



INDIANA
ASSOCIATION FOR
HEALTH
PHYSICAL
EDUCATION
RECREATION, AND
DANCE

Newsletter

<http://www.inahperd.org>

Volume 28

Number 2

FALL ISSUE

November 2013

The Indiana AHPERD Newsletter is published two times a year: March (deadline Feb. 1) and November (deadline Oct. 1) by the Indiana Association for Health, Physical Education, Recreation, and Dance. Printed by PressTime Graphics, Inc., Terre Haute, IN.

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New PE Standards & Outcomes Offer More Guidance Than Ever Before

With the release of its new Standards & Grade-Level Outcomes for K-12 Physical Education, AAHPERD offers its members across the country more guidance than ever before on how to produce students who recognize the value of a lifetime of physical activity.

“This is the first time that AAHPERD has created grade-level outcomes that support the National Standards,” said Cheryl Richardson, AAHPERD’s senior director for member engagement and programming, in announcing that the standards and outcomes are now available on the AAHPERD website for member download. “The grade-level outcomes provide direction for physical educators for every National Standard, and that is more guidance than we’ve ever provided before.”

Approved at the AAHPERD National Convention & Expo in April and adopted in May, the new National Standards & Grade-Level Outcomes supersede the previous iteration of the National Standards for Physical Education, which AAHPERD published in 2004 as *Moving Into the Future: National Standards for Physical Education*. *Momentum* published the new National Standards in its Summer 2013 issue, and AAHPERD will publish a new book containing the new National Standards & Grade-Level Outcomes in April, in time for the 2014 National Convention.

In the meantime, AAHPERD has published the new Standards and the Grade-Level Outcomes online for member use.

What Are Outcomes?

Grade-level outcomes are benchmarks that identify what students should know and be able to do by the end of each grade. They provide a roadmap that PE teachers can use to track students’ progress toward becoming a “physically literate individual,” which is the goal for all of the five new National Standards.

“I see these outcomes as raising the bar for PE programs across the country,” Richardson said, “so that we can speak about what it is we do with more commonality.”

The National Standards & Grade-Level Outcomes arose from the work of a six-person AAHPERD task force consisting of Lynn Couturier, SUNY College at Cortland, NY; Stevie Chepko, Winthrop University, Rock Hill, SC; Shirley Holt/Hale, Linden Elementary School, Oak Ridge, TN (retired); Brad Rettig, Schoo Middle School, Lincoln, NE; Georgi Roberts, Fort Worth

Independent School District, TX; and Dan Persse, Blaine Elementary School, Blaine, WA. While the task force drove the development of the standards and outcomes, task force members relied heavily on feedback from AAHPERD membership over the past two years.

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As a result, said Couturier, "This document truly is reflective of people in our profession."

Outcomes Are Adaptable

"The outcomes are easily adaptable for use by PE teachers around the country," said Richardson. "You can adapt them to fit within your curriculum, your culture, your climate and the time you have available for PE," she said. "They allow for snowboarding and rodeo roping!"

And the forthcoming AAHPERD book will offer even more guidance on how to use the outcomes.

"If your PE time is limited," Couturier said, "you'll find information in the book on prioritizing and implementing the Standards and Outcomes."

In the meantime, you can download the new National Standards & Grade-Level Outcomes for K-12 Physical Education at www.aahperd.org.



The National Standards for K-12 Physical Education

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities
- Knows the implications of and the benefits from involvement in various types of physical activities
- Participates regularly in physical activity
- Is physically fit
- Values physical activity and its contributions to a healthful lifestyle



**Conference
Information at
www.inahperd.org**

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The **Journal** is published three times a year (Fall, Winter, Spring) by the Indiana Association for Health, Physical Education, Recreation, and Dance. Karen Hatch, 2007 Wilno Drive, Marion, IN 46952. Third class postage paid at Terre Haute, Indiana. The Indiana Association for Health, Physical Education, Recreation, and Dance is a professional organization serving education in these four related fields at the elementary, secondary, college, and community levels. Membership in Indiana AHPERD is open to any person interested in the educational fields listed above. Professional members pay annual dues of \$40.00. Students pay \$20.00. Institutional rate is \$65.00. Make checks payable to IAHPERD, Karen Hatch, 2007 Wilno Drive, Marion, IN 46952, telephone (765) 664-8319, hatch@comteck.com.

