



Loon Lines

VOLUME 9, ISSUE 3

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



MNAHPERD

September 2011

Welcome back to another school year! I hope you all had a great summer and feel refreshed for another year. Throughout the year I want you all to promote your field (health, physical education, adapted physical education, dance, recreation/aquatics, physical activity) whenever possible to your colleagues, parents, administration and community members. Times are changing and we need to be included in the changes that are being made in education. Some of the suggestions for promotion are: write an editorial for your local paper; perform at half time of your local sport teams games; send a newsletter home from school with your students about what they are doing in class to promote a healthy lifestyle; have an activity night at school for parents and students inviting the press; add activities and healthy snacks to your school staff meetings and inservices; add some “Minute to Win It Games” to meetings and class for laughter and FUN and whatever else you can think of to do. Let MNAHPERD know and we can make a list of suggestions for all to share.

MNAHPERD has a Listserv up and running to encourage, inform and keep everyone up to date on what’s going on in Minnesota. Please make sure all your colleagues in health, physical education and adapted physical education are on the Listserv so they don’t miss out. Contact Aarin Galzki agalzki@parkrapids.k12.mn.us to sign up. She will be adding information to the Listserv.

The Fall MNAHPERD conference is coming up and I would like to encourage you all to attend. It will be held October 7-8, 2011 at the Doubletree Hotel-Park Place in Minneapolis. “Move On Minnesota” will feature several national presenters from around the country and many from Minnesota in the areas of physical education, health, dance, recreation, adapted physical education, higher education and sessions just for students. Go to the MNAHPERD website for more information.

In closing, my year as president is coming to a close. I have learned much and met many new friends from around the country and Minnesota. Please continue to be a member in MNAHPERD, we are the only voice out there and please consider giving time to the organization.



Message from the President
~ Kay Oling

36th MN
DAPE
Conference

September 29-30

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YouTube

PAGES 6-7



PAGES 8-9

Get JAMmin'

Patty Hartmann Mollberg

In our last newsletter I listed some websites for members to check out. If you did not have time to do so I want to encourage you to visit this site.

www.healthetips.com/jamlibrary.php

At this site, you will find a wonderful free program called “JAMmin’ Minute” which you can use in your curriculums as quick hitters, class warm ups or class closure time. Your entire school can use it for fillers at assemblies, during morning announcements, brain breaks in the classroom or other creative ways.

When you go to the site look under the heading “Press.” This is where you will find many examples of how others have used “JAMmin’ Minute” as well as some great advocacy tools to use to promote being physically active. This program ties in well with Michelle Obama’s message “Let’s Move in our Schools” and you can find her relaying this message on this site.

Last spring when I returned from the National Convention, I was excited to get the JAMmin’ started with my classes. The kids loved coming up with their own workouts and they also took JAMmin’ Minute into their math classes. This year, I hope to get the entire school informed about this program. I hope you will join the many schools around the Nation who are JAMmin’. Have a great school year!

Check out this great website!



HANTIS® is a fast-paced sport/game that combines the fundamentals of four square and table tennis - into an easy to learn, fun to play, activity for all ages.

**“MOVE ON MINNESOTA”
MNAHPERD FALL CONFERENCE REGISTRATION FORM
OCTOBER 7 & 8, 2011**

Doubletree Hotel Minneapolis-Park Place

1500 Park Place Boulevard
Phone: 952-582-4000 Fax: 952-542-8063
Reservations: www.doubletreeminneapolis.com

**Postmark Deadline for Advanced Registration is Friday, September 23, 2011
Hotel Reservations are due before Thursday, September 22, 2011 (Room rate of \$85.00)**

Please Print or Type Clearly _____

First Name _____ Last Name _____
Mailing Address _____
City _____ State _____ Zip _____
Phone (H) _____ (O) _____ Email _____
School/State _____

Tentative program may be seen on our website after July 8, 2011. www.mnahperd.org
Cancellation Policy: All pre-registration cancellations must be requested in writing before Thursday, September 23rd, 2011. A \$5.00 processing fee is assessed to all cancellations received by Thursday, September 23rd. Faxes and emails are acceptable. No refunds will be made after Thursday, September 23rd, 2011. Please email or fax Nancy Christensen at nancy1485@gmail.com or 218-846-2416 (fax).

