

KENTUCKY NEWSLETTER FOR HEALTH • PHYSICAL EDUCATION RECREATION • DANCE

KAHPERD



FALL 2005

Running the Race

October 27-29, 2005 • Galt House East



Jean Blaydes Madigan and her Action-Based Learning information returns to KAHPERD by popular demand. She was a huge hit at our 2002 Convention, and we have wanted to bring her back ever since. "Exercise may boost brain function. Children who exercise learn better in school." You have

heard bits and pieces of the exciting new brain research that supports the importance of movement in the learning process. Her energetic, highly interactive workshop brings it all together for you and provides cutting edge information on the latest brain research that advocates for and justifies daily quality physical education. The fun and exciting games, fitness, and rhythmic activities presented demonstrate how to boost a child's brain power, how to prepare the brain for optimum learning, and how to improve memory and retention while reinforcing the classroom teacher's math, language arts, science, and social studies objectives. Jean will be speaking Friday afternoon and presenting a two-hour workshop at 9:15 Saturday morning.

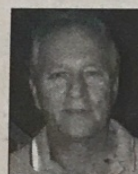
Jean is an internationally known educational consultant, speaker and author on the subject of how brain research supports the need for movement in learning and how movement enhances learning. She has made hundreds of presentations in 9 foreign countries and 48 of the 50 states. Jean has been an elementary physical educator for 27 years and a college professor. Her excellence in teaching is recognized by several awards such as Texas AHPERD Teacher of the Year, and one of six National Elementary Physical Education Teacher of the Year. Jean's book, *Thinking on Your Feet*, provides strategies for teaching academic standards kinesthetically to improve student performance. Jean is featured in 2 videos, *How to Make Learning a Moving Experience* and *Teaching the Teen Brain*, has written numerous articles and curricula, and has appeared on TV and radio advocating the importance of children's health and learning. Her dynamic presentation will have you on your feet experiencing learning through movement and making valuable applications that enhance cognition and give students an advantage in learning.



Brad Humphrey is presently the Director of Training and Development at Cumberland River Comprehensive Care Center. In addition to working in Mental Health, Brad has taught school at the college, high school and junior high levels. He was a San Diego Reserve Police Officer, a Group

Home Manager, an intervention specialist for a therapeutic foster care company and the director of Kentucky's first crisis shelter for youth. Brad has a Masters of Science Degree in Education, a Masters of Arts Degree in Psychology, and Teaching Credentials in Physical Education from San Diego State University. Brad has made numerous appearances on radio and television, including: "Gerald Rivera," "The 5th Estate," and PBS for his work with drop outs, street gang members, and foster-care children. He is an avid jogger and the author of the book, *The Values Diet*.

Brad will be giving our keynote address at the first general assembly on Friday entitled "Dare to Compare," a national project to fight obesity among children. He will also be presenting our Pre-Convention Workshop "The Brain and Behavior Like Never Before: Mind, Body, & Values" on Thursday evening from 7:30-9:45. It is an overview of the physiological function of the brain as it relates to human behavior. Special attention will be given to breakthrough research that has intervention implications for modern educators, health professionals, parents, etc. The content of new brain research provides a magnitude of knowledge for new treatment techniques. Participants will know and understand the five components of health related fitness as it relates to integrated holistic development and will gain a firm grasp on the biological underpinnings of personality. Participants can learn once and for all how to handle stress, diet, health and fitness. On Friday afternoon his final session is his amazing and very popular "Memory Mastery" program. Participants will understand the biological basis of learning, and will learn memory systems and specific techniques for improving memory. Armed with these critical systems and processes, participants can easily increase their memory abilities and be able to assist their students in more productive ways of remembering dates, historical events, vocabulary, etc.



Gerry Cernicky is a familiar name to anyone who uses the PE-Talk listserv. His ideas and advice are valued by thousands through the internet. He is the Department Head of Kiski Area Schools in Pennsylvania where he has taught physical education for 36 years. He has published numerous articles

and is widely sought after as a speaker at conventions and in-service workshops. He will present two sessions. The first, "WE ARE P.R." will help teachers learn how to get their schools involved in programs which will serve as a public relations tool for the parents, community and administration. It involves innovative techniques, instant activities and integrative lessons, implement teaching strategies and advocacy. Time tested tips, tricks and survival tips for personal improvement will be highlighted to complement the PE curriculum and national standards. Gerry's second session, "GAMES, GIMMICKS, NO THROW-AWAYS" presents lead up games and lessons using imaginative and creative ideas for makeshift equipment. Appropriate practices will be discussed to encourage student centered curriculum for optimal participation. Participation in these activities will enable teachers to get a hands on approach in a variety of settings. Check out Gerry's website <http://igreen.tripod.com/gerpe/>.

Willie and Donna Hey will be with us from Jacksonville State University. Willie will present a student oriented session along with WKU's Fred Gibson titled, "Professional Development for Students: Getting your career started" The purpose of the program is to emphasize the importance of participating in professional development activities before graduation. The program will also identify reasons to be professionally active as a student and potential benefits that can be reaped from being professionally active.

Donna will do two sessions; "Rhythm Bands: The Original Tinikling Sticks" teaches rhythm awareness using elastic bands. The program will also include participating in the basic Tinikling steps, progressing toward more advanced and combination steps for individual and groups. Her second session, "Exercising With Dot Drills in Elementary PE" introduces dot drills and differentiates among intensity

continued on page 2...

KAHPERD Convention Highlights, continued

levels of exercise. Using dots positioned on the floor participants will perform movements at low, medium, and high intensity to increase fitness.

The always popular **Christy Lane** will be with us this year with her high energy dance instructions. Christy is a professional choreographer, educator, and producer of live shows, award winning videos, music CD's and multimedia CD ROMs. Acclaimed as one of "America's most popular and respected dance instructors", Christy travels throughout the United States teaching and choreographing for stage, video, conventions and specialized groups. Her constant contact with members of the dance community and with physical educators keeps her on the cutting edge of dance trends. Her work has been recognized by U.S. News and World Report, The Washington Post, American Fitness, USA Today and Shape Magazine as she continues to share the message of wellness through dance. She is a member of the National

Dance Association, National Wellness Association, National Speakers Association, and the International Dance Exercise Association, and has consulted for Disney. She is certified by the American Council on Exercise and the American Sport Education Program. She frequently is a presenter at numerous state, regional and national physical education and teacher conventions. She recently received the 2001 Award of Merit from the California Association of Health, Physical Education, Recreation and Dance.

Lucinda Adams will be our guest speaker at the annual KAHPERD Awards Luncheon. Ms. Adams is a Past-President of the National Association of Sport and Physical Education (NASPE). She won the 100- and 200-meter events in the Pan American Games and held AAU records in 1957 and 1958. She also won gold medals in the first USA-U.S.S.R. track field meet in 1958. A member of the famed Tennessee State University Tigerbelles track and field team and

a teammate of Wilma Rudolph, Adams is perhaps best known for winning a gold medal in the 4 X 100-meter relay in the Rome Olympics. Her current contributions to the United States Olympic Committee is through the Champions in Life program. A humanitarian, Adams does outreach to inner-city youth and is a lecturer on this topic.

Adams was a health and physical education teacher and supervisor of athletics and physical education for the Dayton, Ohio, public schools. She has served as an adjunct faculty member at the University of Dayton. Among her many honors are membership on Ohio's Special Olympics Board of Directors and in the U.S. Olympian Society, as well as the Lifetime Achievement Award from the Ohio Professional and Amateur Athletics Committee, and the Presidential Award from the American Alliance for Health, Physical Education, Recreation and Dance.