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CHANGE OF ADDRESS

In order to receive the **Indiana AHPERD Journal**, your change of address must be mailed to Karen Hatch, 2007 Wilno Drive, Marion, IN 46952. A change of address sent to the Post Office is not adequate since **Journals** are *not* forwarded. When individuals fail to send changes of address, a duplicate copy of the **Journal** cannot be mailed unless the request included funds in the amount of \$5.00 to cover postage. Requests for missed issues will be honored for eight weeks following publication date.

POSTMASTER: Send address change to Karen Hatch, 2007 Wilno Drive, Marion, IN 46952.

<http://www.inahperd.org>

PYFP Partners with Fuel Up to Play 60



In celebration of the first anniversary of the Presidential Youth Fitness Program (PYFP) and an effort to improve the resources and support provided to teachers, the six program partners are excited to announce a new partnership with Fuel Up to Play 60. The PYFP and Fuel Up to Play 60 are teaming up in this year's Fuel Up to Play 60 Playbook to "Make a Case for Quality PE." Both programs offer free, basic tools and resources to help schools get started. Participating Fuel Up to Play 60 schools looking to take their involvement to the next level are eligible to access funding to acquire the supplemental resources that support adherence to the PYFP model (for more on this, please see the box). These additional elements include FITNESSGRAM® 10 software and data hosting, professional development for PE teachers, and recognition for students. For

more information on the application requirements and deadline visit <http://school.fueluptoplay60.com/funds/introduction.php>.

This powerful partnership with Fuel Up to Play 60 will put the valuable PYFP resources in the hands of more schools and will build upon the inaugural funding opportunity launched by AAHPERD, the Amateur Athletic Union, National Foundation on Fitness, Sports & Nutrition, and The Cooper Institute® last school year with the General Mills Foundation. These partners are pleased to announce the timing for Round 2. Made possible through the generous support of the General Mills Foundation, this three-year funding opportunity is open to all public and private schools employing a certified physical educator on a full or part-time basis. The application worksheet is available now. The online application must be submitted January 1-31, 2014. Recipients will be announced April 1 for schools to begin program implementation in the 2014-2015 school year. Visit pyfp.org to learn more.

Just last year, First Lady Michelle Obama unveiled the PYFP, the result of a partnership focused on promoting health over performance and the provision of valuable tools and resources to support physical educators. The free and voluntary program provides training and resources to schools for assessing, tracking, and recognizing youth fitness. The program emphasizes personal goal setting and achievement instead of competition against peers, in order to empower students to adopt a physically active lifestyle.

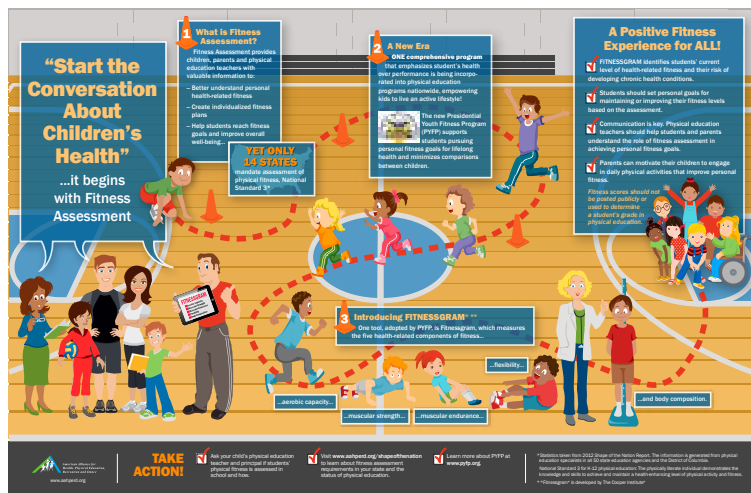
Fitness Assessment Infographic Released

With the back-to-school season underway, now is the time to renew your charge to help students make physical fitness a priority! AAHPERD is proud to share with you "Start the Conversation About Children's Health...it begins with Fitness Assessment," the third and final infographic in its 2012 Shape of the Nation series with a hope it will spark conversation, strengthen advocacy efforts, and inspire a change in student fitness assessment. This latest visual highlights the importance of fitness assessment in schools and spotlights a new opportunity to bring children's health to the forefront of the minds of children, parents, physical education teachers and school leaders. Please share this infographic with your principal, leaders of the PTA, parents school-wide and your superintendent.

AAHPERD has a whole variety of resources to support fitness assessment and fitness education, including our popular Physical Best family of workshops. Physical Best is a comprehensive health-related fitness education program that focuses on educating all children regardless of athletic talents, physical and mental abilities or disabilities — moving students from dependence to independence for their own fitness and health and promoting regular, enjoyable physical activity. For more information, contact Jill Southerlan at jsoutherlan@aahperd.org.

