Advocacy has been a target of mine for the past several months. Our Advocacy committee has been hard at work! IAHPERD worked alongside the American Heart Association to host a legislative breakfast in February at the state capital. It was amazing to have conversations with other groups outside of education who have the same goals as we do and discuss how we can work together. Another important advocacy piece was our fight against the introduction of Senate File 2273 bill. By contacting your local representatives, we were able to get this bill “shelved” for the moment and, hopefully, it won't be introduced again. Thank you for your help with this and for taking the time to write or call your district leaders.

Traveling to SPEAK Out! Day in Washington, D.C. was the third advocacy item. SHAPE America hosts this yearly event, and I believe the funding of ESSA at 1.1 billion dollars is directly related to the positive conversations occurring each year at SPEAK Out! Day. It is so important we continue to advocate for our profession at every level. I would highly recommend traveling to SPEAK Out! Day if you haven't.

The past several months have included multiple conventions and workshops. The Student/First Year teacher workshop was hosted at Pella High School as we enjoyed their updated facility. We had amazing session presentations, and I believe everyone left with new ideas. I also travelled to the SHAPE Central District convention in Sioux Falls, S.D. It is always nice seeing Central District friends! SHAPE America hosted a great convention in Nashville in March. Every time I attend a conference, I return home with new ideas and a larger network of teachers I can pull ideas from. I hope to see you at our state convention June 12-13.

Lastly, I would just like to thank our President-Elect Chris Admumson, Past President Jodi Larson, and Executive Director Jan Grenko-Lehman for their leadership and guidance this year. The Leadership Council is also working diligently to keep our association functioning at our best. Thank you to all our committee chairs and committee members as well. I am very grateful for all of you and your commitment to IAHPERD.

Joe Burch•IAHPERD President

Joe Burch, Chris Amundson, Jodi Larson, Heather Parker, Lisa Cibula and Brian Rhoads attended the American Heart Association Legislative Breakfast. Feb. 1.

✓ Joe Burch, Chris Amundson, Jodi Larson, Heather Parker, Lisa Cibula and Brian Rhoads attended the American Heart Association Legislative Breakfast. Feb. 1.

Congratulations goes out to our 2017 IAHPERD PE Teachers of the Year, Mark Jungmann (elementary) and Erika Mundt (high school). Their applications were sent on to the Central District level where their applications were reviewed once again, and the final votes came in that they both had won the SHAPE America Central District PE Teacher of the Year awards! Central District convention was held in Sioux Falls, SD, where they were able to receive their awards.

Their applications were then sent on to the national level competition and the winners were announced during the SHAPE America’s Hall of Fame Banquet during the National Convention & Expo in Nashville, TN. We are very excited to announce that Erika was selected as the SHAPE America 2018 National High School Teacher of the Year! The Teacher of the Year awards are given in recognition of outstanding teaching performance and the ability to motivate today’s youth to participate in a lifetime of physical activity.

IAHPERD is extremely proud of Mark and Erika’s accomplishments and for representing our state association at the Central District and National conventions.

**Mundt named SHAPE America 2018 National High School Teacher of the Year**

**Mundt, Jungmann receive Central District PE Teacher of the Year Awards**

Awards Deadline approaches

Every year, IAHPERD professionals are honored for the contributions that have been made to their profession and the Iowans they teach and come in contact with. We have a membership filled with talented individuals that have not been acknowledged with an award. Please visit our website and select the awards tab to learn more about the various awards and nominate a deserving IAHPERD member. **Deadline for nominations is May 1st** and we are still looking for several nominations especially in the areas of:

- Adaptive PE Teacher of the Year
- Dance Teacher of the Year
- Health Teacher of the Year
- Middle School PE Teacher of the Year
- High School PE Teacher of the Year
- Distinguished Service Honor Award
- Honorary Lifetime Membership

• Jen Neubauer, Recognition Chair
LAHPERD hosted a free first year teacher/student workshop Feb. 25 at Pella High School with over 40 college students and current teachers attending. Presenters included Jodi Larson, Mark Jungmann, Jared Carder, Corey Thorson, and Bob Fessler.

Corey Thorson, left, and Bob Fessler, right, discuss a variety of options for building a successful PE program at the high school level.

Mark Jungmann leads a session demonstrating a variety of teaching techniques and activities used at the elementary level.

Jared Carder leads his session titled "Activities to Increase MVPA."

