

MINNESOTA ASSOCIATION OF HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

Loon Lines



For more information about MNAPERD, please visit our website at www.mnahperd.org.



Locate ten questions in Loon Lines that you might be asked in interviewing for a PE teaching position. Can you answer them?

REAL Physical Education Teacher's Pledge:

*I solemnly pledge to what I hold most dearly,
that as a teacher I will practice my profession with honor and integrity.
I will abstain from using teaching practices considered inappropriate
and I will follow the standards and guidelines for my profession to the utmost of my power.
Always reaching for excellence,
I will continue to learn and enhance my teaching skills throughout my career.
I will be a positive role model for children and youth and do all that I can to help them
acquire the skills, knowledge and desire they need in order to enjoy a lifetime of physical activity.*

We Jump! We Shoot! We Save!

by Lisa Hoffman
American Heart Association

Jump Rope and Hoops for Heart is a national service learning event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). The rope-jumping or hoops-shooting event encourages students to join other students nationwide to fight heart disease and stroke. By raising funds for the American Heart Association, participants learn about community service and become engaged in learning more about how to care for their bodies and establish heart-healthy lifestyles at a young age. The event is conducted in school by physical education teachers, coaches, or other volunteers and it can be scheduled whenever is most convenient.

Once you register, you'll receive an event kit with everything you need to conduct a successful event.

- Step-by-step instructions on scheduling, promoting, and conducting the event
- Complimentary jump ropes or basketball to use during the event
- Educational modules for heart-healthy curriculum to support heart awareness with the event
- Hands-on training and support from an experienced American Heart Association staff person

**If you are interested in participating in an event or would like more information, please contact the Youth Market Director in your area:

NE MN & Metro - Kristi O'Keefe (612-590-2454,
NW MN - Wayne Geary (218-770-9772),
Metro Area - Sara Silvernail (952-846-8607)
SW MN - Eric Stommes (320-260-1223)
SE MN - Anne Casey (507-993-2137).
You can also contact Elaine Larson at the American Heart Association office at 952-278-7932, to further direct you to the representative in your area.



Grants are available to any MNAHPERD member who hosts a Hoop-Jump event!



Here it is nearing the first days of the school year. Teachers have been known to spend the summer

“rejuvenating their batteries”. We might find that some teachers have had some serious fun over the summer months (hopefully you have had the opportunity to do this). Other realities show us that some teachers spend their summers taking classes to further their education; while other teachers have picked up a second job. In both cases, “rejuvenating their batteries” has not been a priority. Whatever your situation is; we want you to know that it is not too late to begin the “rejuvenation process”.

Many of you are already getting back into your classrooms and planning for the new school year. It is healthy for both you and your students to spend some time in the remaining summer getting mentally prepared to greet your new students with a healthy attitude!! After some thought and research on this subject, here are some tips and information found to help you prepare for the new school year:

Insel & Roth (2006) tells us that we need to spend time in these areas: a) Social Support and Communication, b) Exercise, c) Nutrition, d) Sleep, e) Time Management Skills, f) Cognitive Techniques, and g) Relaxation Techniques (Insel & Roth, 2006, cpt. 2). Insel & Roth (2006) remind us of the dangerous coping strategies: a) Use of tobacco products, b) Use of alcoholic beverages, c) Use of hallucinogenic or ‘escape’ drugs, d) Binge eating (Unhealthy eating habits), and e) Other unproductive outlets [such as skipping your daily exercise!] (Insel & Roth, 2006, cpt. 2).

Davis, R. (2009) made some great suggestions to keeping health in her latest article. She stated, “1. Clean your classroom before the school year starts. 2. Make basic hygiene and basic first aid a part of your lesson plan. 3. Keep your desk stocked. 4. Maintain your classroom. 5. Take it easy on the sick kids. 6. Keep your windows open when the weather is nice. 7. Keep your eyes open [for signs from your sick students]. 8. Take care of yourself” (Davis, 2009, pp. 1-3); while Issa (2009) suggested, “Exercise, diet, meditation, pre-plan, research, finding balance, and expressing concerns” (Issa, 2009 p.1) as her top tips for teachers. There is a common theme maintaining basic personal health running through the suggestions and these are great suggestions for us to remember!

Teachers Get Mentally Prepared to Greet Students with a Healthy Attitude!

by Julie Knutson

My tip...ride your bike to school for as long as the weather permits....we get our physical activity for the day and save on the cost of gas!

As the Health Education Vice President for MNAHPERD and HPE teacher at SCSU and NHCC, my tips for you are...

In order for me to function well, I need to get my schedule on a calendar! Include all the activities of those in your family/household and school/community “must do’s”. This way, as schedule decisions “pop up” I am ready to make immediate decisions.

Figure out how you are going to continue your personal physical workouts. It is easy for me in the summer months to get in a great workout routine, I get up early and take a long walk and then do strength training. When it comes to the school year; my time is filled with classes, coaching, and home life. Squeezing in the ever so important physical workout- is difficult! I find myself to be more productive when I workout. Keep up your physical workout routine to maintain your personal health. Workout in the morning, afternoon or evening- whatever works in your schedule. Make the time to exercise!

Have a hobby; craft, read something positive, fish, whatever!! You need to reward yourself with things you enjoy!

Dee Dee Anderson, Physical Education Vice President of MNAHPERD and HPE teacher at Forest Lake adds her tip:

I begin the day with a 5K run and healthy breakfast! We, as physical education and health teachers, need to model what we teach and preach! Laugh, listen, and smile with students as you “make their day”! Celebrate and enjoy the new school year...make it your BEST!