EXECUTIVE DIRECTOR'S MESSAGE

The Value of KAHPERD – Your Professional Association



The 2004 KAHPERD Annual Convention in Northern Kentucky was a huge success. There were over 600 attendees, great programs, and more than 25 exhibit booths.

Congratulations to President Carol Ryan and her board. Make your plans now to attend the KAHPERD Convention at the Galt House in Louisville on October 27–29, 2005.

Thanks to you — the members, and to the outstanding officers, volunteers, and board members — KAHPERD is the professional leader for HPERD in Kentucky. Evidence of this leadership is in:

1. Our legislative advocacy efforts
2. The opportunities we provide for development in our fields
3. Our role as a noteworthy communicator within and outside the profession.

KAHPERD's legislative efforts are many and varied. I sincerely thank our legislative advocate chair, Jack Rutherford, as well as Carol Ryan, Melody Hamilton, Randy Crist, and June Robinson. All these KAHPERD presidents have continued to build on the success of the previous president. We continue to have outstanding representation of our interest due to the dedication of these leaders. As more bills are being crafted to address issues such as health education, more physical activity, fitness, and obesity, our organization is working hard for us. Visit the website www.kahperd.com, for additional information.

Plans continue to expand to further staff development opportunities for our members. Leadership Development Conferences at the State, District, and National Levels, summer workshops for health and physical education teachers, student leadership workshops and conferences; and two annual issues of our outstanding Newsletter and Journal; are just a few of the examples of conventions, conferences, and workshops on cutting edge issues that can improve and expand our services to HPERD professionals. We will continue to seek more ways for staff development efforts to expand and improve.

Our expanded website, www.kahperd.com, is an example of KAHPERD's key role as communicator within and outside our profession. We are continuing to utilize our listserve and are increasing our abilities to email specific subsets of our organization with information specific to their interests.

It is an exciting time in Kentucky. Soon, KAHPERD will once again be lobbying the legislature concerning issues vital to our children's health and well-being. Parents are looking to our profession for guidance in combating obesity. We need to seize this opportunity to promote healthy food choices and expanded opportunities for physical activity in our schools and communities.

In closing, it is an honor to serve as your KAHPERD Executive Director for another year. A heartfelt thank you to all the hardworking Presidents and devoted Board Members. In the meantime, please call 859-622-1887 or email me at Lonnie.davis@eku.edu if you have questions or suggestions on how KAHPERD can better serve you. Stay well.

Lonnie Davis, Executive Director

Wishing a Speedy Recovery to Executive Director Lonnie Davis

By now many of you know that our Executive Director, Lonnie Davis, had open-heart surgery on

Lonnie was recuperating at the home of his daughter in Nicholasville. Past KAHPERD President Jack Rutherford is filling in for him as the interim chairman of the Exercise & Sport Science Department at ECU, and also helping President Crist with many KAHPERD duties. Lonnie is doing well, but if you need to talk to someone about registration for the convention, call or e-mail Jack Rutherford (859-622-8149, jack.rutherford@eku.edu) or Randy Crist (859-622-1890, randy.crist@eku.edu).

Lonnie is an avid biker and fitness enthusiast. On a recent bike trip, he experienced some difficulty and decided to get a physical. His doctor immediately sent him to the hospital. A few days and tests later, Lonnie was on the operating table having five heart bypasses. The doctor commented that Lonnie's heart muscle and lungs were VERY strong but HEREDITY had overruled.

This is a good reminder for all of us to get our cholesterol checked, visit our physicians and ask for other age appropriate screening tests. Remember, HEREDITY is the controlling factor. Do us all a favor go to your doctor on a regular basis. We want you all to be KAHPERD members for a long, long time.

One other lesson can be learned from Lonnie's experience — be good to your students! The doctor who performed Lonnie's heart surgery was one of his former students that played basketball for him in his first three years at Montgomery County High School.

Messages from KAHPERD Officers



VP-Health – Jennifer Howard
j-howard@moreheadstate.edu

I am excited to say that I have received a number of excellent proposals for our upcoming convention. These proposals include the following:

- AED Basics Survival Kit
- Behavin' and Movin' Through Service Learning
- Strategies for Teaching HIV and Pregnancy Prevention
- Refusal Skills: Basic Role Playing
- Roundtable Discussion of the Effectiveness of Using Video Resumes for Health Education Professionals
- Civic Engagement as a Part of the Wellness Curriculum
- Health Promotion for Musicians and Music Educators
- Encouraging Physical Activity Among Middle-Aged Women
- Youth Development, Risky Behaviors, and Self-Identity
- Addressing Alcohol and Other Drug Issues On Campus
- Eating Disorders: Physical/Psychological Impact on Adolescents
- Skin Cancer Prevention

Be sure to check these sessions out. The presentations will provide education in all of the different components of health. The sessions will give you insight on how to better your own health and pass this information on to your students so that they can better their health.

SILENT AUCTION

We are currently in need of items for this auction. So, if you have an item you can personally donate or if you can get a donation from a business, please feel free to email me at j-howard@moreheadstate.edu or Lisa Carr Hager, Co-Chair, at lcarr@fayette.k12.ky.us.



VP-Dance – Daniel Hill
hilldaniel@franklin.k12.ky.us

As the school year winds to a close, if you're like me, images of the CATS tests are still fresh on your mind. Picture "that" student (You know the one I'm talking about!)

trying their best to answer questions related to the Arts and Humanities dance content and you hope that your efforts to cover that material helped them! As I have worked to organize dance presenters for the 2005 KAHPERD conference, I have kept images like those in my mind.

Chief among the presenters for the 2005 Fall convention, in the area of dance, is last years KAHPERD Dance Educator of the Year Dennee Bannister. Denne is going to give us some insights into teaching the elements of dance.

Also, many artists from the Kentucky Arts Council like: Kacey Frazier and Donna Richards are scheduled to present topics they feature as artists in residency. Come to their sessions, see what they have to offer and schedule them to come to your school and help your students one on one!

Teresa Day is also going to present lessons and materials from the Dance Toolkit produced by KET which is a fabulous resource for KY educators.

I am very excited to announce that Christy Lane will be coming to present her very popular dance instructional materials! I'm sure that many of you have many of Christy's popular music CD's and dance videos. I remember her visit to the KAHPERD convention in 2001 and know that her action packed sessions will be worth attending by everyone!

I also want to invite you to attend the dance GALA scheduled for Friday of the convention. Many dance groups will perform various pieces and I know they will be entertaining!

I have enjoyed the process of organizing the dance presenters for the 2005 convention. I hope that you will attend and gain a greater insight in teaching dance to KY youth.



At-Large East – Sally Hope
shope118@aol.com

I wanted to take this opportunity to introduce myself to KAHPERD members. My name is Sally Hope and I currently hold the position of the At-Large East member of the

KAHPERD board. I live in Richmond, Kentucky and teach part-time at Eastern Kentucky University. As the At-Large East member, I am a contact person for those of you residing in the eastern part of the Commonwealth. Please feel free to contact me with any ideas or concerns that I can pass on to the KAHPERD board. I can be reached at 859-623-2860 or via email at shope118@aol.com.