Attendees learn about the Group Fitness course taught at Pella HS.
JUMP ROPE FOR HEART UPDATE...

The Scary Squad has been working hard in Iowa to make our students heart healthy. They have been encouraging us to make a pledge to exercise more, drink more water and eat more fruits and vegetables. The augment experiences and the app has helped us to get the message as well to our parents. I want to hear from you if these additional items has helped you with your event.

Thank you to the 88 schools that completed their event as of March. February, which is Heart Month, was a busy month, and the numbers will continue to rise as these schools complete their events. Special shoutout to Shannon Lorenz (Senior Youth Market Director), who worked tirelessly to keep our Southeast Iowa schools on board.

The Iowa Skippers will have their Jump Rope Camp June 6,7 and 8 in Cedar Rapids. The form will be submitted to our website soon. They have been busy performing at many schools and halftime shows. JRFH will be celebrating its 40th anniversary. We want to make it the best year ever in Iowa! I am on the National Joint Projects Committee, and many great ideas were recently discussed at our annual meeting at SHAPE American National Convention. The goal is to keep it going strong, and by your school participating and hosting an event, we make our students HEART HEALTHY!

I hope to see you all at our State Convention in June at Liberty High (June 12-13). Our Iowa Skippers will be performing. Please contact me if you need any support in hosting your event.

•Margaret Beuter, IAHPERD Joint Projects Chair
National Joint Projects Committee
Margaretbeuter@gmail.com

IAHPERD ADVOCACY IN ACTION•2017-2018

As a part of IAHPERD’s ongoing commitment to advocate for Health and Physical Education, here is a brief report of the work we have been engaged in for 2017-2018.

We have partnered with the American Heart Association, and I have worked closely with Stacy Frelund, Government Relations Director. Stacy and I traveled to meet with Sen. Amy Sinclair, Iowa Education Chair, District 14 out of Wayne County. We spoke with Sen. Sinclair on the importance of a robust Health and Physical Education program for every school’s curriculum. I discussed the difference between Physical Education and Physical Activity. We then explained the benefits of Health and Physical Education to students:

- Positive relationship with academic achievement and test scores
- Positive association with attention, concentration and on task behavior
- Encourages lifetime healthy habits
- Strategy for reducing childhood obesity
- Reduces discipline referrals and participation in high-risk behaviors

I also shared with her some of the latest research stating that nearly 92% of students that attended health education class believe it is important to their future health. Children who have physical education are 2.5 times more likely to be active adults. Students with high levels of physical fitness equal higher test scores. Ninety-one percent of parents feel that there should be more physical education in schools, particularly for addressing obesity. Nearly one in four young adults are too heavy to serve in our military.

Sen. Sinclair was supportive of our efforts and understood the importance of a well-rounded education.

IAHPERD’s Advocacy team consisting of (Joe Burch, Lisa Cibula, Sam Meyer and Brian Rhoads) held a booth in conjunction with the AHA in November at Iowa Association of School Boards to spread the message on the importance of Health and Physical Education. Our message had the majority of support from Iowa School Board Members and various other administrators in attendance. Again we are seeing that people understand the value of Health and Physical Education.

In February, the IAHPERD Advocacy team consisting of (Chris Amundson, Burch, Cibula, Jodi Larson, Heather Parker and Brian Rhoads) attended the AHA Legislative Breakfast to spread our message by lobbying with legislators from both the House and Senate. Here, again, we are seeing support for Health and Physical Education.

In February, Burch, IAHPERD president, and myself attended the National SPEAK OUT DAY in Washington, D.C. We spent our first day in training and further preparation for our Advocacy Day on the Hill. Joe and I met with Sen. Joni Ernst, Rep. Dave Loebsack, and Rep. David Young, along with one of Sen. Chuck Grassley’s staffers. Here, again, we are experiencing support from the majority.

We are looking for more people to get involved with our “Advocacy Efforts” so that we have advocacy team members in each of the four Congressional Districts (District 1 – Rod Blum, District 2 – Loebsack, District 3 – Young, District 4 – Steve King). We have team members in District 2 and 3 currently, so we need District 1 and 4 members to join our efforts. Once that is in place, we will begin to recruit to have representation in all 50 Senate Districts. If you are uncertain which district you reside in, click this link to https://www.legis.iowa.gov/legislators/find.