With these great tips, I wish you a stress free school year and great mental health! Now- go out and greet your students with a healthy attitude!

References and Additional Readings:

*Center of Disease Control (CDC). (2009). Novel H1N1 Flu (Swine Flu) and You.: <http://www.cdc.gov/h1n1flu/qa.htm>.

*Davis, K. (2009). Back to School: 10 Health Tips for Parents.: http://www.associatedcontent.com/article/2050083/back_to_school_10_health_tips_for_parents.html?cat=5.

*Davis, R. (2009). Back to School Health Tips for Teachers. http://www.associatedcontent.com/article/2035705/back_to_school_health_tips_for_teachers.html?cat=5.

As we hear from the news, the flu is a worry for schools in the up and coming year. Applying some of these general suggestions from Insel & Roth (2006), Davis, R. (2009), and Issa (2009) may help ease our concerns and help us know we are doing what we need to do to help keep ourselves and our students healthy. The Center of Disease Control (CDC) website gives additional preventative measures we can take in regards to the H1N1 flu. The CDC stated

“...these precautions to protect ourselves from getting ill. Take these everyday steps to protect your health: 1) Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. 2) Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. 3) Avoid touching your eyes, nose or mouth. Germs spread this way. 4) Try to avoid close contact with sick people. 5) If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick” (CDC, 2009, website).

I thought I would recruit additional health tips for teachers from none other than our great MNAHPERD Board. Here are some of their health strategies for preparing themselves for the up and coming school year:

Patty Mollberg, Secretary for MNAHPERD and HPE teacher at Detroit Lakes, stated these tips:

I get everything I can ready at school during the summer months that I don't have time to do during workshop.

I clutter clean my office, equipment room, Health room; get equipment unpacked and ready for classes.

I read materials that I want to try for the upcoming year and I file them in my unit packages.

When I am organized before workshop, I feel so much more mentally healthy and not stressed for the workshop rush!

On the lighter side..... I get on the lake in our boat as often as possible to relax and enjoy the summer sun (personal communication, August 13, 2009).

Donna Palivec is the Higher Education Vice President for MNAHPERD and Professor/Chair of the Department of Physical Education, Health & Sport at Bemidji State University, and she stated,

Fall Conference Updates - Roseville - October 25th & 26th

by Linda Hoffman

2009 MNAHPERD Conference Chair

Our fall conference is ready and set to go at the Radisson Hotel Roseville for two half days of wonderful presentations, Sunday, October 25th and October 26, 2009. Be sure to register online for the conference, if you aren't up to date on your MNAHPERD membership; please do that at the same time, and register to stay at the Radisson too. Room rates for the conference are \$85/night plus taxes, which is a pretty good rate. Also the restaurant Axle's will run happy hour specials twice on Sunday for our event too! Register to stay at the hotel by calling 1-651-636-4567.



Our keynoters: Dr. Robert Pangrazi, from the University of Arizona will be coming here on behalf of the generosity of GOPHER SPORT and Doug Satre. Please be sure you stop by the exhibit booth for GOPHER and thank Doug for his help with this endeavor. Our second keynote speaker is Dr. Annie Clement, a native Minnesotan, currently from the University of New Mexico, Albuquerque. Dr. Clement is a lawyer with lots of experience in the areas of Sport and Law. Her sessions should be very informative. Another person coming a great distance to attend our conference and present is Dr. Lori Head, from Idaho State University in Pocatello, Idaho. Dr. Head is the current NDA President for AAHPERD. These three individuals along with our other star studded presenters should provide all conference attendees with new information, fun, opportunities to enhance your school curriculums, socializing, and networking with professionals from other parts of the state.

Looking forward to seeing you there!

TIME FOR CHANGE - Try Something New - Disc Golf Anyone?

Nadine Moeller

Vice-President of Aquatics/Rec. Division

A new school year is fast approaching. This last spring the middle school that I have taught at for years closed its doors. It was a hard process for many of us because we had a great school and enjoyed working there. I am now looking at some of the biggest changes I will have faced in the many years that I have taught. People say change is good. It may be a little work to find some good in this change, but it is a task I am ready to start.

The reason I bring this up is that I have always strived to add and change my curriculum so my students can experience new and different activities. This past year my new activity was Disc Golf. I had never played it, but I had heard a lot about it. For those that have never tried something new, I thought I would go through the process we used for introducing Disc Golf to our students.

I started out by researching the rules, curriculum and equipment needed to play it. In March 2009, I checked out the Disc Golf session at the Central District Association Convention in Rochester. There I purchased the equipment and curriculum to get us started.

Keep it simple. One of the first things I do is develop the Physical Education rules that the students will play by and use in class by modifying the official rules. I then decide what grade or classes can succeed the best when trying this activity. I then figure out the set up and take down routine and what is capable of being done with the students I have.

We went big. We set up a 9 hole course using the football and baseball field area outside that was completely fenced in. This was a nice area to work with and it takes about 20 minutes to set up and to take down. We tried it with our 6th graders one week and then our 7th graders the next week. The students were put into groups of 2, 3 or 4 and played a scramble format. We introduced Disc Golf by practicing the different types of throwing and putting, and we went over course etiquette. Two or three groups started on each hole. Most classes were able to finish 9 holes in the 45 minute class period.