Nominees

for

KAHPERD ELECTIONS

PRESIDENT

John Ferguson
Eastern Kentucky University, Richmond

VP FOR GENERAL

Jennifer Dearden
Morehead State University, Morehead

VP FOR PHYSICAL EDUCATION

Pat Weiland
Blessed Sacrament School, Ft. Mitchell
Martha Beagle
Berea College, Berea

VP FOR DANCE

Mary Miller
Morehead State University, Morehead
Lauren Case
Russell Cave Elementary, Fayette County

VP FOR HEALTH

Chris Estes
Larue County Middle School, Larue County
Jennifer Hatfield
Harrison County HS, Cynthia

AT-LARGE EAST
Kim Darnell-Caspeglia
University of Louisville, Louisville

AT-LARGE WEST

Kim Howell
Lincoln Trail Elementary, Elizabethtown
Arthur Sciubba
Greenwood HS, Bowling Green



Stay up-to-date!
www.kahperd.com

Congratulations!

2005 PEP GRANT WINNERS

KENTUCKY

Henderson County Board of Education
Project Director: Nancy Satterfield
1805 Second Street Email:
nsatterfield@henderson.k12.ky.us
Henderson, KY 42420
(270) 831-5000
AWARD: \$109,170

Daviess County Public Schools
Project Director: Vicki Riley
1622 Southeastern Parkway Email:
vriley@daviess.k12.ky.us
Owensboro, KY 42304
(270) 852-7000
AWARD: \$377,981

STARS Program Offers Excellent Opportunity

For administrators and physical educators looking for an effective and inexpensive way to conduct a curriculum program review of their school physical education program, the National Association for Sport and Physical Education (NASPE) has the answer for you! Encourage your physical education department to apply for STARS, NASPE's national recognition program for outstanding K-12 physical education programs. Visit the STARS website at www.naspeinfo.org/STARS to get great new ideas for improving your physical education program from the current 23 STARS schools.

Every STARS application portfolio receives a thorough review by three independent experts, based on the national content and opportunity to learn standards for quality physical education programs. Guidelines include educationally and developmentally appropriate instructional strategies and teaching skills, adequate facilities and equipment that are safe and appropriate for the age and abilities of the students and that enable the students to participate in the maximum amount of active time on task, and classes taught by certified physical educators, among others. The cost to apply for a STARS review is only \$150 per school. In return your school will receive a complete evaluation report on 31 criteria that you can use as the basis for curriculum revision and as a tool to advocate for program improvements.

According to NASPE President Thomas J. Templin, Ph.D., department chair and professor of the Department of Health and Kinesiology at Purdue University, "The STARS program offers administrators an assessment of and feedback on the school's physical education program based on standards of excellence. NASPE wants to help schools stimulate their communities to an understanding of quality physical education and the status of the program that is presently available to their children.

"In addition, the STARS process provides an excellent first step for all schools interested in improving their physical education program. When you consider the costs for school districts to bring in a consultant to guide them through the curriculum review process, this low cost \$150 investment will reap huge dividends!"

For schools receiving the STARS national recognition, the principal and physical education staff will receive a STARS banner to proudly hang in the school, certificates of achievements and valuable product coupons from a number of sponsors of the NASPE STARS program as well as local, state and national recognition from the media and legislators. Recipients will be invited to a celebratory reception at the National Convention of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Programs may continually strive for on-going improvement and higher levels of recognition for their physical education program.

To learn about how your physical education program can apply to become a STARS school, visit the NASPE website at www.naspeinfo.org/STARS. Physical education departments can download the information on the STARS program, application information and form, criteria, and suggestions for providing evidence that the criteria have been met.

Information about the National Association for Sport and Physical Education (NASPE) can be found on the Internet at www.naspeinfo.org. NASPE, which

has been setting the standard for the profession for over 31 years, is the largest of the six national associations of the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD). A non-profit membership organization of over 18,000 physical education and sport professionals, NASPE is the only national association dedicated to strengthening basic knowledge about sport and physical education

among professionals and the general public. Putting that knowledge into action in schools and communities across the nation is critical to improved academic performance, social reform and the health of individuals. To assess whether your child is receiving a quality physical education program, visit www.aahperd.org/naspe/template.cfm?template=observePE/main.html for observation tools.

Quick Tips submitted by Sally Hope

Fun Fitness Idea

Are you using small sided games in your elementary and secondary PE classes? In order to promote activity by ALL students, many PE teachers now play "traditional" sport games such as basketball, soccer, volleyball with less than the "traditional" number of participants per team. When you enter a PE class you now see numerous games of 2-4 players per team instead of one or two large games with 8-15 players on a team. Some teachers have marked grids on their gym floors and assigned groups of 2-4 students per grid. These grids serve as the activity area for that particular group of students for much of their PE class activities, including their small-sided games.

One favorite "small-sided game" is Five Passes, which is a throwing and catching game. Two teams (no more than 4 per team) are needed. One team has possession of the ball and attempts to make five complete passes without the ball being knocked down or intercepted by the opposing team. If the team completes five passes, they receive a point and give the ball to the other team in order to start again. If the ball is intercepted by the defensive team, the intercepting team immediately begins to work toward 5 complete passes from the spot where the ball was intercepted. Should the ball hit the ground, the team that *threw* the ball loses possession of it.

This basic "keep-away" game, when used as a small sided game, will have your upper elementary and secondary students sweating in no time! For an idea on challenging the different ability levels, make sure the students have a choice of throwing objects that include different sizes, shapes, and textures.

Tag games are popular in physical education curriculums. When observing tag games you often see students standing in an area opposite of where the "It" is, watching the action but not moving. Here are two tag games that can be used with upper elementary and secondary students that insure movement by all participants.

Clothespin Tag — Each student has 2-3 clothespins on their back. On the signal, each student tries to get the clothespin off any other student. If a clothespin is taken, the student taking the clothespin holds the clothespin up in the air (signifying that they cannot be tagged) and moves out of bounds, puts it on his/her back, and re-enters the game; the student losing the clothespin simply keeps playing unless it was their last clothespin — in which case they move out of bounds to the clothespin supply box; put 2-3

new clothespins on, and re-enter the game. Only one clothespin at a time can be taken.

Teaching hints: 1) Make sure you have a large playing area. 2) Watch for any clothespins that may have fallen on the floor. (Other possible equipment: flag football belts & flags). 3) Instruct students to walk instead of run to slow the game down and reduce the risk of collisions.

Partner Tag — Four students are divided into two teams (2 on 2). One pair tosses the ball in order to try to tag one of the other pair with the ball. The ball cannot be thrown at the opposite team's members. A student cannot run with the ball. If a player is tagged with the ball, that player and his partner take the ball and become the tagging team.

It seems to take the students a few tries to comprehend the strategy involved, but once they do, they enjoy this game and it keeps them moving. Here's the strategy... Tagging Team Player A has the ball and stands still. Tagging Team Player B must move to where Chassee Team Players A or B are in an attempt to catch the ball and reach out and touch one of them with it. Chassee Team Players A and B need to move so that Tagging Team Player B is not near them. As soon as Tagging Team Player B catches the ball, he/she attempts to tag the chassee. If that does not happen, Tagging Team Player B now has to stand still (remember that you cannot run with the ball!) and Tagging Team Player A attempts to get near Chassee Team Players A and B. Chassee Team Players A and B are now trying to get away from Tagging Team Player A. If Chassee Team Players A or B is tagged with the ball, they become the tagging team.

Don't forget about health-related fitness concepts! In order to teach health-related fitness concepts as these games are played try the following suggestions:

- Have players stop periodically and take their heart rate. Discuss if they are in their Target Zone and, if not, what they can do differently to get into their Target Zone.
- Discuss some changes they noticed in their bodies as they played the game (heart beating faster, breathing harder, sweating, etc.).
- Discuss how walking instead of running in the clothespin tag affects their heart rate.
- Discuss which component of health-related fitness these games would develop.
- Discuss if these games would be something they could play at home to stay active.