In addition to this new infographic, you can find free downloadable versions of AAHPERD's first two infographics ("Loopholes Stalling Progress in Physical Education" and "States Skip Major Steps That Would Foster Physically Active Students") as well as the full *Shape of the Nation* report with a state-by-state comparison of physical education policy by visiting www.aahperd.org/shapeofthenation. Be sure to share the infographic through your social media channels (Facebook, Twitter, Pinterest), school website and/or newsletter, online bulletin boards, and in your back-to-school informational packets. To keep up to date with the latest

on all aspects of physical education in schools, follow the hashtag #shapeofthenation on Twitter.



Thanks again for helping AAHPERD spread the word about the importance of children's health and the role of fitness assessment.

2014

State Conference

Mark Your Calendar Now

Nov. 5-7, 2014

Downloadable Lesson Plans, New 101 Tips Book Available



Now, high-quality PE unit plans are just a click away, with AAHPERD's allnew *Smart PE Moves Downloadable Lesson Plans*.

Visit www.aahperd.org/shop to find entire unit plans on cricket, dance, golf, karate, lacrosse, orienteering, pickleball, Pilates, team handball and yoga. Each unit plan contains a block plan and lesson

plans for multiple skill levels: beginner, intermediate and advanced. Many of the units come with sample assessments too, so no need to create your own! These lessons are applicable to upper elementary, middle and high school classes.

- Each unit is only \$4.99 for AAHPERD members; \$9.99 for nonmembers.

AAHPERD also has released *101 Tips for Making Your Move in School & at Home*. Sponsored by Fuel Up to Play 60, *101 Tips* offers teachers and parents fun, creative ways to help students start thinking about ways to stay active and fuel up.

- The booklets are \$15 for a pack of 50 for AAHPERD members; \$25 for non-members.

Launched by the National Dairy Council and the National Football League, in collaboration with the U.S. Department of Agriculture, Fuel Up to Play 60 encourages students to eat healthy, be active and implement long-term, positive changes for themselves and their schools.

Find *101 Tips* and *Smart PE Moves Downloadable Lesson Plans* at AAHPERD's Resource Center, www.aahperd.org/shop.

Announcing the 13th Edition of the World Renowned "Facility Planning and Design for Health, Physical Activity, Recreation, and Sport"

Edited By Thomas H. Sawyer

As the cost of construction for sport- and health-related facilities skyrockets, it becomes ever more paramount for those who plan, design, construct and use these facilities to have access to a comprehensive facilities guide. The 13th edition of *Facility Planning and Design for Health, Physical Activity, Recreation, and Sport*, is a tool for all professionals involved in facility planning and construction.

From its inception, this text has been a milestone resource for sport and physical activity facility designers, users and managers. Each edition builds on and adds to the field of knowledge in sport and physical activity facility design, planning and construction. The Council on Facilities and Equipment provides its highest endorsement to this 13th edition of the "bible" for facility designers and planners.

This fall the 13th edition of the *Facility Planning and Design for Health, Physical Activity, Recreation, and Sport* was released. The book features 31 chapters focusing on planning and design aspects for health, fitness, physical activity, recreation and sport. All chapters have been updated and many have been expanded. A new chapter for dance spaces has been added. A new section has been added to the chapter dealing with skateparks focusing on roller skating rinks. The appendices have been updated as well.

Adopters will have access to a newly updated instructor's manual including a sample course outline. Each chapter in the instructor's manual will include:

- Chapter overview
- Chapter objectives
- Key terms
- Case study
- Self-assessment exercises
- Internet exercises
- Suggested readings

The instructors will also have Power- Points for each chapter as well as a test bank. Finally, it should be noted that much of the material in this text reflects the composite knowledge of many professionals who have contributed to past AAHPERD text editions, as well as of those individuals who were solicited to serve as authors, editors and reviewers for the current text. AAHPERD and the Council on Facilities and Equipment (CFE) have endorsed this book as one of the best on the topic of planning facilities for health, fitness, physical activity, recreation and sport.



AAHPERD Takes a Strong Position on Comprehensive School Physical Activity Programs

AAHPERD now recommends that all schools implement a comprehensive school physical activity program.

In a position statement published on our website in August, AAHPERD states that schools are in an ideal position to influence children's health through improved physical activity participation and, therefore, should offer opportunities for students to be physically active before, during and after school hours. What follows are excerpts from the position statement.