It went very well with most of our classes. Collecting all of the discs at the end of class was a little disorganized and some students did better in taking down equipment. Overall it was a good activity and rather successful. I would encourage all of you to find something new to try this year and go for it. It is surprising how much fun it can be. Enjoy and have a great school year.

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

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

NDA President to Present at Fall Conference

by Carol Conkell - Vice President Dance

Mark your calendars for the fall 2009 MAHPERD Conference to be held in Roseville, MN. This year the conference moves closer to the cities, and promises to offer something for everyone! For those interested in dance and wellness, we are fortunate to have some top notch presenters.

Lori Head, who is the current National Association of Dance (NDA) President, will present several sessions on dance and wellness at the 2009 Minnesota State Association for Health, Physical Education, Recreation and Dance (MN AHPERD). Dr. Head is a professor with the Department of Sport Science and Physical Education at Idaho State University (ISU) in Pocatello. In addition to teaching at ISU, Lori has owned and operated her own dance studio for the past 16 years. Involved for the last 30 years with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), Dr. Head has presented at the national, regional, and state levels. Dr. Head also is a certified Yoga and Pilates instructor. An interesting fact about this

dynamo is that she is also a professional ice skater who has toured and skated with the Ice Capades.

Tracy Vacura, a professional dancer will present a session on beginning Hip-Hop. Tracy received her Master of Fine Arts in Dance from the University of Iowa and has taught various forms of dance over the past decade, including jazz, tap, hip-hop, ballet and modern dance. Tracy has taught dance at Saint Cloud State for the past five years.

The conference will provide dance sessions that cover a wide range of interests and abilities. Dr. Head will present sessions on Yoga and Pilates for those interested in the wellness aspects of dance. Lori will also present sessions in ballroom basics, salsa and swing dance. Other dance sessions to be presented include beginning Hip - Hop; Line Dancing, and ethnic dance and assessment.

See you in Roseville!



Lori Head
President
National Association of Dance

Detroit Lakes PE Teachers Host Regional Workshop

In a creative, fun and educational way to increase MNAPHERD membership the Detroit Lakes Physical Education Department hosted a regional PE workshop on Friday, August 14th at the Detroit Lakes Middle School. Approximately 25 teachers from throughout the state attended this workshop. Cost was \$30 each which went to pay for a one year membership in MNAPHERD for each person attending - so in essence the workshop was free! As \$30 is the annual cost for a MNAPHERD membership.

One of educational seminars offered was a geo-caching session by Detroit Lakes Language Arts teacher Sam Gulon. Geocaching is an outdoor activity in which the participants use a Global Positioning System (GPS) receiver or other navigational techniques to hide and seek containers (called "geocaches" or "caches") anywhere in the world. "Sam did a great job and we were fortunate to have her share her expertise," said conference chairman Patty Hartmann Mollberg.

Detroit Lakes teachers who helped host this regional workshop besides Mollberg included Dorothy Erickson, Jake Blow, Cali Harrier, Kris Nelson and Vicki Johnson.

If you would like information on hosting a regional workshop contact Mollberg at 218-841-1576.



Give an example how you have been cooperative and flexible in a professional work environment.

Jugglers R Us @ Camp Courage

by Steve Sizer

The theme for the 2009 MN DAPE Fall Conference at Camp Courage is "Jugglers "R" Us" Juggling the tricks of the trade... kids, paperwork, space, and equipment. The keynote is Manny Guerra Jr. who got his athletic start through Courage Center Sports and Recreation. He has been a goaltender for the paralympics Sled Hockey team three times. He helped win a gold medal in the 2002 Paralympics in Salt Lake City, 2004 IPC Ice Sledge Hockey World Championship Silver, 2006 Torino Italy Paralympics Bronze winner, member of the Saint Paul Saints Wheelchair Softball team and was NWST All Tournament team first base in 1996,97,98,2000,02,03,05,06. He is also a motivational speaker. Some other presenters include: Nick Nelson and his family. He has Popliteal Pterygium syndrome. He has webbing behind his legs. Nick made the choice to have his right leg amputated and then his left leg. He has prosthetics now and is able to move more freely. He has been on NBC's Today Show twice and Kare 11 News. Joan Berg and the River Valley Riders Therapeutic Riding Program (horses will be present), rock climbing, Due Process, APEAS, transition, Autism, Yoga/pool, juggling, Camp Confidence and Camp Courage, Special Olympics -Project Unify, technology, mentoring, outdoor activities etc. The dates for the conference are Thursday and Friday, September 24 and 25. Cost is \$150.00 includes meals and lodging. \$50.00 for students. After September 15 cost is \$165.00. **To register contact Kim Goodwin at kgoodwin@bemidji.k12.mn.us.**

Another date to put on your calendar is DAPE In Your Backyard, scheduled for Rochester in April 2010. For more information contact Bruce Suneson at bsuneson@ecs.k12.mn.us.

Please check out the new website by the Minnesota Developmental Adapted Physical Education Leadership Committee at www.mndape.org. It has more information on the upcoming Fall Conference, resources for DAPE professionals, news and contact information.