JUMP ROPE FOR HEART and HOOPS FOR HEART



**Jump Rope
for Heart**

Joy Heines

heines@bellsouth.net



**Hoops for
Heart**

Bev Gass

wildem10@bellsouth.net



**AHA
Representative**

Jamala Harrison

jamala.harrison@heart.org

JRFH & HFH PRIZE STRUCTURE

2005-2006 Jump Rope For Heart (Note: The thank you gift structure is cumulative)

PRIZE LEVEL

All

\$5

\$15

\$30

\$50

\$75

\$125

\$200

\$300

\$500

\$1,000+

INCENTIVE ITEMS

Student Certificate and Sticker

Hyperflex Flyer

Jump Rope

Flashlight Radio

T-shirt

Slingshot Paddle Ball

Bungee Jumper

Moon Walkers

Jumbo Sports Ball

Kick It Stick It

Huffy Bike

2005-2006 Hoops For Heart (Note: The thank you gift structure is cumulative)

PRIZE LEVEL

All

\$5

\$15

\$30

\$50

\$75

\$125

\$200

\$300

\$500

\$1,000+

INCENTIVE ITEMS

Student Certificate and Tattoo

Hyperflex Flyer

Wall Ball

Flashlight Radio

T-shirt

HFH Basketball

Chuck N Duck

Mega Sky-O

Armband Radio

Kick It Stick It

MP3 Player

Post Event Coordinator and School Thank You Gifts:

Coordinator Thank You Gift: Long Sleeved T-shirt (received post event regardless of amount raised)

School Thank You Gifts: Banner (received post event regardless of amount raised) and certificates to US Games (certificates for physical education equipment are presented to schools post-event and are based on how much the school's event raised).

Event Raises

\$1,500 to 2,999

\$3,000 to 4,999

\$5,000 to 7,499

\$7,500 to 9,999

\$10,000 to 14,999

\$15,000 to 19,999

\$20,000 and up

Certificate Value

\$100

\$200

\$300

\$400

\$500

\$800

\$1,000

Jamala Harrison

Youth Market Manager, American Heart Association

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E-mail: jamala.harrison@heart.org

www.americanheart.org • www.jump.americanheart.org

www.hoops.americanheart.org

Jump Rope for Heart KY Demo Teams

John Stacy
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3348 Court Street
Catlettsburg, KY 41129
School Phone: 606/739-5515
Fax: 606/739-8625
Email: jstacy@boyd.k12.ky.us
AHA Staff: Lydia Pruitt

Kathy Todd
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109 Oakwood Drive
Berea, KY 40403
School Phone: 859/986-8233
Fax: 859/986-8405
Email: ktodd@madison.k12.ky.us
AHA Staff: Ashley Charlton

Josh Johnson
G.C. Burkhead Elementary
521 Charlemagne Boulevard
Elizabethtown, KY 42701
School Phone: 270/769-5983
Fax: 270/737-0989
Email: jjohnson@hardin.k12.ky.us
AHA Staff: Jamala Harrison

Lou Kendall
RE Stevenson Elementary
100 North Main Street
Russellville, KY 42276
School Phone: 270/365-5150
Fax: 270/365-3164
AHA Staff: Danita Eysenbach

Chris Mingo
Highland Elementary
75 Tick Ridge Road
Waynesburg, KY 40489
School Phone: 606/365-2768
Fax: 606/365-1470
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AHA Staff: Ashley Charlton

Kathy Case
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101 Old Fort Road
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Fax: 606/365-1533
Email: mcase@mis.net
AHA Staff: Ashley Charlton

Joy Heines
Hite Elementary
12408 Old Shelbyville Road
Louisville, KY 40243
School Phone: 502/485-8267
Fax: 502/485-7006
Email: jheines1@jefferson.k12.ky.us
AHA Staff: Jamala Harrison

Keith Stokes
William H. Natcher Elementary
1434 Cave Mill Road
Bowling Green, KY 42104
School Phone: 270/842-1664
Fax: 270/842-1563
Email: KAS1434@aol.com
AHA Staff: Danita Eysenbach

Eric Hughes/Chris Estes
Hodgenville Elementary
33 Eagle Lane
Hodgenville, KY 42748
School Phone: 270/358-3506
Fax: 270/358-8800
Email: ehughes@larue.k12.ky.us
cestes@larue.k12.ky.us
AHA Staff: Jamala Harrison

**American Heart
Association.**



Learn and Live..

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Coloring Sheets ♥ Games and more!

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Running the Race

2005 KAHPERD CONVENTION

October 27-29 • Galt House East

Thursday		Registration 7:00 - 7:30 p.m.				Meeting 6:00 - 7:00 p.m.			
7:30 - 9:45		Pre-Conference workshop: Brad Humphrey -- The Brain & Body				Like Never Before: Mind, Body, & Values (Ballroom C)			
7:30 - 9:45		Exhibits set up							
Friday		Registration 7:00 - 4 p.m.							
Room & Time	Ballroom A	Ballroom C	Clements	Wilks	Wilkinson	Sampson	Laffoon	Beckham	Morrow
7:00 - 8:00	Set-Up for Exhibitors in Ballroom Foyer								
8:00 - 9:00		David Montgomery International Folk Dance	Aaron Beigle Using Pedometers to Enhance Physical Activity	Mary + Sally Pilates for the PE Class	Marianne McAdam Brain Dance	Jack Rutherford Coaching High School Tennis	Cathy Hammond Health Promotion and Education for Musicians and Music Educators		
9:15 - 10:15		Christy Lane Dance Like the Stars!	John Ferguson Elementary Expedition	Lori Bissell Sport Stacking	Donna Richards Artist and the Athlete	Tonya Chang & Robin Walker Complying with Senate Bill 172	Cathy Hammond Civic Engagement as a Part of Wellness Curriculum	Laurie Larkin Exercise and the Type I & Type II Diabetic	Dianne O'Brien Hazing: Legal Issues, School Solutions, Protecting Yourself & Others
10:30 - 11:45	1st General Session in Ballroom A -- Brad Humphrey: Dare to Compare								
12:00 - 1:00		David Montgomery American Novelty and Big Circle Dances	John Ferguson Caught in the Middle	Sally Hope Introduction to Physical Best	Denee Jagers Bannister Create and Perform -- Experiencing the Elements of Dance	Lynn Hines National Board Certification--Over the Top Professional Growth	M. Mitchell & D. Ratcliff So You Want to be a Student Athlete?	Jennifer Dearden Encouraging Physical Activity Among Middle-Aged Women	Julia Hypes, Facility Risk Management: An Interactive Approach
1:15 - 2:15	Gerry Cernicky We Are P.R.	Dance Gala & Jump Rope Demo Teams	Kelly Ambrose Outdoor Education Experiences & the Public Schools	Sally Hope Introduction to Fitnessgram	Jennifer Rose Escobar American Dance for Everyone	Ky. Phy. Activity Advisory Board -- What Does the Phy. Activity and Nutrition Bill Mean to You?	Brad Humphrey Memory Master	Cynthia Sullivan Eating Disorders: Physical/psychological Impact on Adolescents	W. Hey & F. Gibson, Professional Development for Students: Getting Your Career Started
2:30 - 3:30	Jean Blydes-Madigan Action-Based Learning	Christy Lane Fun & Funky Hot Dances	Debby Mitchell Do the Geo-Motion: Exercise While Having Fun!	Teresa Day Arts Toolkit Project Manager	Joy Heines Jump Rope for Heart	Steve Nagy Youth Development, Risky Behaviors and Self Identity		Renee White Strategies for Teaching HIV and Teen Pregnancy Prevention	Wardell Johnson Professional Attitude: Dress for Success, Business Etiquette, Etc.
3:45 - 4:45		Lucien Taylor, College Superstars!	Cathie Summerford Action-packed Classrooms	Bev Gass Hoops for Heart	Rayma Beal Having Fun with Latin Dance	Betty Anne White Using Technology to Enhance the Wellness Curriculum	K. Wright & M. Beagle Behavin' and Movin' Through Service Learning	Dianne O'Brien Time Management Tricks	Michael Hypes Team Transportation and Travel: Who's at Risk?
6:00 - 7:30	President's Reception & JRFH/HFH in Ballroom B								
Saturday		Registration 7:00 - 12:00							
8:00 - 9:00	Jack Rutherford Badminton	Deborah Denenfeld Colonial Social Dancing of the Wealthy and Common Folk		Jennie Patterson Sports Massage for Athletes		Michael Ballard Activities for the Health Classroom			
9:15 - 10:15	Gerry Cernicky Games, Gymnastics, No Throwaways	Jean Blydes-Madigan Action-Based Learning	Lori Bissell Sport Stacking	Jim Larkin Creative and the Athlete	Kacey Frazier Folk Dances for PE	Judy Krug Addressing Alcohol and Other Drug Issues on Campus	J. Dearden & M. Miller Roundtable Discussion of the Effectiveness of Using Video Resumes	David Campbell The Benefits of Community Partnerships in Addressing School Health and Safety Concerns	John Carter AED Basic Survival Kit First Hour -- Information Second Hour -- for certification
10:30 - 11:30			Lisa Carr-Hager Fitness Self Testing (Fitnessgram)	Aaron Beigle Physical Activity, Physical Fitness, and Academic Achievement	Donna Hey Exercising with Dot Drills in Elementary PE	Johnny Newsome Refusal Skills: Basic Role Playing	S. Whitlock & R. Arnold Implementing Sport Education into the P.E. Curriculum	M. Magner & J. Newsome Adapted Physical Education on a Shoestring Budget	
11:45 - 12:45				Manual Prostheses Lower Body Strength, Flexibility, and Knee Stability in Tang Soo Do Karate Athletes	D. Hey & W. Hey Rhythm Bands: The Original Thinking Sticks	Emma Walters The New Food Pyramid	Betty Anne White Creating Fun Learning Projects for Students	S. Burket & J. DeBella Establishing a New Collegiate Football Program	
1:00 - 3:00	Awards Luncheon Olympic Gold Medalist Lucinda Adams, Speaker								
3:15 - 4:00	2nd General Session (location TBA)								