•Brian Rhoads, Advocacy Chair
News from the Future Professionals Committee...

The Committee meets during the year by e-mail and phone, most of the time. Members are volunteers who have served on the IAHPERD Student Scholarship Committee from two to over 10 years!! A super commitment by those professionals who have been reviewing student applications for scholarships for many years! A great pleasure to work with these fine professionals!! These committee members include Abby Goodlaxsen, Mike Sinram, Valerie Unkrich, Christy Nimrod, Mary O’Brien-Orman, Jane Anema and Stephanie Klaffke.

These committee members and the chair have been involved in several responsibilities over the past year. These activities include:

• Contacting the President about scholarship recipients.
• Meeting at Central Districts in February 2017 and 2018.
• Having several conversations with ED, President and the IAHPERD Treasurer about structure of the scholarships, awards and budgets

The committee also had conversations about how to obtain more information about the future professionals from the college faculty across the state. The chair, Bob Nutgrass, has sent letters to each college in Iowa to inform them of IAHPERD scholarships and sent membership forms enclosed in materials.

For the formation of The Future Professionals Committee, members of the old Student Affairs Committee, as part of the Scholarship Committee, were then contacted. IAHPERD changed its structure, to be potential appointments for the new Future Professionals Committee. All of these professionals confirmed they would stay on the new committee, and now we have a very solid representation for this group.

The chair has sent out initial IAHPERD Scholarship applications in December to all the colleges across Iowa. In the 2017 search for applications, there were five excellent candidates for IAHPERD Scholarships for 2017-18. The recipients were Chad Jamison, UNI, and Caitlyn Welch, Iowa Wesleyan University. The committee also worked with President Jodi Larson and Treasurer Jennifer Schnell on money for future professionals attending CD and National Convention.

A listing of the projects the Future Professionals are working on for 2018-19 includes:

A. Continue to receive applications and work with committee for the next year’s recipients.
B. Send letters to each college in Iowa to inform them of IAHPERD scholarship awards for 2018-2019 and enclose membership forms for them.
C. Working with Matt Garrett at Loras, Higher Education Chair, to continue getting college professor contacts and more students involved for Future Professionals.
D. In the process of contacting PE/Health methods teachers of colleges and universities and looking to expand IAHPERD Scholarships.
E. Continue to work to get future professionals involved in conventions and IAHPERD and other activities for professional development and for convention activities.

These are initiatives we are working on for the future. Do we wish to try and fund or financially assist students attending conventions again? We had done this for several years, then discontinued. Do we now began to start funding them to conventions again? Does this help attendance? The committee wishes to take a more active role with duties as assigned in the IAHPERD Code and try to reach more college students and expand the IAHPERD Scholarship Awards throughout the State of Iowa.

All the best to ALL for a wonderful SPRING and a great end to the school year!

•Bob Nutgrass, IAHPERD Future Professionals Chair Past President (1999-2001)

News from the Finance, Grants Committees...

Finance
The Finance Committee has been working hard to make sure we are stretching our membership dollars as far as we can. We are excited for another big state convention. Along with our membership dues (which can be renewed online), the convention is a large part of our revenue.

•Jennifer Schnell, Finance Chair

Grants
The Grant Committee is excited to announce a few more grant winners later this spring. It is our goal to give back a little to our members, who are looking to improve their teaching, and share their experiences with others. Our past grant winners will be presenting at the state convention this summer. We hope you can make it – guaranteed to be a great session!

•Tom Spalla, Grants Chair

Membership Survey ...

https://goo.gl/forms/6wLkrOkohIyQuWCYv1
BENEFITS OF THE STATEWIDE DATA PROGRAM

You are already making huge strides by utilizing IHT and know the benefits of the Spirit System and the high-quality assessments that collect data on student physical activity and fitness levels.

Now, IAHPERD wants the key decision makers and legislatures in the state to know the benefits of physically active lifestyles among our students and the importance of physical education in schools. Our goal is to show improvement in student health, academic success and social-emotional learning.

We are inviting you to participate in the third year of Iowa data collection that will officially begin in September, in which aggregated, de-identified student data will allow IAHPERD to get a bigger representation of schools and grade levels, all while allowing you to strengthen your own program.

Benefits of participating in the program include:

• A one-year free IHT software license for each participating school that will cover all teachers. If you currently have the IHT software, participating schools/teachers will receive an additional free year tacked on at the end of your current license agreement.