MNAHPERD

September 2009

Notes from Your President

by Vicki Johnson

Happy Fall Minnesota AHPERD! I hope this finds you well rested, refreshed and rejuvenated to get started with the new school year. I was given the opportunity to be energized today by taking in the workshop "Have You Had Your Physical Education Today?" held at the Detroit Lakes Middle School. The workshop was presented by MNAHPERD members and staff members from the Detroit Lakes Middle School and Roosevelt Elementary. Thank you Kris Nelson, Jake Blow, Calli Harrier Dorothy Erickson and lead organizer Patty Mollberg on a job well done, it was super. This winter, Dee Dee Anderson and Kris Kammerer conducted a workshop in Minneapolis and I thank you for offering this opportunity for our members. I hope more of you will consider sponsoring, hosting and or planning a workshop in your area in order to bring MNAHPERD to our members. The networking alone makes the effort so rewarding. Financial and support help is available to help you accomplish this task.

Please look for the registration form in this edition of Loon Lines for the Fall Conference in Roseville, "Be Active, Feel Good" to be held October 25 and 26th. Another thank you is in order for Kent Mollberg our Loon Lines editor for your work to publish this edition. You will find additional information about this conference on our website, HYPERLINK "<http://www.mnahperd.org>" www.mnahperd.org. Special presenters will be Dr. Robert Pangrazi and Dr. Annie Clemmons. Each time you visit our website you will see evidence of the ongoing changes and improvements. Thank

you to Rob Nielsen, web master and Kim Scott at Human Kinetics in making these possible.

July, 19, 20th and 21st Patty Mollberg, Nancy Christenson and I attended the Central District Summit at Mahoney State Park outside of Omaha, Nebraska. There were many new ideas we learned regarding the creativity and advances in Technology. We look forward to sharing this information with you. If you would like a few laughs, check out The Evolution of Dance on You Tube. February 3rd – 6th, 2010, the Central District Conference, "Are Your F.E.E.T. Cold Yet?" will be held in Fargo, ND. Please note this event on your calendar and make plans to attend if at all possible.

Our next MNAHPERD Board Meeting will be Saturday, September 19, 2009. If you have anything you would like addressed please contact me. Mary Thissen Milder, MNAHPERD President 2009 – 2010 will be contacting members to fill the positions of Division Vice President Elect. I highly encourage you to consider this opportunity to serve a term on the Board. The experiences, professional growth and development are so worth the time and effort you put into these positions. Please contact MTM at HYPERLINK "<mailto:mtmww@hotmail.com>" mtmww@hotmail.com or HYPERLINK "<mailto:vjohnson@lakesnet.net>" vjohnson@lakesnet.net if you can help out. At the Fall Conference I will be passing the gavel to Mary. I would like to thank you all for allowing me to serve as MNAHPERD President this past year. It has truly been an honor and a privilege to represent you. Thank you for all your hard work and energy in all that you do... You are so valued and such true professionals. Please continue to spread the good word of how valuable Health and Physical Education are to the health and well-being of our Minnesota children.

The sample parent letter on the following page was borrowed from the AHPERD web page. Feel free to copy and use this letter with your students and parents as a form of school to home communications.

How would you accommodate students with a variety of special needs?

Dear Parents:

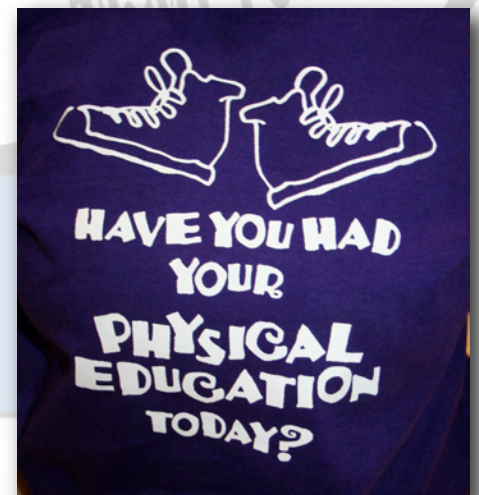
As this new school year begins, I would like to remind you about the importance of your child's physical activity education. The percentage of overweight youth has more than tripled in the past 25 years partially due to increased interest in sedentary activities such as television, computers, and video games. A reduction in physical activity as well as an increase in caloric intake has contributed to an obesity epidemic.

It is a well-documented fact that Americans become increasingly less active as they age. Just as children and youth can learn the habit of regular physical activity, they can learn to be inactive if they are not taught skills and given opportunities to be active during their childhood.

Physical activity education in school physical education programs is the cornerstone of an active lifestyle for all students. School programs provide the skills, knowledge and attitudes that facilitate choosing physical activity after school, at home and in the community. As a highly-qualified physical education teacher, I pledge to:

- Establish a positive, safe learning environment for all students
- Teach a variety of physical activities that make physical education class fun and enjoyable
- Create maximum opportunities for students of all abilities to be successful
- Promote student honesty, integrity and good sportsmanship
- Guide students into becoming skillful and confident movers
- Facilitate the development and maintenance of physical fitness
- Assist students in setting and achieving personal goals
- Provide specific, constructive feedback to help students master motor skills
- Afford opportunities for students to succeed in cooperative and competitive situations
- Prepare and encourage students to practice skills and be active for a lifetime

This school year I would like to invite you to visit our physical education class. You will see children participating in developmentally appropriate activities that will help increase their physical competence, self-esteem and joy of being physically active no matter what their physical abilities may be. By enhancing your children's physical activity education, I am certain we will be able to help your children enjoy a lifetime of physical activity and good health. I welcome your support!



BE FIT

Build It and They Will

Bike It!