PRE-REGISTRATION DRAWING

Friday, October 28
10:30 - 11:45 General Session

MUST BE PRESENT TO WIN

REMEMBER TO VOTE!

Voting for KAHPERD officers will be held on the following days:
Friday, October 28
Voting Booth open from 12:00 - 4:00 p.m.

Saturday, October 29
Voting Booth open from 8:00-11:00 a.m.

All professional members are eligible to vote.

Physical Education or Physical Activity?

With heightened attention on childhood obesity prevention efforts, there seems to be some confusion between the terms "physical education" and "physical activity." Often the words are used interchangeably but they differ in important ways. Understanding the difference between the two is critical to understanding why both contribute to the development of healthy, active children. I believe every child at our school deserves both a quality physical education and physical activity program.

Our school physical education program offers the best opportunity to provide physical activity to all children and to teach them the skills and knowledge needed to establish and sustain an active lifestyle. Physical education teachers assess student knowledge, motor and social skills, and provide instruction in a safe, supportive environment. The National Association for Sport and Physical Education (NASPE) recommends that schools provide 150 minutes of instructional physical education for elementary school children, and 225 minutes for middle and

high school students per week for the entire school year. Based on sequence of learning, physical education should not be compared to or confused with other physical activity experiences such as recess, intramurals, or recreational endeavors.

A quality physical education program provides learning opportunities, appropriate instruction, meaningful and challenging content for all children, and should include:

Opportunity to Learn

- Instructional periods totaling 150 minutes per week (elementary) and 225 minutes per week (middle and high school)
- Qualified physical education teachers providing a developmentally appropriate program
- Teacher/student ratio in physical education no greater than 1:25 (elementary) and (1:30 middle/high) for optimal instruction (similar to other classroom settings)
- Adequate equipment and facilities for all students to be active at the same time

Appropriate Instruction

- Full inclusion of all students
- Maximum participation and ample practice opportunities for class activities
- Well-designed lessons that facilitate student learning
- Out of school assignments that support learning and practice of learned skills
- Appropriate discipline and class management (physical activity should never be used as punishment)
- Use of regular assessment to monitor and reinforce student learning

Meaningful Content

- Instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child
- Fitness education and assessment to help children understand, improve and/or maintain their physical well-being
- Development of cognitive concepts about motor skill and fitness
- Opportunities to improve emerging social and cooperative skills through physical activity and gain a multi-cultural perspective
- Promotion of recommended amounts of physical activity now and throughout life

Physical activity is bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, playing soccer, lifting weights, as well as daily activities such as walking to the store, taking the stairs or raking the leaves.

Similar health benefits to those received during a physical education class are possible during physical activity bouts when the participant is active at an intensity that increases heart rate and produces heavier than normal breathing. NASPE recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day while avoiding prolonged periods of inactivity.

Opportunities to accumulate physical activity during the school day include time spent in physical education class, classroom-based movement, recess, walking or biking to school, and recreational sport and play that occurs before, during, and after school. Parents and grandparents are urged to get active with their children. The benefits of regular physical activity include:

- Reduces the risk for overweight, diabetes and other chronic diseases
- Assists in improved academic performance
- Helps children feel better about themselves
- Reduces the risk for depression and the effects of stress
- Helps children prepare to be productive, healthy members of society and
- Improves overall quality of life.

This school year I would like to encourage everyone to visit your child's physical education class, the cornerstone of an active lifestyle for all students. You will see children participating in developmentally appropriate activities that help increase their physical competence, self-esteem, and enjoyment of physical activity no matter what their physical abilities may be. I want every child to embrace physical activity! To learn more about the importance of physical education and physical activity, visit the NASPE website at www.naspeinfo.org.

Websites of Interest to KAHPERD Members

www.cdc.gov/youthcampaign/materials/tweens/crossover/index.htm

Part basketball, part anything. It's your shot! With VERB Crossover, your students will love creating and playing their own basketball-fueled games. Create Crossover games and apply for one of 25 grants of \$500 for your physical education program. Crossover materials are available to be downloaded FREE from the website above. The VERB campaign is a federal campaign designed to increase youth physical activity. (submitted by Paula Kun, AAHPERD)

www.fmschools.org/mott-road.cfm?subpage=3D193

This is the new website for Mott Road Elementary School. The site's content remains the same. Please adjust your bookmarks/favorites.