What Is a Comprehensive School Physical Activity Program?

A comprehensive school physical activity program (CSPAP) is a systemic approach by which schools use all opportunities for school-based physical activity to develop physically educated students who participate in the nationally recommended 60-plus minutes of physical activity each day and who develop the knowledge, skills and confidence to be physically active for a lifetime.

The five components of a CSPAP are:

1. High-quality physical education
2. Physical activity during school
3. Physical activity before and after school
4. Staff involvement
5. Family and community engagement

The goals for a CSPAP are to:

- Provide a variety of physical activity opportunities throughout the school day, with a high-quality physical education program as the foundation.

- Provide physical activity opportunities both before and after school, so that all students can participate in at least 60 minutes of physical activity daily.
- Incorporate physical activity opportunities for faculty and staff members, as well as for families.
- Encourage and reinforce physical activity opportunities in the community.
- Coordinate among the CSPAP components to maximize understanding, application and practice of the knowledge and skills learned in physical education, so that all students are physically educated and motivated to pursue a lifetime of physical activity.

Strategies for Implementing a Comprehensive School Physical Activity Program

Some schools and/or districts have many programs that focus on the promotion of physical activity, and they are well on their way toward establishing a CSPAP. Establishing a CSPAP provides significant benefits for schools and communities, and often requires repurposing people and time within the school, without taking away from high-quality physical education. In addition, while many strategies to increase physical activity in schools require no funding, additional funds are available from a variety of sources (for more information, see www.letsmoveschools.org). Successful schools have identified four questions to help determine a starting point for establishing a CSPAP:

1. Is the district supportive of increasing high-quality physical education and physical activity?
2. Is the mission shared with colleagues, the superintendent, governing board and community members?
3. Is the recommended amount of time for high-quality physical education and physical activity supported by the administration?
4. Is a wellness leadership team in place?

While no "one size fits all" strategy exists, successful schools have identified the following list of key factors that contributed to their success:

- **Take ownership.** Develop a sense of belonging, because what we do is valuable. Get organized to ensure positive results.
- **Conduct a needs assessment.** Develop goals for students, faculty/staff and the community.
- **Use a calendar.** Give notice of events early, highlighting certain events/ weeks.
- **Make use of available programs and resources.** Consider all options, including indoor/outdoor space, pre-existing programs and community resources.
- **Show enthusiasm.** Be energetic and flexible, and avoid simple frustrations stemming from lack of progress.
- **Provide professional development.** Make plans for growth and improvement, share ideas and communicate with others.
- **Evaluate the program annually.** Identify areas in which the school is doing well. Target areas in which the school needs improvement.

To view or download the entire CSPAP position statement, visit www.aahperd.org.

Fund Your Project



APPLY FOR AN AAHPERD GRANT

Contact: Carole DeHaven

Purdue University

800 West Stadium Ave.

West Lafayette, IN 47906

cdehaven@purdue.edu

FITNESSGRAM® 10 Launches Fall 2013!



FITNESSGRAM®, in partnership with NFL Play 60, is constantly evolving to meet customer needs. As knowledge in science and technology expands, Fitnessgram remains cutting edge with the launch of the new and improved Fitnessgram10. This enhanced platform reaffirms its place as the gold standard for health-related fitness assessment and reporting for youth.

Keys to Success:

1. Nationally recognized experts on the Fitnessgram Scientific Advisory Board (see www.fitnessgram.net for a list of members) evaluate research, assess best practices, and adjust the Healthy Fitness Zone® standards, calculations and protocols to match the best science available.

With more than 30 years of experience, this renowned board is dedicated to ensuring that Fitnessgram remains the best tool for using fitness assessments, reporting, data analysis and communication to support fitness education. New features of Fitnessgram 10 include:

- An updated PACER equation to predict VO2Max.
- The Fitnessgram standards and CDC values for BMI are now aligned.
- Fitnessgram cognitive tests and new Activitygram® survey available via student app.

2. The latest version of software, Fitnessgram 10, offers a valuable technological improvement — a fully hosted solution that eliminates the capital investment associated with the purchase of servers and IT support staff. In an effort consistent with the worldwide move to hosted software, Fitnessgram10 data is hosted on servers at The Cooper Institute (the home of FGs founders and developers). A modest annual subscription fee provides complete hosting, full technical support, updates and enhancements, and new benefits as they become available.

To keep up with the latest developments and learn more about Fitnessgram, go to: www.Fitnessgram.net

Introducing Energy Balance Pre-K!

