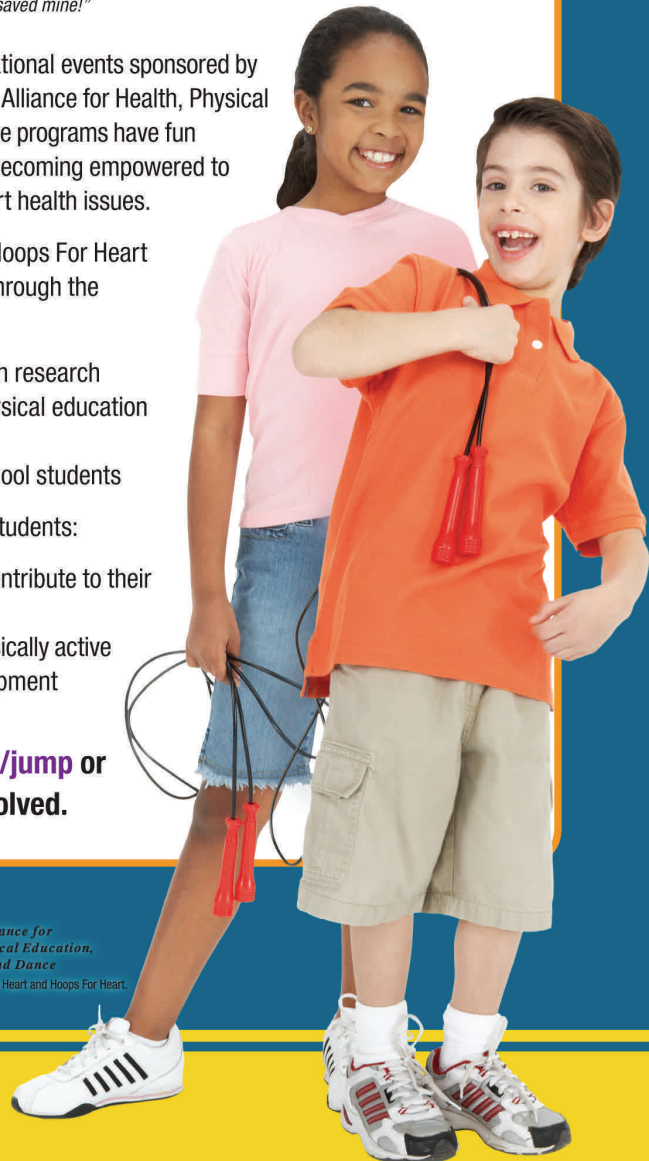
- Learn the value of community service and contribute to their community's welfare
- Develop heart-healthy habits while being physically active
- Earn gift certificates for free school P.E. equipment from U.S. Games

Call 1-800-AHA-USA1 or visit heart.org/jump or heart.org/hoops to get your school involved.



American Alliance for
Health, Physical Education,
Recreation and Dance

AAHPERD is a proud program partner of Jump Rope For Heart and Hoops For Heart.



Just in case you missed the celebration...

Sue Tarr

On Friday, October 7th almost 100 MNAHPERD members, family, and friends gathered to celebrate the accomplishments of the MNAHPERD award winners. When you see these folks throughout the year, please share your congratulations with them for a job well done! Please use the nomination form in this issue of the Loon Lines to nominate yourself or your colleagues for next year. There are a LOT of quality people in our state doing quality things. Let us share their good accomplishments with the rest of our state!

MNAHPERD 2011 Award Winners

- Jan Adair (Minnesota State University, Moorhead): Carl Knutson Award
- Annette Brewer (Albany Public Schools): Paul Schmidt Award
- Angie Powell (Minneapolis Public Schools): George Hanson Developmental Adapted Physical Education Award
- Bridget Duoos (St. Thomas University): Lou Keller Collegiate Award
- Heidi Fisher (Moorhead Public Schools): Adapted Physical Education Teacher of the Year
- George Beran (Greenleaf Elementary School, Apple Valley): Elementary Physical Education Teacher of the Year
- Molly Schock (Kenyon-Wanamingo Public Schools): Middle School Physical Education Teacher of the Year
- Cindy DeCourcy (Big Lake Public Schools): High School Physical Education Teacher of the Year
- Kathy Moen (Linwood Monroe Arts Plus School): Dance Education Teacher of the Year
- Renee Combs (St. Paul Public Schools): Health Education Teacher of the Year

Many thanks to the Awards Committee (Sue Bremer, Bridget Duoos, Sandy Hasse, Vicki Johnson, Karen Nash, Kay Oling, Marci Wills) for their hours of work reviewing applicant materials and assisting with Awards Celebration!