Resources for Students:

- Aerobic Steps** — <http://www.turnstep.com>
- Ancient Olympics** — <http://www.museum.upenn.edu/new/olympics/olympicintro.shtml>
- Ancient Olympics** — <http://www.perseus.tufts.edu/Olympics/index.html>
- BAM** — <http://www.bam.gov>
- Basketball Instruction** — <http://www.theoachingcorner.com/basketball/baseball/basketball/index.html>
- Batting Mechanics** — <http://www.batspeed.com/mechanics.html>
- Circus Skills** — <http://www.juggling.org/help/>
- Exploratorium** — <http://www.exploratorium.edu/sports/>
- Fitness Jumpsite** — <http://primusweb.com/fitnesspartner/>
- Franklin Institute Museum** — <http://sln.fi.edu/>
- Frisbee Instructional Tips** — <http://www.frisbee.com/freestyle/tips/basic.html>
- Game Kids** — <http://www.gamekids.com/index.html>
- Golf Lessons** — <http://www.golfonline.com/golfonline/>
- Line Dance Fun** — <http://www.linedancefun.com/>
- Multicultural Games** — <http://www.germantownacademy.org/Academics/MS/6th/MCGAMES/Index.htm>
- Museum of Science** — <http://www.mos.org/home.html>
- Olympic Movement** — <http://www.olympic.org/>
- Rules** — <http://www.rulescentral.com>
- Science and Olympics** — <http://whyfiles.org/019olympic/index/html>
- Science of Speed** — http://riverdeep.net/current/2002/02/021802t_speed.html
- Soccer Instruction** — <http://www.theoachingcorner.com/soccer/skillsdrills.html>
- Sports Figures** — <http://sportsfigures.espn.com/sportsfigures>
- Sports Illustrated for Kids** — <http://www.sikids.com>
- Square Dance Basics** — <http://www.squaredancecd.com/basic/basicsteps.htm>
- Volleyball Instruction** — <http://www.njvb.com/jsvba/instruct.htm>

www.pesoftware.com/webber.html

Check here for updates on physical education resources for students. Essential for research questions, database creation, electronic publishing, and peer teaching.

submitted by Bonnie Mohrson, www.pesoftware.com

From The National Association for Sport and Physical Education

Why Children Need Physical Education

Physical education is an integral part of the total education of every child in Kindergarten through Grade 12. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented.

Improved Physical Fitness

Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

Skill Development

Develops motor skills, which allow for safe, successful and satisfying participation in physical activities.

Regular, healthful physical activity

Provides a wide-range of developmentally appropriate activities for all children.

Support of other Subject Areas

Reinforces knowledge learned across the curriculum. Serves as a lab for application of content in science, math and social studies.

Self Discipline

Facilitates development of student responsibility for health and fitness.

Improved judgment

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others; question actions and regulations and accept responsibility for their own behavior.

Stress reduction

Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.

Strengthened peer relationships

Physical education can be a major force in helping children socialize with others successfully and provides opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

Improved self-confidence and self-esteem

Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

Experience Setting Goals

Gives children the opportunity to set and strive for personal, achievable goals.

New Recommendations

America needs to make changes to ensure all school-age children get 60 minutes or more of moderate to vigorous physical activity every day, concluded a 13-member panel of health leaders in the June issue of *The Journal of Pediatrics*. National Association for Sport and Physical Education (NASPE) members who served as expert panel members and co-authored the article were panel co-chair Bob Malina, Bernard Gutin, Jim Pivarnik, and Stewart Trost.

According to the recently released article, "Evidence Based Physical Activity for School-Age Youth," the panel reviewed more than 850 articles and 1,200 abstracts to develop the recommendation that "school-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable and involves a variety of activities." The panelists said much of the needed activity could be achieved at school with appropriate physical education, recess, intramural sport and before- and after-school programs. "Both physical education and recess afford opportunities to achieve the daily physical activity goal without any evidence of compromising academic performance."

The Divisions of Nutrition and Physical Activity and Adolescent and School Health of the U.S. Centers for Disease Control and Prevention, which recommends daily quality physical education from kindergarten through grade 12, convened the panel. NASPE was one of only four national professional associations invited to participate in the January 2004 expert panel meeting. In 1998 and again in 2004, NASPE published national guidelines calling for 60 minutes, and up to several hours of physical activity per day for children. Lead authors of NASPE's Physical Activity for

Children: A Statement of Guidelines for Children Ages 5-12, were Drs. Charles B. Corbin and Robert P. Pangrazi of Arizona State University.

Strategies: A Must Read

A "must read" is the latest issue of *Strategies*, a journal specially designed for physical and sport educators from NASPE. Here are a few of the great articles you do not want to miss: our new National Middle School Physical Education Teacher of the Year Mike Tonoschok writes about his school's popular outdoor education program which features fishing and kayaking. An excerpt from Louis Bowers new book *Physical Educators' Guide to Successful Grant Writing* is included. So is "Using and Caring for Pedometers," "Simplifying Tennis Instruction," "Developing an A+ Professional Portfolio," "Self-Defense for Teens," and "Promoting Change in Your Physical Education Program," among others. Call 1-800-213-7193, ext. 493 to order your own subscription today or email StrategiesEditor@caaahperd.org and ask her to send you a complimentary review copy. Don't let another school year go by without learning first hand from *Strategies* how to be more effective in your work, stay up to date with "best practices" and analyze the latest issues and trends.

New Wellness Policies on Physical Activity

The National Association for Sport and Physical Education (NASPE), an active member of the National Alliance for Nutrition and Activity (NANA), would like you to know that NANA has developed a set of Model Local School Wellness Policies on Physical Activity and Nutrition to assist local school districts as they write and implement wellness policies, in accordance with the Child Nutrition and WIC Reauthorization Act of 2004. In what truly has been a collaborative effort, 50 health, nutrition, physical activity, and education organizations, including NASPE, assisted with or supported the development of these model school wellness policies.

The model policies are available at www.schoolwellnesspolicies.org. You will recognize NASPE's standards, guidelines, and positions on physical activity, physical education, recess, intramural programs, and interscholastic athletics.

We encourage you to share these model school wellness policies with appropriate committees within your school districts and use them as tools to help schools take strong steps to promote physical activity and nutrition and address obesity. Work with schools in your own community to help develop and implement school nutrition and physical activity policies. Be sure there is a physical education/physical activity/sport representative on your school district's committee to develop/adopt wellness policies, such as the school district physical education coordinator.

NASPE, who was integrally involved in helping to develop these model physical activity policies, is pleased to share them with you on behalf of NANA. Now we encourage you to disseminate them to the widest possible audiences. Thank you. Let us know how we can support your school district's efforts to develop wellness policies. Sent to you from the NASPE Broadcast Center.

How to get Involved in your State Association

Want to know how to get involved with your State Association?

Here are some tips:

1. **Join KAHPERD** and enjoy the many benefits membership has to offer including two professional journals, reduced convention fee, two newsletters, reduced summer health and physical education workshop fees, up-to-date information on programs, teaching ideas, legislation, grants and more.
2. **Volunteer** to run for a leadership position on the KAHPERD Board of Directors.
3. **Volunteer** to work at the Fall convention and/or summer Health and P.E. workshops.
4. **Nominate** a deserving professional for a KAHPERD award.
5. **Be a presenter** at the KAHPERD convention or summer health and physical education workshops. We want to hear your ideas.
6. **Recruit** a new member to the association.
7. **Apply** for a Physical Education for Progress (PEP) grant.
8. **Write** an article for the KAHPERD Journal.
9. **Attend** the Fall KAHPERD convention and summer health and physical education workshops.
10. **Participate** in Jump Rope for Heart and/or Hoops for Heart fundraising programs for the American Heart Association.