Donna Palivec
Bemidji State University
VP Higher Ed

A couple of weeks ago while camping at Jenny Lake in Grand Teton National Park I had the opportunity to ride my bike on the initial 8-mile segment of a new multi-use pathway between Moose and South Jenny Lake. Considered a model for other national parks as a way to promote cycling and walking over motoring through the park, it marks only the beginning of a pathway project planned to grow to 48 miles.

This pathway project resulted from a tragic accident 10 years ago in which Gabriella Axelrad, a 13-year old girl, riding a bike with her family on Teton Park Road, was killed by a distracted motorist. The late Wyoming senator Craig Thomas secured \$8 million for the project with another \$3.6 million in the works. Families and individuals of all ages now ride safely on a scenic pathway adjacent to the park road. The pathway begins in Moose, near the visitor center where individuals can rent quality hybrid bicycles for use on the pathway.

What I observed on this new park pathway has implications for physical education. Many children and even more adults wore yellow helmets, a sign that they had rented bikes from the vendor in Moose. What surprised me most is that I frequently passed children on their personal bikes with mom and dad following in their yellow helmets and rental bikes! What did that tell me? Parents brought bikes for their children, likely with



no intention of riding a bike, but the pathway prompted them to rent a bike and join their children on the pathway! What better reason do we need to justify the inclusion of a bicycling unit as a part of physical education at any level so that our students have the knowledge and skills to safely be physically active on bicycles and with their families!

Minnesota communities provide similar bicycling opportunities. One way we can connect with bicycling and bicycle education is through membership in the Bicycle Alliance of Minnesota (<http://www.bikemn.org>). This non-profit organization represents all bicyclists and recognizes the benefits of bicycling. Their website offers the following information about courses that prepare individuals to teach bicycling to children and adults.

“The BikeMN Education Committee is working to schedule Smart Cycling Traffic Skills 101 classes in regional centers throughout the state. This is a comprehensive nine-hour course for adults covering all aspects of bicycling from basic maintenance, to riding skills and traffic laws. It is also the prerequisite to enrolling in the three-day League Cycling Instructor course. BikeMN hopes to recruit a few people from each class to continue on to become volunteer LCI’s

and help teach classes. LCI courses are scheduled for mid-July in the Twin Cities. BikeMN will help arrange home stays for people in Greater Minnesota who want to attend the course.

In early 2008, there were less than 10 LCI’s in Minnesota. Now, thanks to the Minneapolis Bike Ambassadors Program, there are more than 30. However, the focus of most of the LCI’s is Minneapolis and its surrounding communities. Bike MN’s goal is to double the number of LCI’s in 2009 and bring bicycle education to Greater Minnesota.

In addition to Traffic Skills 101, Smart Cycling has developed an advanced adult, a bike commuter and two children’s courses. BikeMN will also be working to customize the curriculum for Minnesota and to develop one-hour programs that can be presented at businesses, schools and community education programs.

All class fees are non-refundable. You may reschedule a class within three years from the date of the original class by contacting info@bikemn.org.” (Bicycle Alliance of Minnesota, Courses, 2009)

This pathway project resulted from a tragic accident 10 years ago in which Gabriella Axelrad, a 13-year old girl, riding a bike with her family on Teton Park Road, was killed by a distracted motorist.

PHYSICAL EDUCATION DIVISION

by Dee Dee Anderson, Vice President

How do you think physical education contributes to the total curriculum?

I hope you are rejuvenated from a healthy and active summer vacation and are ready to begin an exciting school year with advocacy! As I was telling my son, Christopher, who is beginning his third year of teaching health and physical education, we all have a responsibility to advocate for our profession. It's naïve to expect other people to support us if we do nothing to promote the value of what we do. So please write articles in your school newsletter or web page about what is happening in your gym; send letters to Senator Amy Klobuchar, Senator Al Franken, and House of Representatives for support of the FIT Kids Act; continue to write for MN Physical Education Standards; put on a Family Fun Night; and the list goes on! Thirty-six years ago when I started teaching, advocacy for physical education wasn't mentioned. Now with budget cuts and state testing we are being asked to justify our profession! What will you do this school year to promote physical education?



Do you know about your county's Statewide Health Improvement Program (SHIP) grant? The goal of SHIP is to help Minnesotans live longer, better, healthier lives by reducing the burden of chronic disease. SHIP interventions are designed to reduce the percentage of people who use or are exposed to tobacco and reduce the number obese or overweight people. To find out what your county is doing for the SHIP grant, call your county's Community Health Service Agency, and then go to the website www.health.state.mn.us and search SHIP for more information about the grant. By being a member of my county's Community Leadership Team for SHIP (Washington County includes Forest Lake, Mahtomedi, Stillwater, North St. Paul -Maplewood-Oakdale, and South Washington County school districts), I have become a vocal advocate for physical education! It has been interesting listening to several committee members defend the importance of keeping physical education in the school curriculum. Please take the time to call to see what is happening with SHIP in your county and ask if you can help with the SHIP interventions! I have met marvelous community people and the meetings are very productive and fascinating!

If your principal or school board members need to understand the values of physical education, please make a copy of the following article. "Physical Activity May Strengthen Children's Ability to Pay Attention", Science Daily, April 1, 2009. www.Sciencedaily.com/releases/2009/03/090331183800.htm. Charles Hillman and Darla Castelli, professors of kinesiology and community health, found that physical activity may increase students' ability to pay attention which will result in better performance on academic achievement test. They recommend scheduling outdoor recess as a part of each school day, offering formal physical education 150 minutes per week at the elementary level, 225 minutes at the secondary level, and encouraging classroom teachers to integrate physical activity in learning.