• IAHPERD provides a yearly three-hour free training session (June 11) on how to optimize the Spirit System and your data collection.

• After year one, if you maintain your IAHPERD membership and remain part of the statewide initiative, you'll receive a discounted price of the Spirit software annually.

• Participants in the program must be current IAHPERD members and will be required to collect grade level data, which can be found on the IHT Spirit Dashboard.

READY TO MAKE AN IMPACT AND A DIFFERENCE?

We're looking forward to working with you in this important, worthwhile data collection process. Please let us know any questions: jodiowaahperd@gmail.com.

• Jodi Larson, IAHPERD Assessment Committee Chair
• Bev Brown, IHT Director of Customer Service
In April the American Heart Association Healthy For Good™ celebrates Move More Month because when you move more, you live more. We’re rallying movers and shakers to help us create a movement and that’s why we’re coming to you. (MOVErs. MOVEment. See what we did there?)

Join in by showing how you #MoveWithHeart on your social media platform(s) of choice throughout April and inviting your tribe to do the same.

We’ll be looking for your moves to share on the American Heart Association Iowa Instagram, Facebook and Twitter pages, so be sure to tag us and give me a head’s up. National American Heart Association accounts will also be looking for your moves. Additionally, our friends at NHLBI are adding their channels to the pot. Bring your A game and make sure your post is public and uses #MoveWithHeart and #HealthyForGood. Starting on Move More Day April 4, it’s your move.

Leadership opportunities available ...

Want to get more involved in IAHPERD? We are looking for candidates for President-elect and Leadership Council. President-elect is a three-year commitment where you will serve a year as elect, a year as President, and a year as past-president. To be eligible to run for President-elect you must meet the continuous eligibility requirements of SHAPE America (delegates must hold a full SHAPE America membership at a minimum starting Jan. 1 of their elected year to serve as a voting delegate).

Leadership Council is a two-year term that starts Nov. 1. We will have three openings on the Leadership Council this fall.

GENERAL DUTIES for President-elect:

A. Attend, participate in, and vote at all regular meetings of the Executive Committee, Leadership Council and any special meetings.

B. Become familiar with the duties and responsibilities of the President.

C. Send President-Elect’s message to Publication’s chair for each journal.

D. Work with the Leadership Council in developing actions in meeting the goals within the Strategic Plan

E. Work with Executive Director(s) and Treasurer in setting the budget for the upcoming year.

F. Meet with the new President-Elect to acquaint the successor with the responsibilities of the office as well as operating procedures, and to pass along the official records.

GENERAL DUTIES for Leadership Council:

A. Attend, participate in and vote at all regular meeting of the Leadership Council and any special meetings.

B. Serve as a liaison to committees as appointed by the IAHPERD President and approved by the Leadership Council.

C. Connect with your selected committees a minimum of once a month.

D. Be responsible for writing or obtaining at least one article for the IAHPERD publication.

E. If requested by the President, assist in the conduct of business or any special assignments.

F. Implement and oversee all core initiatives and services.

G. Before the Leadership Council meetings, submit a mid-year and end-of-the-year electronic report on their work since the last meeting.

If interested in running for President-Elect or Leadership Council, please fill out the following form available at: https://docs.google.com/forms/d/e/1FAIpQLScPOIrFTdckANxorMcEXB9oK8sbFu3kup1G5A7Us4PmdGP0Lg/viewform?usp=sf_link

Jodi Larson, Nominations Chair/Past President
Activity Name: Touch Them All (warm-up activity)
Grade Level: K-5
National Standard/Grade Level Outcome: S1.E2

Rules/Description:
Since I use tall cones as batting tees during my long-handled striking unit, cones are scattered throughout the gym of various colors. There are four each of blue, green, red, yellow, orange and purple. To begin, I call out a color for the boys and a different color for the girls. Right away students begin running to touch all four of those cones. When they have touched the fourth cone, students get in their batting stance with an imaginary bat to show me they are ready for me to call out the next color. Play until all six colors have been called out.
Video Link: https://twitter.com/NorthPolkWestPE/status/856944065287512065

Activity Name: Hit and Run Baseball
Grade Level: K-5
National Standard/Grade Level Outcome: S1.E25, S4.E4