Book Reviews by Pat McCann

A Must Read

Mark Twain said, "I have never let my schooling interfere with my education". Mark Barretts book, **GAMES FOR THE WHOLE CHILD** is what I call "research." He combines knowledge from his education, a PHD, ten years in an elementary school gym, and evaluations from his students to create this book. It consists of 61 games that are divided into five categories: warm-up games, skill practice, fitness games, sport games, and group initiatives. The games came from friends, mentors, and teachers. You may have played variations of them yourself. What makes them new is they have been modified for the whole child. What does that mean? Let me give you an example, running a lap meets the physical need of a child, but not their specific social, emotional, and cognitive needs. He contends that children will not become lifelong movers if the "whole child" is not addressed. Each of the 61 games have been modified to met the needs of the "whole child"

This book goes against the grain. It includes human target games, using the new soft balls, believes that physical activity should be fun, does not think heart rate monitors and pedometers are necessary. I quote, "We are not going to develop lifelong movers by teaching students the importance of fitness and how to plan a personal fitness program. They can do that when they are older."

This book got me thinking about what's really important in physical education. It will also enhance your teaching and your student's appreciation of physical education.

The "A" Word

B.F. Skinner said, "Education is what survives when what has been learned has been forgotten." Yet what do we assess...rules, vocabulary? A child will forget what locomotor means, but they will always know how to skip once they've learned to skip. Christine J. Hopple's second edition **ELEMENTARY PHYSICAL EDUCATION TEACHING & ASSESSMENT, A PRACTICAL GUIDE**, is readable and practical. I felt like I was in the midst of a conversation about assessment rather than in a classroom being lectured or reading a typical textbook.

The **FIRST** section of the text covers alternate assessment, scoring and creating alternate assessment, managing the assessment process, and actually using your assessment data for something except a grade. The **SECOND** section covers using the National Standards to develop your curriculum. The **THIRD** section is concerned with sample assessment tasks and curriculum ideas.

If you could use some **PRACTICAL** help on assessment and I know I could, this book is worth the read.

Any One Can Teach Dance!

Did you know that dance is the oldest art form? Did you know that you don't have to be a dancer to teach dance? Did you know that combining movement, like dance with learning, enhances learning? All you need to incorporate dance across the curriculum is

the book, **INTERDISCIPLINARY LEARNING THROUGH DANCE**, 101MOVEntures, by Overby, Post and Newmen.

This book is designed for classroom teachers (K-5), teacher educators, and physical education teachers. This book makes it simple for dance to be infused into language arts, math, science, social studies, physical education, and fine arts. It is an excellent resource for classroom teachers, and teacher educators. Most physical educators will find it helpful if they are charged with expanding dance across the curriculum.

The book contains 101, user friendly, dance activities (MOVEntures). It's also accompanied by a CD containing music that can be used with the activities and a DVD, that models classroom teachers, teaching some of the activities. The classrooms seem a bit bigger and contained less students than most, but it is a useful DVD.

Climbing Walls???

When a friend of mine told me she was purchasing a climbing wall for her elementary school, I thought ropes, harnesses and lawsuits. I also thought, finally, a fun and challenging way to build upper body strength, self-reliance and promote critical thinking. It did not take me long to learn that climbing walls are very appropriate for schools.

If you are an educator, recreation director, fitness center manager or camp director Stielh and Ramsey's book, **CLIMBING WALLS: A COMPLETE GUIDE** is a must read. There are many types of climbing walls. One style does not fit all. This book will help you sell the concept of climbing walls by explaining the health and social benefits. It also explains the various types of walls and design considerations. It educates us about homebuilt walls, commercially built walls, and wall specifications and costs. It covers selecting equipment, developing and managing a climbing program and climbing activities and games. There is a section of reproducible forms and additional resources.

If you are considering purchasing a climbing wall this book is a must.

Need Help With Creative Dance?

The second edition of **TEACHING CHILDREN DANCE** by Theresa Purcell Cone and Stephen L. Cone has been expanded and updated to help educators' make dance an integral part of a child's education.

Part I, offers new content designed to help educators design and present dance, suggestions for classroom management, assessment, and strategies for interdisciplinary connections.

Part II, consists of 20 ready to use dance learning experiences that take you step by step through the dance process. The dance learning experiences are organized into 2 categories: kindergarten to second grade and third to fifth grade.

If you could use help with creative dance, this book is for you.

CAOER Takes You to New Heights!

There is growing interest in adventure education and the AAALF/AALR's Council for Adventure and Outdoor Education/ Recreation (CAOER) wants to help teachers acquire the basic skills to start and develop adventure programs. To this end, the Council is offering a full-day workshop, "Teaching Adventure Skills in the Gym." This workshop is designed to teach participants how to teach adventure skills and activities. The workshop is appropriate for people with a wide range of experience. Those who wish to start a program in their schools will learn basic skills that can be used even without any specialized equipment. Those who have a program will learn new techniques or additional skills to extend their program. The program is "hands on" with attendees participating in the activities to the level at which they feel comfortable. Specific topics covered include:

- Adventure Without Ropes activities
- Swinging and traversing activities on gym ropes
- Knot tying
- Prusik climbing
- Belaying techniques
- Horizontal and vertical climbing wall skills.
- Cargo net activities
- Belayed climbing on innovative equipment.

A booklet of instructional materials is provided for teachers to take back and use in their schools to start or add to their programs.

The Council strives to offer this workshop through state associations and individual school districts to reach teachers at the grass roots level. This workshop has been offered at the last three AAHPERD National Conventions, selling out all three times, as well as at Central and Southwest District Conventions.

If your school district, state-AHPERD, or district-AHPERD is interested in offering this workshop, please contact Vicki Clary at 1-800-213-7193 x 432 or by email at vclary@ahperd.org.

Resources for Principals from NASPE

Resources for You

Today's school administrator is faced with greater demands on time than ever before. To assist you in your school leadership efforts for quality physical education programs and student achievement, NASPE invites you to visit our website at www.naspeinfo.org. There you will find complimentary position papers such as Recess in Elementary Schools, and Physical Education is Critical to a Complete Education; and valuable resource materials such as National Standards for Physical Education, Opportunity to Learn Standards and Appropriate Instructional Practices.

To order: Visit our online book store at www.aaahperd.org or call 1-800-321-0789.

NASPE encourages you to learn more about and develop a greater understanding of the role physical education plays in the overall education of your students. A recent parents opinion survey reported that the majority of adults believe physical education makes children more alert/aware, helps them focus better, increases energy, teaches them how to work with others, reduces stress and helps make children healthier.

Professional Conferences:

The 121th Annual Convention of the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD), will be held on April 25-29, 2006, Salt Lake City, UT. For more information, see www.aaahperd.org or call 1-800-919-7108.

Professional Services:

Need some new professional development workshops? NASPE Professional Services include:

- PIPELine (Program Improvement for Physical Education) Workshops are complete one-day

workshops developed and presented by specialists in curriculum development K-12, instructional strategies, assessment strategies and integrating technology.

- Physical Best workshops where teachers learn about this comprehensive health-related fitness education program and the FITNESSGRAM assessment, and how to incorporate them in their K-12 physical education curriculums.
- Sport For All workshops to train program leaders on this "turn key" sport-related skills activity program suitable for before- and after-school care, recreation centers, day care, and summer camps.
- ProLink, where NASPE can connect you with just the right type of expert you need for workshop presentations, review of physical education programs, or writing curriculum.
- Teachers of the Year, nationally recognized professionals, are available for workshops.

Call NASPE at 1-800-213-7193, ext. 410 or visit our website at www.naspeinfo.org for more information.

Those are just a few of the exciting new programs and resource materials NASPE has to offer your physical education staff. By encouraging your teachers to access all of NASPE's resources, you will be contributing to your students' overall health and well-being. Membership is only \$125 for individuals. NASPE members benefit from publication discounts. Urge your physical educators to enhance their professionalism!