REGISTRATION (Check one) Advanced (Before 9/23/11) On-Site (After 9/23/11) Indicate Amount:

___ Professional MNAHPERD Member (1 Day) \$ 90.00 \$105.00 _____
___ Professional MNAHPERD Member (2 Day) \$125.00 \$140.00 _____
___ Professional Other State Member (1 Day) \$ 90.00 \$105.00 _____
___ Professional Other State Member (2 Day) \$125.00 \$140.00 _____
___ Student Professional Member (1 & 2 Day) \$ 50.00 \$ 65.00 _____
___ Retirees (1 & 2 Day) \$ 50.00 \$ 50.00 _____

MNAHPERD AWARDS/RECOGNITION CEREMONY

7:00 Friday, October 7th, 2011, Doubletree Hotel # _____ @ \$10.00
Social Ticket Cost After Thursday, September 15th # _____ @ \$15.00

(If you are an award winner you will receive 2 tickets at no cost. For additional tickets please mark above)

**Payment Method
(Please Check One)**

Personal Check _____
School Check _____
Company Check _____
Money Order _____
Cash _____
Other _____
Total Amount Enclosed _____

**** Credit card payments only
available through online registra-
tion. Please visit the MNAHPERD
website for more detailed infor-
mation:**

www.MNAHPERD.org
Name you would like on badge:

Office Use Only

Amount Received _____
Date Received _____
Received by _____
Check Number _____
Other Information: _____

*****Make checks payable to Human Kinetics (Not to MNAHPERD)

Mail to: MNAHPERD % Human Kinetics, Attention Jackie Moore, PO Box 5076, Champaign, IL 61825--5076

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.

Minnesota DAPE Leadership Committee announces the

36th MN DAPE Conference

"Connecting the Dots..."

Attention:
DAPE Teachers
K-12 PE Teachers

Dates:
Thursday-Friday
Sept. 29-30, 2011

Registration:
Thurs., 7:30-8:50 am
Conference ends:
Friday, 1pm

Location:
Camp Courage
8046 83rd St. NW
Maple Lake, MN
320-963-3121
Directions at: http://www.couragecenter.org/images/documents/map08_Camp%20Courage.pdf

Conference Details

Teacher Cost: \$175.00
includes conference, lodging & meals (no purchase orders).
Post deadline cost: **\$200.00**
College Student Cost: \$50.00
includes conference, lodging & meals. Post deadline cost: **\$60.00**

Registration Deadline:
September 10, 2011.

Registration Questions:
Contact Rich Burke at
richard.burke@moundsvIEWSchools.org

Conference Questions:
Contact Sally Sertich at
sallysertich@gmail.com

Bring a sleeping bag, pillow, towel, and soap. Dress comfortably and be prepared for Minnesota fall weather. Cabins are designated Women or Men's. Meals are served family style.

In accordance with the Americans Disabilities Act (ADA), please contact us 3 weeks prior to conference if you need special accommodations to participate.

... between national PE standards and DAPE & PE programs. . . between including students with disabilities into general PE classes and using common standards language that supports student learning goals and objectives. . . Bring your DAPE and PE curriculum to this conference so you can discuss them with colleagues and work to align them to the national PE standards during breakout sessions.

Keynote Speaker: MATTHEW SANFORD. . . between mind and body. . . Matthew has inspired and enhanced the lives of thousands by sharing the fundamental importance of the mind-body relationship. For him, connecting mind and body is not just a health strategy; it is a movement of consciousness that can change the world. He works on a variety of fronts to spread his message. Visit www.matthewsanford.com for more info.

Break-out Session Topics. . . between professional development and improving your DAPE teaching skills & behaviors:

- Implementing national PE standards into DAPE curriculum & programs.
- Microsoft Xbox activities, Educational Gymnastics, Miracle League Baseball.
- Line dancing and incorporating music, reading and math into your PE/DAPE units.
- Fitness for students with disabilities, designing DAPE motor experiences.
- MeMoves™: Mind. Body. Connect. For people of all ages and abilities.
- Activity modifications for adventure ed., volleyball, yoga, lawn games, cup stacking.