Please stay involved with your MNAHPERD organization by continuing your membership, attending and maybe even presenting at conferences and workshops! The 2009 MNAHPERD Fall Conference theme at Roseville October 25th and 26th is "BE ACTIVE, FEEL GOOD, HAVE FUN"! Dr. Pangrazi and Dr. Annie Clement will be the keynote speakers! You can register on line at www.mnahperd.org. Besides learning useful information at presentations, the conference provides a fabulous opportunity to network with other teachers! You'll never know who you will see... last year I met my "old" boyfriend from forty years ago!!!!

I will be handing over the Physical Education Division column for the Loon Lines to Marci Wills from Buffalo. She moves from Vice President Elect to Vice President this fall. Marci, a very talented and devoted teacher, will do a terrific job! I wish each of you a wonderful teaching and learning experience this school year! Please contact me at ddanderson@forestlake.k12.mn.us if there is any way I can be of help to you! **Stay Fit and Be Fit!**

Summer Has Ended - Another School Year Is Upon Us... Aren't You Glad to Be a Physical Educator?

Marci Wills, Vice-president Physical Education

As your new vice-president of Physical Education, I would like to introduce myself. I currently teach elementary physical education at Parkside Elementary in Buffalo, MN. This will be my 4th year teaching in Buffalo. Prior to this, I taught for 21 years in St. Peter, MN. I received my National Board Certification in early and middle childhood physical education in 2006. I have served on the MNAHPERD board for over 10 years. I have the best job in the whole world – teaching children to be healthy and active!

Are you prepared for the new school year? If you have not done so yet, please look at the CASPER website – supportREALteachers.org – for the Physical Education Teachers pledge. I urge you to take the pledge, and post it somewhere in your gym so that students and parents can see it!

My summer reading list included some wonderful books that hopefully you have had a chance to read as well. If not, I highly recommend the following books:

- [SPARK - The Revolutionary New Science of Exercise and the Brain](#), by John Ratey
- [Brain Rules – 12 Principles for Surviving and Thriving at Work, Home, and School](#), by John Medina
- [Thinking On Your Feet – 200 Activities That Make Learning a Moving Experience!](#), by Jean Blaydes
- [How to Talk so Kids Can Learn](#), by Adele Faber & Elaine Mazlish
- [Character Education](#), by Donald R. Glover & Leigh Ann Anderson

I was fortunate enough this summer to attend several classes. I attended a Responsive Classroom 3 session in Eden Prairie and Active Brains, Active Bodies in Champlin, and learned a lot from both classes. Many classroom teachers throughout the state have been trained in Responsive Classroom. If you ever get an opportunity to take one of their training sessions, I urge you to. Most of the techniques used in RC are readily applicable to physical education. My teaching and my student's learning have improved as a result!

Don Glover was a presenter in the other class I attended. His presentation on badminton was wonderful and I love what he taught us concerning Character Education. He challenged all of us to consider how we make connections to our students and how to not only teach them to be active students but good people as well. Many of the concepts/techniques from his book are based on or related to Responsive Classroom precepts. If you ever get a chance to hear him present, please take it! You will be glad you did.

Hopefully you have all been in touch with your county health board to find out if they qualified for a SHIP (Statewide Health Improvement Plan) grant. If not, do so immediately! The grants have been awarded and if your county received it, schools must be in the plan (along with community, worksites and health care). Be a voice for physical education as a vehicle to combat obesity and inactivity. Substantial amounts of money are available to counties through this grant.

If you want to know more about Responsive Classroom or about obtaining your National Board Certification in Physical Education, please e-mail me. I would be glad to “chat” with you about either one. I urge you to be vocal about the great things that you are doing in Phy. Ed. Share what you are doing with parents, community, board members, and policy makers. Be an advocate!

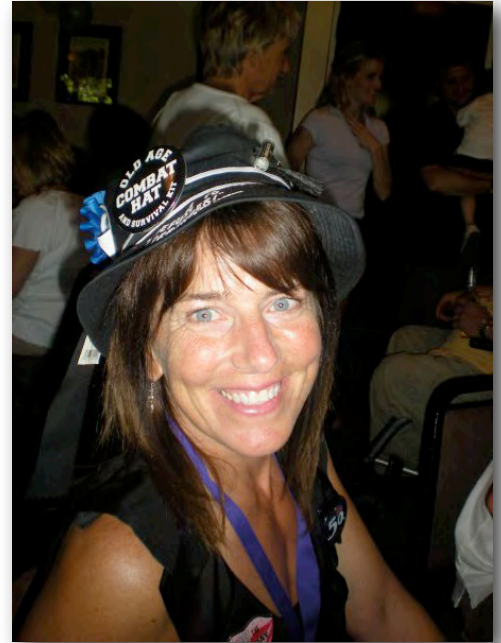
**I will leave you with my favorite quote from Oliver Wendell Holmes:
“We do not quit playing because we grow old,
we grow old because we quit playing.” Have a great school year!**

Please give five examples of what is meant by developmentally appropriate practices?

What type of classroom management expectations do you have for your classes?

How do you ensure the “safety and well being” of all students?

What is a quality physical education program?