2011 Award Winners

George Beran, Molly Schock, Renee Combs,
Jan Adair, Bridget Duoos, Annette Brewer,
Cindy DeCourcy, Kathy Moen, Heidi Fisher,
Angie Powell

36th Annual Fall MN DAPE Conference was a HUGE success!

Sue Tarr

On Thursday & Friday, September 29-30th approximately 200 DAPE professionals and college students participated in a LOT of activities geared for students with disabilities. The keynote speaker was Matthew Sanford, a yoga instructor, with a POWERFUL message about connecting mind and body. Sessions consisted of integrating NASPE physical education standards in DAPE curriculum, programs, and assessment, de-escalating students with autism, incorporating music, dance, reading, & math into your DAPE units, several sessions addressing technology for students with disabilities, a variety of yard games, and fitness activities for students with disabilities. Participants had LOTS of time to network with DAPE teachers from across the state and enjoy the beautiful weather at Camp Courage.

Cathy Thompson, St. Cloud Public Schools, was awarded the Allen Burton DAPE Leadership Award for 2011. The purpose of this award is to honor and recognize the outstanding efforts and contributions given to students with disabilities in the area of developmental adapted physical education by a teacher of elementary, secondary or higher education. Cathy is a most deserving recipient!

Consider attending the 37th annual fall MN DAPE Conference, September 27-28, 2012 at Camp Friendship (new location, only 4 miles from Camp Courage).

Plan to join us for the annual spring DAPE in Your Back Yard workshop. The specific date, time, and location will be published in the next Loon Lines. Or, you can check our website (www.mndape.org) for information on our upcoming conference & workshop as well as to view the nomination information for the Allen Burton DAPE Leadership Award.



Cathy Thompson was awarded the 2011 Allen Burton DAPE Leadership Award



Matthew Sanford was the 2011 Keynote Speaker



Join today at www.mnahperd.org!

More on the 2011 MNAHPERD Conference “MOVE ON MINNESOTA”

Sue Tarr

Over 150 teachers and university students participated in the annual MNAHPERD conference on October 7-8. The DAPE division provided several sessions for attendees: (a) ‘Activities for students with sensory issues’, (b) ‘Got Balance’, and (c) ‘RtI (response to intervention): What all regular physical education teachers need to know’. The sessions were well attended and participants were able to brainstorm a variety of activities in these areas to take back with them to their respective schools.

IF you have ideas about DAPE sessions you would like to attend at the next conference, PLEASE let me know.

Also, please consider submitting a presentation to share ALL the good things YOU do with other teachers in the state!



Angie Powell was presented the George Hanson DAPE Award by Sue Tarr



Presidential Award Winners Amy Kaiser, Vicki Johnson, Kay Oling, and Nancy Christensen



Kay Oling handed the gavel over to the new President Mary Cappel



Jump and Hoops check presented by Amy Kaiser, Kay Oling, George Beran, and Mary Cappel



George Beran was presented the Elementary Teacher of the Year award by Sue Bremer



Molly Schock was presented the Middle School Teacher of the Year award by Sue Tarr



Renee Combs was presented the Health Education Teacher of the Year Award by Sue Tarr



Jan Adair was presented the Carl Knutson Award by Nancy Christensen



Bridget Duoos was presented the Lou Keller Collegiate Award by Sherry Fulsom-Meek



Annette Brewer was presented the Paul Schmidt Award by Bridget Duoos



Cindy DeCourcy was presented the High School Teacher of the Year Award by Karen Nash



Kathy Moen was presented the Dance Education Teacher of the Year by Marci Wills



Heidi Fisher was presented the Adapted PE Teacher of the Year award by Kay Oling

Join today at www.mnahperd.org!

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



www.mnahperd.org

Loon Lines

November 2011

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

MNAHPERD Executive Committee

President	Mary Cappel	(507) 454-1641
President Elect	Jack Olwell	(612) 432-9082
Past President	Kay Oling	(218) 772-8215
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Vicki Johnson	(218) 847-5212
Executive Director	Nancy Christensen	(218) 847-9769



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

Amy Knopf at aknopf@detlakes.k12.mn.us.

You can also access this newsletter in PDF format on the web at www.MNAHPERD.org