Participants receive *Continuing Education Units* in the following areas: 1) Behavior Management, 2) Reading, 3) Mental Health, 4) Technology, and 6) Modifications & Adaptations.

DAPE 2011 Registration Form (Clip and Mail)

Name: _____
 Email: _____
 Home or Cell Phone: _____
 Home Mailing Address: _____
 City: _____ State: _____ Zip Code: _____
 School District: _____
 School Address: _____
 School Phone: _____
 What percent of your teaching contract is DAPE? _____
 What percent of your teaching contract is PE? _____

A check must accompany this registration form. No purchase orders accepted. Registrations not received by 9/29 require a personal check to be held until school district payment arrives.

Make \$175.00 check payable to: **MN DAPE Leadership Committee**
 Send registration form & check by **September 16, 2011** to:

Rich Burke
15706 Highland Heights Dr.
Minnetonka, MN 55345

Learning to Lead

Mary Cappel

As the President-Elect of MNAHPERD, I had the tremendous opportunity this past summer to attend two leadership training workshops to help prepare me for the coming year.

On June 20-22, Nancy Christensen, Jack Olwell and I attended the SAM Leadership Development Conference in Green Bay, Wisconsin. This conference brought together state representatives from across the country to participate in sessions on working together with common goals, advocacy, membership/recruiting/retention, joint projects and AAHPERD's "Let's Move in Schools (LMIS)" initiative. It allowed us to network with members from other states as well as AAHPERD leadership such as CEO Paul Roetert, President Brad Strand and President-Elect Irene Cucina. Through large and small group work, President-Elects became better prepared for the role of individual states within the AAHPERD structure.



On July 17-19, Nancy Christensen, Kay Oling and I traveled to Mahoney State Park in Nebraska for the Central District Leadership Summit. Representatives from eight of the nine states which comprise the CDAAHPERD met around the theme "Vision Quest," where states worked on developing potential goals and action plans for their state organizations. There was also time to network and share how state organizations are the same and how they differ, creating excellent discussions on best practices and causing the wheels to turn!

These conferences greatly increased my comfort level, and I am excited to help MNAHPERD establish future directions for our profession in Minnesota. Looking forward to a great 2011-2012 and beyond!



Using You Tube clips to enhance lessons

Shelly Gilmore

As the school year is rapidly approaching, I look at my health curriculum and make an effort to make things better than the year before. Many of the videos I have are old and outdated and our district doesn't have money to buy more. There are many great You Tube videos you can use that are current, powerful and don't take a long time to view. I use some of these videos in a variety of ways. Sometimes I use a clip as an introduction to the lesson. Other times, I use a short clip to generate discussion on an important health topic during the last minutes of class. Laughing baby or funny dog clips are great stress reducers and usually take less than 30 seconds to show. I want to share a few of my favorite clips that you might find useful in your classes.

One of my favorite clips is Dove's Evolution Commercial. In just over a minute, an ordinary looking woman is transformed into model on a billboard. It shows the process of hair, make-up and photoshoping that goes into the advertisements we see. This is a powerful clip that shows students the images we see in advertising aren't attainable in real life. You can find the clip here: <http://www.youtube.com/watch?v=hibyAJOSW8U>

We need the boys in our classes to understand that distorting beauty in advertising is not only something that is done to women, but also to men. This clip shows more on what is done to enhance the body. Dove Campaign for Real Beauty Male Version <http://www.youtube.com/watch?v=-I17cK1ItY>

Texting and driving is health issue that cannot be ignored. AT&T has a "Don't Text While Driving" Documentary that is about 10 minutes long. This video is very powerful and features families that have been affected by texting and driving. This is a very important topic to discuss in our health classes and the short video helps drive the point home. <http://www.youtube.com/watch?v=DebhWD6ljZs>

There are several quality Public Service Announcements (PSAs) about teen dating violence and sexual assault. Search for them in You Tube and don't just save them for when you are teaching about relationships. Use them in classes when we finish our lessons a few minutes before class is over. The discussion can be incredible. Here is an example: <http://www.youtube.com/watch?v=saAVcrI49nM>

"We Thought We Were Invincible" is a short 20/20 clip about a girl who killed her best friend while drinking and driving. I use this to generate discussion about how a poor choice a person makes changes life in an instant. Find it here: <http://www.youtube.com/watch?v=dUiNoyRa3pg>