Discovery Education and the Healthy Weight Commitment Foundation are excited to announce the launch of Energy Balance Pre-K, a Together Counts™ program designed specifically to help children ages 3-5 establish a foundation for healthy, active lifestyles. Energy Balance Pre-K aligns with national education standards and critical early education programs that focus on helping preschoolers build lifelong healthy habits — including NAEYC, Head Start, WIC, SNAP-Ed, AAHPERD and Family Nutrition Education Programs (FNEP). Further, the program was reviewed by AAHPERD and meets the criteria for healthy active 3-5 year olds!

With FREE resources for educators, families and children, Energy Balance for Pre-K is dedicated to bringing pre-K schools and families more of what matters most. Help us spread the word about the all-new Energy Balance Pre-K program by sharing the links below:

Download FREE curriculum here:

<http://www.togethercounts.com/at-school/pre-k>

IAHPERD INFORMATION FOR JOURNAL

IAHPERD has sent numerous e-mails since the January of 2012. Several are coming back as undeliverable since the address is a school address and the school has IAHPERD filtered out. Please check your SPAM folder to see if indianaahperd@aol.com or inahperd@inahperd.org is in there and work with your school to change that and see that our communications are reaching you. Another solution is to send your home e-mail to: inahperd@inahperd.org for an update.

Thanks!

Attention IAHPERD Members

As an association, in the future more of our communications will be done through e-mail. If you did not receive an e-mail in January or February from: indianaahperd@aol.com or inahperd@inahperd.org – please update your e-mail address.

This may be done by e-mailing your current e-mail, name, and address to:

inahperd@inahperd.org

Any questions? Contact Karen Hatch, Indiana AHPERD Executive Director at the above e-mail or by telephone at:

765-664-8319

Thanks for keeping the IAHPERD membership records up-to-date.

Raise Awareness and Advocate Using Social Media

With more than a billion people using Facebook and Twitter combined, social media is the ideal platform to share your passion and enthusiasm for physical and health education and grow an impressive following of fellow educators, school leaders and parents. AAHPERD is here to help get you started. Below are a few noteworthy items to share with your online network this fall. We encourage you to use these sample Facebook and Twitter messages as well as share, like, and retweet our postings. Follow @NTAAHPERD on Twitter and like "AAHPERD" on Facebook.

Physical Education: The New National Standards

Facebook: Help foster physically literate individuals this school year! A new set of National Standards for K-12 physical education is out! Learn what they are and incorporate them into your curriculum! <http://www.aahperd.org/about/announcements/new-national-standards.cfm>

Twitter: @NTAAHPERD releases new national standards for #physed with a new goal to develop physically literate individuals! <http://bit.ly/12Diefj>

AAHPERD Releases New Infographic on Student Fitness Assessment

Facebook: Student fitness assessment is crucial for starting the conversation about children's health and it's the topic of AAHPERD's latest infographic! Have a look and help make physical fitness a priority for students and the entire school community! <http://bit.ly/VsX2SG>

Twitter: Student fitness assessment. Is it taking place in your school? Here's why + how it should be done via @NTAAHPERD <http://bit.ly/VsX2SG>

Let's Move! Active Schools

Facebook: Is your school a physically active environment? See what it takes to make it one and register with *Let's Move! Active Schools*: <http://www.letsmoveschools.org/>

Twitter: Physical activity isn't an option. It's a necessity. Make your school a part of the #activeschools family! <http://www.letsmoveschools.org/>

Presidential Youth Fitness Program

Facebook: The Presidential Youth Fitness Program is teaming up with Fuel Up to Play 60 Playbook to "Make a Case for Quality PE" and help take your FUTP60 program to the next level. Learn more on how to receive the funding for resources supporting the PYFP model. <http://school.fueluptoplay60.com/funds/introduction.php> **Twitter:** .@FitnessGov PYFP teams up with @FUTP60 Playbook! Apply for funding by Nov 1! Detz: <http://bit.ly/bzRd5Y>



Connect with AAHPERD on Social Media

Head over to Facebook and "like" AAHPERD. On any given day, you could engage with leading experts in the profession, including award-winning K-12 physical, health and dance education teachers from across the country.

Follow @NTAAHPERD and the hashtag #shapeofthenation on Twitter to find links to other relevant and engaging articles, free physical activity ideas for the classroom, and to learn the latest changes taking place in physical education and school health.

AAHPERD is on Pinterest too (www.pinterest.com/AAHPERD). Follow our boards to discover delicious and healthy recipes to share with your school community and your own family, downloadable infographics to help you advocate for quality physical and health education in your local schools, and much more!