Rules/Description:
This striking activity is a great cardiovascular game as well. Students are in partners with a tee/cone, bat and ball. When the fielder is ready, they say, “Play ball!”. After hitting the ball off the cone, the batter runs to the nearest wall and back to the cone as many times as they can counting every touch of the wall and cone as a point. The fielder has to go get the ball and touch it to the cone and yell, “Stop!”. The pair then switches roles and continues playing.
Video Link: https://twitter.com/NorthPolkWestPE/status/717782256320819201

Activity Name: Three Catches
Grade Level: K-5

Rules/Description:
This activity combines the skills of striking, throwing and catching. Students are in groups of three. Poly spots are scattered all over the gym floor. The batting cones/tees should be near the perimeter of the gym. The first batter waits until another teammate says “Play ball!” before swinging. After striking the ball off the cone, the batter tries to run and touch the far wall and get back to the cone. The two fielders retrieve the ball and stand on any two poly spots to play catch. They try to throw and catch three times before the batter returns to the cone. Rotate batters whether “safe” or “out” and play again.
Video Link: https://twitter.com/NorthPolkWestPE/status/858078707407175680

•Mark Jungmann

How do I get started? It's simple! Go to livehealthyiowa.org and click 'Join Today.' The Challenge begins Monday, April 16! Registration will be open through April 23.
Setup:
One large Exercise Ball, Kin-ball or Cage ball, 2 bags of gatorskin balls or slo-mo balls, divide students up into 2 teams and have students sit on their team’s side of the large white square in the middle of the gym facing toward the middle.

Description:
Explain that on the whistle they will throw their small balls at the Monster ball trying to hit it and make it roll to the opposing team’s side, if the Monster Ball rolls outside of the designated area - the opposing team’s side will receive one point. Play to a specific number or for most points within a time limit. If you do not have a center circle or center square in your gym you can create an area with polyspots, cones or floor tape. Dump out all the gatorskin and Slo-Mo balls and have students pick up 2 balls before the game begins.

Copy this link for a video demonstration.
https://www.youtube.com/watch?v=2SP839xnyzs&feature=youtu.be

RULES
1. You may go ANYWHERE to get a ball
2. You must be Outside of the white square to throw the ball
3. If you throw from inside the square, sit out for that round until someone scores a point
   a. If you don’t want sit-outs you can use penalties (hop on one foot, throw left handed ect.)
4. You may NOT:
   a. Block balls with your body (standing in front of the monster snowball)
   b. Touch the Monster Snowball - 1 point for opposing team when any team member touches the ball
5. 1 point for opposing team when ball crosses the line (use the large white square)

After a point have students sit and discuss strategies before the next round.

Strategies: jamming the monster ball with the small balls, hit the ball in the middle-top, Teamwork - all throwing at the same time... waiting for opposite team to throw first so ball is closer and then you throw to reverse the direction and the other team will be all out of ammo... ½ jamming with rolls, ½ throwing at the middle/top, if you can’t throw very well you can go get balls from the back of the gym and roll them up to your team. After you throw a ball - Don’t just STAND THERE! Go get another ball to throw.

Variations:
- With have 4 teams (Red, Blue, Green, Yellow) If the ball leaves the big white square in your corner of the gym you will receive one point... the team with the least number of points wins the games after 10 minutes
- Add extra balls, small exercise balls, large exercise balls – once they cross the other teams line they must stay there – Mark points as they cross the line, or tally up points at the end of the game. You can award more points the bigger the ball is.
- Play in around the Winter Holidays and call it “The Abominable Snowball”

ThePEspecialist.com

*Submitted by Ben Landers*
ICE FISHERS

Students will be in their groups. Each group will have a different colored noodle for an ice fishing rod. In the gym there will be 10-15 hoops and each hoop will have 3-4 poly spots on the floor inside of the hoops. Underneath some of the spots there will be fish pictures. The fish pictures will have labels on them that says how much each one of them weighs. On the teacher’s signal one student from each group will run out and pick up a spot. If there is a fish under the spot they check then they can bring it back to their team and put it in the net. If there is NOT a fish under the spot they pick then they must run back and hand the ice fishing rod to the next member of their group. After a short period of time, the students will add up their score on the Ice Fishers score sheet and the group with the most weight of fish is the winning team!