Marci Wills
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National Board Cerified Teacher
Parkside Elementary
Buffalo, Minnesota
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Leadership Development Conference

by Nancy Christensen, Executive Director

At the Leadership Development Conference (LDC) held in Washington, D.C. this past summer, the following information was given to the attendees. The materials listed below are free to all AAHPERD members, so I am passing on the information that it might be helpful to you this coming year. Have a great new school year and I hope to see you all in October at our annual Fall Conference, "Educating the Complete Child Through Active and Healthy Schools", October 26-27, 2009 at the Radisson in Roseville, MN.

National Coalition for Promoting Physical Activity
NCPA Materials Available at No Charge to
AAHPERD Members

- 2008 Master Physical Activity Recourse List – This veritable plethora of resources regarding physical activity is categorized by type, such as publications, websites, interactive e-tools, etc. Enhance your physical activity programming through the use of this list. You may also request a copy of the 2007 list.
- 2008 Physical Activity Legislation – A master list of all 2008 physical activity legislation, both state and federal and its history. Organized by alphabetical (by state) as well as categorized in major topic areas (recreation/sports; environmental/trails; access/disparity issues/obesity prevention/wellness; school programming and transportation).
- Physical Activity and the Federal Government-A Program Overview – This publication is a comprehensive list of physical activity programs in the federal government. A wealth of ideas to add value to park and recreation programs.
- NCPA Electronic Newsletters – NCPA publishes two electronic newsletters (no ads included). The NCPA News is published twice each month and contains information links to news stories (from media outlets across the country) featuring physical activity and related issues to activities, new research and

reports, funding opportunities, and upcoming events. NCPA's public affairs newsletter, the Activity Advocate, as well as highlighting what's happening in various Statehouses across the country with physical activity and related issues.

To Order Any or All of the Above Resources, please email a request (include which resources you are interested in) to

sfranklin@ncppa.org.

NCPA is proud to count AAHP ERD as one of its leadership level members. These resources are available to all AAHPERD members at no charge as a benefit of that membership. NCPA applauds AAHPERD and their extraordinary efforts in promoting physical activity and in realizing the important role that physical activity can play in reversing the American obesity crisis.

Physical Education plays a critical role in education of the whole child and reducing childhood obesity. How would you promote physical activity and help reduce the obesity epidemic?

A Toolkit for Defending Physical Education

Why Physical Education?

Why Children Need Physical Education

http://iweb.aahperd.org/naspe/pdf_files/childrenNeedPE.pdf

What Constitutes a Quality Physical Education Program

<http://www.aahperd.org/naspe/template.cfm?template=qualityPePrograms.html>

Physical Education is Critical to a Complete Education

http://www.aahperd.org/naspe/pdf_files/pos_papers/pe_critical.pdf

Difference Between Physical Education and Physical Activity

<http://iweb.aahperd.org/naspe/template.cfm?template=difference.html>

Quality Physical Education

http://iweb.aahperd.org/naspe/template.cfm?template=publications-nationalstandards_3.html

Top Ten Reasons for Quality Physical Education

http://www.aahperd.org/naspe/pdf_files/top10reasonsforQualityPE.pdf

Comprehensive School Physical Activity Programs

Comprehensive School Physical Activity Programs

http://iweb.aahperd.org/naspe/pdf_files/CSPAP_Online.pdf

Comprehensive School Physical Activity Programs Package

http://iweb.aahperd.org/naspe/pdf_files/CSPAP_Package.pdf

Issues

CDC Student Health and Academic Achievement

http://www.cdc.gov/HealthyYouth/health_and_academics/index.htm

Opposing Substitution and Waivers/Exemptions for Required Physical Education

http://www.aahperd.org/naspe/pdf_files/pos_papers/OpposingSubstitutionWaiverExemptions.pdf

Surveys

Public Attitudes Toward Physical Education—Are Schools Providing What the Public Wants?

http://www.aahperd.org/naspe/pdf_files/survey_public.pdf

Adults/Teens Attitudes Towards Physical Activity and Physical Education

http://www.aahperd.org/naspe/pdf_files/survey_adults.pdf

Parents Views of Children's Health & Fitness

http://www.aahperd.org/naspe/pdf_files/survey_parents.pdf

Please discuss the national standards for physical education.

AAHPERD National Convention 2009 - Tampa, Florida

by *Patty Hartmann Mollberg*

One of the best ways to strengthen your professional spirit is by attending a National AAHPERD Convention - one of the most celebrated venues for AAHPERD members to come together.

This year, Tampa Florida was very appealing to me. Not only because the convention was held there but my High School Volleyball coach lived in Tampa. When you make the commitment to invest your time and money, you want to get something in return. I not only reunited with my coach after 30 years, but she also gave me old video footage of me playing volleyball my senior year. This is something I have wished I could see for many years. Little did I know she had old footage. This was just the start of my trip to Tampa. The following is what I have learned to get the most value from attending a conference.

Connections. The most valuable part of attending a professional conference may be the informal contacts you can easily make. Realize that all who attend a session obviously have some similar interests, so get acquainted with those who sit near you. Also don't forget the socials and conference hotels as places to relax and meet new friends. You'll find yourself discovering exciting, fresh, ideas, sharing knowledge - and leaving with renewed enthusiasm for the work you do with your students.

Sessions. Study the program. Then select at least two promising sessions for each time slot, checking out the handouts and display materials. If I'm not sure which session to attend, I select the one that sounds like it will best meet my needs, and sit in the back of the room. If it's obvious after a few minutes that the session isn't what I had in mind, I leave quietly and quickly go to my second choice. Don't be afraid to bring a video camera to capture some of the activities to see. It is easier to remember the sessions when viewing your film but also fun to show others the fun you had.