Future AAHPERD National Conventions 2014



Meet me in St. Louis, the gateway to the west. Here you can take in the view from the top of the Arch, America's tallest manmade monument, observe nature's power at the confluence of the Missouri and Mississippi rivers. You can get up close and personal with the Clydesdales and tour the historic Anheuser-Busch brewery, or cheer for one of the home teams, including baseball's Cardinals, the Rams football or the Blues hockey team. In the evening enjoy some authentic blues and jazz at one of many St. Louis night spots.

Future Convention Dates

2014 – St. Louis, Missouri

America's Center
April 1-5, 2014 (Tuesday-Saturday)

2015 – Seattle, Washington

Washington State Convention & Trade Center
March 17-21, 2015 (Tuesday-Saturday)

2016 – Minneapolis, Minnesota

Minneapolis Convention Center
April 5-9, 2016 (Tuesday-Saturday)

Why Jump?



This year Jump Rope for Heart celebrates its 35th anniversary. The program's enduring success has as much to do with its model of supporting the field of physical education as it does with raising funds for cardiovascular disease research, stroke research and health education. The teachers and students who participate in these events will tell you that this program is much more than a fundraiser.

The Jump Rope for Heart (JRFH) or Hoops for Heart (HFH) events educate students. When a teacher signs up to participate and hold a JRFH and/or HFH event, he/she receives an education kit with innovative tools for teaching physical activity, heart healthy living, and community service to their students. This kit, developed by a team of practitioners and volunteers from AAHPERD and the American Heart Association (AHA), includes activities, lessons, posters, equipment, checklists and event-related templates. JRFH and HFH events offer students opportunities to achieve goals set forth in the National Standards for K-12 Physical Education, including those related to motor skills and movement patterns, which become the building blocks for more advanced physical activities.

The JRFH and HFH fundraisers benefit schools. Schools receive gift certificates for a percentage of the funds they raise to purchase equipment and other resources for physical education, health and fitness. With these vouchers schools can increase students' access to physical education programs.

The JRFH and HFH programs directly benefit teachers by providing them with lesson plans and activities, professional development, and continuing education opportunities. "Participating in Jump Rope and Hoops For Heart has provided me with a tremendous opportunity to bridge quality physical education lessons regarding heart health and the importance of living healthy

lifestyles to meaningful, real-life connections," says Patty Kestell, who teaches at Thorson Elementary School in Cedarburg, WI. Kestell is a 2013 National Elementary Physical Education Teacher of the Year and also received the 2013 AAHPERD National JRFH Recognition Award.

Teachers who coordinate events are also eligible to receive a free e-membership to AAHPERD if their school raises \$1,000 or more. At the AAHPERD National Convention & Expo there are JRFH/HFH experiential sessions as well as sessions on best practices and networking opportunities for event coordinators. Every year AAHPERD presents two recognition awards and 10 grants to physical educators who demonstrate passion, creativity and dedication to the JRFH and HFH programs. Recipients enjoy complimentary registration and a travel stipend to attend the annual AAHPERD National Convention & Expo, special recognition at the AAHPERD National Convention, and complimentary professional AAHPERD membership. In addition, each grant winner receives a gift voucher for physical education equipment worth \$1,200 from US Games.

Many states offer programs for JRFH/HFH event coordinators, including free or discounted membership in the state AHPERD, professional development credit, mentor programs and workshops.

To learn more about getting involved in JRFH or HFH programs, visit www.aahperd.org/jump for information and to connect with your State JRFH/ HFH Coordinator.

For information on redeeming the free AAHPERD e-membership, visit www.aahperd.org/membership/jump4free.cfm.

AAHPERD is currently accepting applications for the grants and awards program. Submissions are due to AAHPERD headquarters by October 18, 2013. To apply for the grant or recognition award, visit <http://www.aahperd.org/jump/peresources/awards-grants.cfm>

Jump Rope For Heart is a national education and fundraising event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students learn to jump rope, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke.

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

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

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

It Takes Heart to be a Hero

This year is the 35th Anniversary of Jump Rope For Heart! Millions of students have joined with us in being physically active and in fighting heart disease and stroke by funding research and educational programs. Be a part of this great event and your school will earn gift certificates for Free P.E. equipment from U.S. Games.

©2012 American Heart Association, Also known as the Heart Fund. 6/12000298

Please Share with Your Principal

“What’s going on in the gym?”