Sometimes students don't understand what health education is really about before taking your class. Identifying the importance of health education. An Apple a Day is not enough a poem by Taylor Mali. It helps show students the importance of health education. I usually show this at the beginning of the semester. <http://www.youtube.com/watch?v=4SJ3T6EM3qU&feature=related>

This is the trailer for the entire movie, but this short clip makes a big statement. Teen Truth Drug and Alcohol Trailer <http://www.youtube.com/watch?v=6x4Zy8EOo14>

Now that My Plate has replaced the Food Pyramid, most of us don't have many materials for this change. "Introducing the new food icon: My Plate," is a great clip to introduce this new concept. <http://www.youtube.com/watch?v=SEFmSk08LIE>

I use the "Top Ten Health and Safety videos"- to talk about risk behaviors. Poor choices are highlighted and helps generate discussion on thinking things through instead of rushing into a poor decision. <http://www.youtube.com/watch?v=4RKY9u-S8TU>

I have a tip I'd like to share in using these clips. You can use free software like Freecorder or Zamzar to save the video clips so you can share them without worrying about internet speed or the link being broken. A quick clip can turn into a major time waster if it takes 10 minutes to show a 30 second clip.

There are countless numbers of clips in almost every health topic area that can be used to enhance your lessons. Short, meaningful, powerful clips can be a great way to introduce a topic, generate discussion on an issue and help increase interest in the lessons we teach. If you have clips you currently use in class, I'd love to hear about them. Michelle.gilmore@isd742.org



Introducing PE Central's Live Question and Answer Sessions

PE Central is introducing new Live Question and Answer sessions. These are free and do not require a UN, PW or registration. They take place on the front page of PE Central. The experts will do their best to answer as many questions as possible during the session. All of the sessions are archived and available to be replayed at any time of your choosing. All times are Eastern USA Time and are subject to change. The schedule will be updated periodically.

2011 Detailed Schedule

Tuesday, August 30, 7 PM EST

Topic: Classroom Management: Creating a Great Learning Environment in PE

Guest Educators: Dave Hinman and Ulrike Kerstges

SEPTEMBER

Monday, September 12, 7 PM EST

Topic: Teaching Health

Guest Educator: Deb Harris

Thursday, Sept. 15, 7 PM EST

Topic: Integrating Technology into PE

Guest Educator: Arlene Talbert

Thursday, September 22, 6 PM EST

Topic: Adapted PE

Guest Educators: Christine Stopka, Lorilynne Bowie and Ann Goodman

Tuesday, September 27, 7 PM EST

Topic: Implementing school wide physical fitness and wellness programs at the elementary level

Guest Educators: Dolly Lambdin and Guy Le Masurier

OCTOBER

Tuesday, October 4, 7 PM EST
Topic: Assessment in PE and Health
Guest Educator: Christine Hopple

Wednesday, Oct 12, 7 PM EST
Topic: Fundraising and Grant Writing for your PE Program
Guest Educators: Fran Zavacky and Jayne Greenburg

Thursday, Oct. 20, 7 PM EST
Topic: Integrating Academics in to PE
Guest Educators: Arlene Talbert and Charles Silberman

Monday, October 20, 7 PM EST
Topic: Adapted PE
Guest Educator: Mike Kozub

NOVEMBER

Wednesday, November 2, 7PM EST
Topic: Teaching Elementary PE
Guest Educator: Dr. George Graham

For more details and biographical information see pecentral.com. The August 30th session is available in the Archived Sessions/Replays.

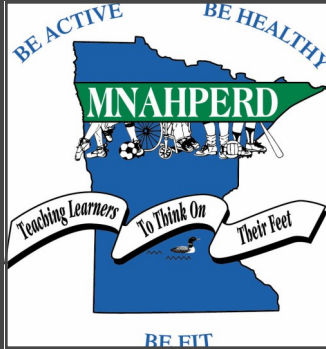
Don't forget to submit written ideas for games and activities to pecentral.com. We would love to share those things that work well in your classroom. Have a great Fall!

Vicki Skaar Johnson Managing Editor for High School Physical Education



Join today at www.mnahperd.org!

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



www.mnahperd.org

Loon Lines

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

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