Volunteers Needed

KAHPERD needs volunteers to serve the association in leadership capacities, at the Fall convention, and at the summer Health & P.E. workshops. The life blood of any organization are the volunteers and the new ideas they bring.

If you would like to volunteer, please complete the form below and send it to:

Lonnie Davis, Executive Director
KAHPERD

546 Gingermill Dr. • Lexington, KY 40509 • Lonnie.davis@eku.edu

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP-CODE _____
HOME PHONE _____ COUNTY _____
SCHOOL/UNIV. NAME _____
CITY _____
COUNTY _____
E-MAIL _____

I wish to serve in the following capacity (check all that apply):

- ☐ Leadership Position on Board ☐ Summer PE Workshop Worker
☐ Fall Convention Worker ☐ Summer Health Workshop Worker

KAHPERD Needs Your Input!

Because of VERY small attendance at the Saturday convention sessions, we are considering changing the days of the convention to encourage better attendance at the 2nd day of the conference. Your feedback and preference for a time for the 2006 KAHPERD Convention is important to provide for a quality convention experience. Please indicate your response by simply choosing **Option #1** or **Option #2** below. You can forward your responses to June Robinson, President-elect, 2006 at the email address: jrobinson@gwmail.kysu.edu. OR go to the KAHPERD website: www.kahperd.com and complete the survey question. Thanks in advance for your assistance and taking an interest in the continued development of your state organization.

**Option 1: Thursday & Friday
Convention Days**

**Option 2: Friday & Saturday
Convention Days**

CALL FOR NOMINATIONS FOR SOUTHERN DISTRICT AAHPERD W. CLYDE PARTIN SERVICE AWARD

The **W. Clyde Partin Service Award** recognizes a non-member or organization that has made a significant contribution to the Southern District AAHPERD. The qualifications for a nominee are:

- A person who is not a member of AAHPERD or an organization that is not part of the structure of Southern District (e.g., corporation, association, agency, system, foundation); and
- Has made a significant contribution to Southern District AAHPERD in some manner (e.g., legislation, media, research, promotion, creative arts, etc.);
- Has aided in the development and the promotion of Southern District AAHPERD goals and purposes, or any of the efforts of the several Divisions in their program planning and/or development.

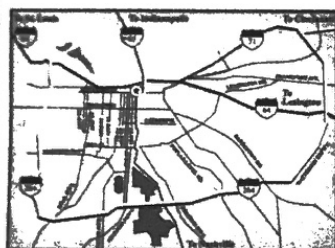
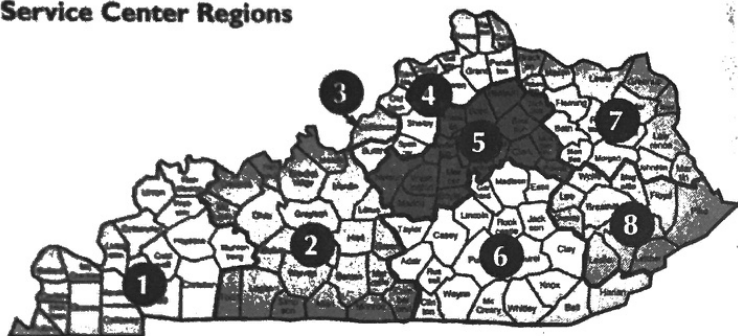
Any member of the Southern District AAHPERD may nominate by submitting the name /names to:

Jacqueline T. Harbison, Chair
W. Clyde Partin Service Award Committee
520 Greenridge Circle
Stone Mountain, GA 30083

Nominations of State Service Award winners may be submitted by each state if such an award exists.

DEADLINE: October 1, 2005

Service Center Regions



Mail directly to the
The Galt House Hotel
 Fourth at River Road
 Louisville, KY 40202
 502-589-5200
 1-800-843-4258

KAHPERD ANNUAL CONVENTION

October 27-29, 2005

Convention Rate:
 \$89 Single or Double

Deadline for special rate is
September 27, 2005

Identify yourself as a KAHPERD member

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone Number _____

No. of persons _____ Arrival date _____ Departure Date _____

Check in time is 3:00 p.m. • Check out time is Noon

Accommodations will not be confirmed without a check for the first night's deposit or use your credit card to guarantee your reservation. You will be charged for the first night if reservations are not cancelled 48 hours prior to arrival.

☐ Amex ☐ Diners Club ☐ Visa ☐ Mastercard ☐ Discover Card
☐ Advanced Deposit

Credit Card # _____ Exp. Date _____

Please check preferred accommodations

Single \$89 (1 person)	Double \$89 (2 persons)	Triple \$89 (3 persons)	Quad \$89 (4 persons)
_____	_____	_____	_____

1 King Bed _____

2 Double Beds _____

Special Requests: _____

☐ Smoking
☐ Non-Smoking

(MAIL DIRECTLY TO THE GALT HOUSE)

KAHPERD Pre-Registration Form

Name (last) _____ (first) _____ (initial) _____

Home Address _____

City _____ State _____ Zip _____

School/organization _____

School/organization address _____

Phone (home) _____ (work) _____

Fax _____ E-Mail _____

☐ DO NOT INCLUDE MY INFORMATION IN THE KAHPERD DIRECTORY

☐ DO NOT ADD MY E-MAIL ADDRESS TO THE KAHPERD LIST-SERVE

BADGE INFORMATION:

Name you wish on your badge: _____

School or Organization: _____

City: _____

KAHPERD MEMBERSHIP

(Must be current member to register for the convention)

1st Time Professional Membership.....	\$25.00
Professional.....	\$35.00
JRFH/HFH (Must have sponsored 04-05 school event).....	NC
Student.....	\$15.00
Retired.....	\$10.00

PRE-CONVENTION WORKSHOP

Thursday, October 27th, 7:30-9:45 PM

The Brain and Behavior Like Never Before — Mind, Body, Values — Brad Humphrey

I plan to attend this workshop and the convention _____

I want to register for the Pre-Convention Workshop Only.....\$25.00

(KAHPERD membership not required when attending Thursday night workshop only.)

CONVENTION REGISTRATION

(JRFH MEMBERS MUST PAY CONVENTION REGISTRATION FEES)

(Includes Friday reception and Saturday luncheon ticket, please pick up at registration.)

Students.....prior to Oct. 14 \$20.00; after and on-site \$25.00 each	
Additional Sat. Banquet ticket/s.....	\$25.00 each
Retired.....	\$20.00
Awards Luncheon Ticket (Student).....	\$15.00
Convention Proceedings (printed & CD).....Pre-registration	\$15.00
Convention Proceedings On-Site (CD only).....	\$15.00
Saturday Only (includes Jean Blaydes Madigan workshop).....	\$50.00

(KAHPERD membership not required for Saturday workshop for professionals outside of our field.)

TOTAL _____

Please check if attending Thursday night — 7:30-9:30 pm pre-convention workshop.

Check or Money Order — ONLY (No Purchase Orders PLEASE)

Mail to: KAHPERD c/o Executive Director • Moberly 231, Eastern Kentucky University
 521 Lancaster Avenue • Richmond, KY 40475

MUST BE POSTMARKED ON OR BEFORE **OCTOBER 14** FOR PRE-REGISTRATION.

YOU MUST PRE-REGISTER TO BE ENTERED IN THE \$250 DRAWING
 TO ATTEND AAHPERD OR SOUTHERN DISTRICT AAHPERD

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