Three Things to Look for When Evaluating Physical Education Teachers

All teachers benefit from meaningful, ongoing assessment and evaluation. The AAHPERD-developed Physical Education Teacher Evaluation Tool identifies the knowledge, skills and behaviors needed to provide sound instruction in the K-12 physical education setting. Its purpose is to assist principals, school district curriculum specialists and others who evaluate physical education teachers to guide physical education teachers in reflection and self-assessment; and to serve as an instructional tool in college/university physical education teacher education programs. As a preview to observing the full guidance document, here are three things an evaluator can look for when observing a physical education lesson to make an evaluation more meaningful and effective. Principals may select one of these points to tailor their observation, or use all three.

1. **Movement Time vs. Talking Time** — A daily goal for physical educators is to get students moving as much as possible during a single lesson (at least 50% of class time spent in moderate-to-vigorous physical activity). As an evaluator, pay attention to how much time students are moving compared to time spent listening to the teacher. An easy way to do this is to use a stopwatch. When students are engaged in a movement activity, start the stopwatch; when students are not moving as a whole class stop the stopwatch. Having the actual minutes that students are active during class can help teachers get a better idea of how much physical activity is actually happening in a lesson.

2. **Instant Activity** — Squad lines are a thing of the past. Getting students moving during a physical education class is key. One way to do this is by getting students active as soon as they enter the physical education setting by having them practice previous skills learned during class or incorporating more fitness into a daily lesson. Since this takes planning and preparation on the teacher’s part, it can also be an indicator of how good a teacher’s management and organizational skills are.
3. **Organized Chaos** — When a physical education lesson is in full swing, the gymnasium (multipurpose room, cafeteria, field, etc.) can look chaotic to an outsider. During a lesson pay attention to how the physical education teacher is moving through the space. Is he or she using this time to give independent instruction? Does he or she maintain class management through all the noise and movement? Is the physical educator using a clear stop signal for students? Is his or her voice able to be heard from all locations in the space?

These tips are specific to a physical education setting. Physical educators should be evaluated with the same standards, expectations, procedures and rigor as teachers of other curricular areas. Talk with your physical education teachers about other practices unique to their content area to create goals for the year. Remember, a comprehensive physical education program can improve student wellness and contribute to academic success!



Jump Rope For Heart is a national event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students have fun jumping rope while becoming empowered to improve their health and help other kids with heart-health issues.

Jump Rope For Heart helps students:

- Learn the value of community service and contribute to their community’s welfare
- Develop heart-healthy habits while being physically active
- Learn jump rope skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

Your efforts to educate your students and raise funds for research and outreach are vital to improving kids’ lives.

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



It Takes
Heart
to be a Hero

Midwest AAHPERD Award Winners



Award Winners 2013

Council for Future Professional Award Winners 2013



Other IAHPERD Winners 2013



Other IAHPERD Winners



IAHPERD Fall Conference 2013



Jump Rope for Heart & Hoops for Heart 2013

School	City	Coordinator	Gross Raised
Top 20 Combo			
Thorpe Creek Elementary	Fishers	Clint Cushman	\$18,446.91
Geist Elementary School	Fortville	Rod Sutherlin	\$14,580.38
Christ The King School	Indianapolis	Kate Boroski	\$11,636.15
College Wood Elementary School	Carmel	Justn Schneider	\$11,627.83
New BriLon Elementary School	Fishers	Deb Jackson	\$9,341.32
Brandywine Elementary School	Greenfield	Marla Steele	\$7,035.07
Delaware Trail Elementary School	Brownsburg	Sandy Hopkins	\$6,800.04
North Elementary School	Washington	Arlene Owens	\$6,660.39
Haubstadt Comm. School	Haubstadt	Scot Vanmeter	\$6,057.53
Southern Wells Elementary School	Poneto	Mike Carter	\$5,395.57
St. John Evangelist School	Saint John	Dave Slupczynski	\$5,356.00
Lancaster Central Elementary School	Blufton	Valerie Williams	\$4,888.61
Mintonye Elementary School	Lafayette	Lori VanArsdel	\$4,833.65
Mary Bryan Elementary School	Indianapolis	Melissa McSorley	\$4,775.23
South Elementary School	Martinsville	Ann Jackson	\$4,681.00
Wea Ridge Elementary School	Lafayette	Lori VanArsdel	\$4,594.70
West Terrace Elem. School	Evansville	Todd Trinkle	\$4,569.00
Manchester Elementary School	Aurora	Tim Tyler	\$4,403.10
Eagle Creek Elementary School	Indianapolis	Ma1 Bowman	\$4,145.01
Rome City School	Rome City	Kim Krebs	\$4,056.30