Exhibit Hall. The commercial exhibits showcase products and services such as equipment, publications, school logo wear, and supplemental materials. Vendors staff their booths with informed, helpful representatives, so the exhibit area allows you to gather much useful information in a short period of time. I laugh when I think about what my roommates said when I returned to my room with the bag of goodies from the exhibits. They said "You will never get that all back to Minnesota in your luggage." The bet was on. Not only did I get that load back, I went back to the exhibits and bought many more goodies. Make sure to pack an extra bag to bring your goodies back.

The City. The AAHPERD Conventions are traditionally held in great cities, so you should schedule some time for sightseeing. You can easily get "conferenced out" with several days of continuous sessions, so schedule frequent breaks for yourself. Tampa graced us with beautiful weather so I was lucky to go sightseeing and to dine at some wonderful restaurants.

The AAHPERD National Convention was an uplifting experience for me. The sense of community is at the heart of the conference. People say hello to each other, and are eager to voice what they love about their profession. They love teaching, they love health and fitness, and they love to gather. The AAHPERD National Convention represents the best in our profession. It was so fulfilling to be around so many people who truly love what they do and who love to share what they do.

Patty Hartmann Mollberg teaches Middle School physical education in Detroit Lakes.

News to Share from MDE
Mary Thissen-Milder, PhD

Two new initiatives have recently been released that I'd like to share with you!

NASPE has been working on a project called "PE Metrics" for assessing the national standards. The recent release of Standard 1 for the elementary level is now available. PE Metrics provides valid and reliable standards-based assessments and rubrics to measure student achievement on the national standards. Also recently released from the Health Education Assessment Project (HEAP) is a literacy initiative entitled "HEAP of Books". The focus of this initiative is to offer literacy resources to health and physical educators that focus on national standards and assist in meeting district or school based reading goals. Look for upcoming workshop announcements for these new initiatives in the next issue of Loon Lines. Information will also be available at the MNAHPERD fall conference October 25 & 26 in Roseville.





Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

Work Address1 _____

Work Address2 _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

MNAHPERD Membership #: _____ # 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)
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

“Be Active, Feel Good, Have Fun”

MNAHPERD FALL CONFERENCE REGISTRATION FORM

OCTOBER 25th and 26th, 2009

Radisson Hotel Roseville

2540 North Cleveland Avenue, Roseville, MN 55113
Phone: 651-367-3902 Fax: 651-367-3942

www.radisson.com/rosevillemn
(Call Radisson for hotel reservation)

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

Postmark Deadline for Advanced Registration is Friday, September 25th, 2009

Hotel Reservations are due before Wednesday, September 23rd, 2009

Please Type or Print Clearly

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone (H) _____ (O) _____ Email _____

School/State _____

MNAHPERD Membership Number _____ Date of Expiration _____

Cancellation Policy: All pre-registration cancellations must be requested in writing before Friday, September 25th, 2009. A \$5.00 processing fee is assessed to all cancellations received by Friday, September 25th, 2009. Faxes and emails are acceptable. No refunds will be made after Friday, September 25th, 2009.

REGISTRATION (Check one)	Advanced (Before 09/25/09)	On-Site (After 09/25/09)	Indicate Amount:
___ Professional MNAHPERD Member	\$ 100.00	\$130.00	_____
___ Professional Other State Member	\$ 100.00	\$130.00	_____
___ Student Professional Member	\$ 45.00	\$ 60.00	_____
___ Retirees	\$ 35.00	\$ 35.00	_____
___ Lifetime Member	\$ 45.00	\$ 45.00	_____

PLEASE NOTE: Included in the cost of your registration is the MNAHPERD Awards Banquet which takes place Sunday, October 25, 2009 at the hotel in the evening. Please check if attending Yes No

EXTRA TICKETS MAY BE PURCHASED FOR MNAHPERD AWARDS BANQUET – Please fill in
 Sunday, October 25th, 2009, Radisson Hotel Banquet Room # _____ @ \$25.00
 Banquet Ticket Cost After September 25th, 2009 # _____ @ \$28.00
 If you wish a vegetarian meal please place number in space provided # _____

Payment Method (Please Check One) Personal Check _____ School Check _____ Company Check _____ Money Order _____ Credit Card _____ Cash _____ Other _____ Total Amount Enclosed _____	For credit card payments: Type of Card _____ Card Number _____ Expiration: _____ Name on Card _____ Name you would like on badge: _____	Office Use Only Amount Received _____ Date Received _____ Received by _____ Check Number _____ Other Information: _____ _____ _____ _____
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Please visit the MNAHPERD website for more detailed information: www.MNAHPERD.org
 Registration and Membership forms should be mailed to: MNAHPERD %Human Kinetics; Attention Jackie Moore; P. O. Box 5076; Champaign, IL 61825-5076

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	Vicki Johnson	(218) 847-5212
President Elect	Mary Thissen-Milder	(651)-582-8505
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Executive Dir.	Nancy Christensen	(218) 847-9769
Parliamentarian	Gerry Levos	(218) 262-6750



Gary Sanders and Ellen Cromwell-Cercle reunite at CD convention.



Jeremiah Hinkemeyer getting help with state conference packets in Alexandria.



Minnesota members at Nebraska summit. Nancy Christensen, Vicki Johnson, Rich Burke, Marley Hanson and Patty Mollberg

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