Top 20 Jump Rope for Heart 2013

Kolling Elementary School	Saint John	Jerry Michner	\$22,666.29
Hazel Dell Elementary School	Noblesville	Doug Atkinson	\$17,596.55
Fall Creek Elementary School	Fishers	Jamie Spears	\$16,231.85
Watson Elementary School	Schererville	David Gnaden	\$14,257.99
Harrison Parkway Elementary School	Fishers	Tara Bertram	\$14,193.32
Bradie M Shrum Elementary School	Salem	James Wilson	\$11,799.78
Kennedy Primary Academy	South Bend	Sherry Sutton	\$11,034.44
Flint Lake Elementary School	Valparaiso	Willa Nuppnau	\$10,838.91
Bunker Hill Elementary School	Indianapolis	Kathy Staton	\$9,560.03
Whiteland Elementary School	Whiteland	Dana Camp	\$9,551.56
Loogootee Elementary School	Loogootee	Rita Divine	\$9,355.67
Creekside Elementary School	Franklin	Denise Leonard	\$9,301.50
Eastern Pulaski Elementary School	Winamac	Denise Parcel	\$9,272.45
Forest Glen Int'l Elementary School	Indianapolis	Lisa Poynter	\$9,083.77
Batesville Intermediate School	Batesville	Derek Suits	\$9,046.20
Emery O Muncie Elem. School	Madison	Michelle Ward	\$8,889.61
Canterbury Elementary School	Fort Wayne	Jill Burne4	\$8,822.92
Bright Elementary School	Lawrenceburg	Lisa Tyler	\$8,735.73
Adams Elementary School	Indianapolis	Amy Roberts	\$8,302.46
Maple Grove Elementary School	Bargersville	Bernie Doyle	\$8,272.39

Top 20 Hoops for Heart 2013

Bibich Elementary School	Dyer	Lori Smith	\$14,895.00
Ta Middle School	Crown Point	Sharron Hilliard	\$10,393.00
Wes(ield Intermediate School	Westfield	Royann Hammes	\$10,151.57
Liberty Intermediate School	Chesterton	Nicholas Bamber	\$9,547.97
Cedar Canyon Elementary	Fort Wayne	Kristy Moeller	\$8,179.75
Heritage Intermediate School	Middlebury	Brent Miller	\$7,936.86
Albion Elementary School	Albion	Scott Rees	\$6,411.50
Aylesworth Elementary School	Portage	Cathy Constandars	\$6,202.00
Westchester Intermediate	Chesterton	Nicole Wilson	\$5,435.35
Wolf Lake Elementary School	Wolf Lake	Scott Rees	\$5,078.24
St. Patrick School	Chesterton	Patrick Antone	\$4,988.00
Jimtown Intermediate School	Elkhart	Brent Kulp	\$4,601.87
Indian Creek Intermediate	Trafalgar	Sarah Zachery	\$4,557.87
Colonel John Wheeler Middle	Crown Point	Erik Forehand	\$4,401.36
Wea Ridge Middle School	Lafayette	Chris Zimmerman	\$3,800.79
North Vernon Elementary	North Vernon	Jill Zollman	\$3,736.45
Kankakee Valley Intermediate	Wheatfield	Greg Welch	\$3,616.00
Johnston Elementary	Highland	Jennifer Rausei	\$3,404.44
Wanatah Public School	Wanatah	Emma Walter	\$3,362.04
Hayden Elementary	Hayden	Jason Gambrel	\$2,913.50



American
Heart
Association®



We Jump. We Shoot. We Save!



HEART HERO

Diego, age 8

"I've always known that my heart is different because my mom and dad have always taken me to the heart doctor. Doctors are going to switch the two bottom pieces of my heart around. Helping people with different hearts is important so doctors can find cures for kids like me!"

Hoops For Heart a national education and fundraising event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Middle school students have fun playing basketball while becoming empowered to improve their health and help other kids with heart-health issues. And it's a great way to satisfy the physical education standards as determined by the National Association for Sport and Physical Education and the American Association for Health Education.

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

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

Hoops For Heart helps students:

- Learn the value of community service and contribute to their community's welfare
- Join with other children to help kids who have heart problems
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

With your support, we can help protect and improve children's health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

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



American Alliance for
Health, Physical Education,
Recreation and Dance

AAHPERD is a proud program partner of Hoops For Heart.