•Submitted by Jason Steele
ICE FISHERS

5lb. ________ 10lb. ________
15lb. ________ 20lb. ________

5lb. ________ 10lb. ________
15lb. ________ 20lb. ________

5lb. ________ 10lb. ________
15lb. ________ 20lb. ________

5lb. ________ 10lb. ________
15lb. ________ 20lb. ________

TOTAL WEIGHT __________

*Submitted by Jason Steele*
PIRATES OF THE CARIBBEAN TAG

RULES
The teacher will select 4 students to be It. The 4 students who are It will be the Kracken. The
Kracken will sit on a scooter board with 2 noodles and will be in the center circle of the playing
area. Inside the playing area will be beanbags and on the teachers signal the pirates will try to
steal the “treasure” from the Kracken. If a pirate is tagged by the Kracken they must go sit in the
Jail on the outside of the playing area. The game is done when all the pirates have been captured or
when all of the treasure is gone.

EQUIPMENT NEEDED
4 Scooter boards
8 Noodles
Beanbags or any equipment you would like to use as your “Treasure”
Area designated as the “Jail”
A “Treasure Chest” for the beanbags taken from the Kracken

SET-UP
Beanbags will be scattered throughout the gym before students begin playing. An area will
designated as the ocean or sea and the kracken must stay in that area. Pirates are safe as long as
they are outside of the ocean/sea area. When the pirates steal the treasure from the kracken they
must bring it back to a treasure chest outside of the playing area.

•Submitted by Ben Landers
**Basketball Shooting/Dribbling**

**Kings & Queens of the Court**

@pe4everykid

**Equipment:** 1 basketball per student, 6 basketball hoops

**Set-up:** Students in 6 groups. They choose one hoop to shoot at (line up near free throw line).

**Game Play:** When the music starts, students begin shooting at their hoop. If they make it, that counts as 1 point for their team. If they miss, they go to the end of their line and get ready to shoot again. Once a team has scored 10 points total, they go to the middle circle (center court) and practice dribbling. They are now the Kings/Queens of the Court. Once another team reaches 10 points, they come to the middle and knock out the previous team becoming the new Kings/Queens of the Court. Play continues until the song is over/or time is up. Whichever team is in the middle when the game ends is the winner!

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**Gym Set Up**

Submitted by Mike Graham
5 ALIVE

SKILL FOCUS:
- CARDIORESPIRATORY ENDURANCE
- EYE-HAND COORDINATION

APPROPRIATE GRADE LEVEL:
3-12

EQUIPMENT NEEDED:

SET UP:
- STUDENTS LINE UP ON ONE SIDE OF THE GYM BETWEEN THE CONES.
- EACH STUDENT HAS A TENNIS BALL.

DESCRIPTION OF ACTIVITY:
- ON THE START SIGNAL, EACH STUDENT ROLLS THE TENNIS BALL ON THE FLOOR ACROSS THE GYM.
- TO WIN THE GAME, 2 THINGS MUST OCCUR:
  1. THE BALL MUST CROSS THE OTHER END LINE
  2. THE BALL MUST GO THROUGH THE STUDENT’S LEGS 5 TIMES
- STUDENTS ARE ALLOWED TO RUN AND GET INTO A POSITION SO THE BALL GOES THROUGH BOTH LEGS.

ACTIVITY VARIATION:
- HAVE A CONTEST TO SEE HOW MANY TIMES THE BALL CAN GO THROUGH A STUDENT’S LEGS BEFORE IT CROSSES THE OTHER END LINE.

Submitted by Kevin Tiller
5 ALIVE

CONTINUED...

A GREAT AEROBIC ACTIVITY!!!

START AGAIN!!!

Submitted by Kevin Tiller
Warm Up

Chicken Taco Tag

Equipment: 4 poly spots, 4 rubber chickens (avg. class size of 24)

Set-up: Choose 4 students to be taggers. They start the game with a poly spot and a rubber chicken. These players are “IT.” We call them the “Chicken Taco Taggers”.

Game Play: When the music starts, the players holding the “chicken tacos” must chase players without tacos. If they tag someone (using their free hand) they drop the taco and run away. The player who got tagged must pick up the chicken, stuff it in the taco and is now “IT.” Then they try to tag people.

I play this as a warm up/instant activity for about 5-7 one minute rounds.

Gym Set Up

•Submitted by Mike Graham
Renew your membership today. For as little as $20 with JRFH or $35, you can receive a year membership with IAHPERD. With the upcoming summer convention, this is a reminder that you must be an IAHPERD member to attend. You can become a member by filling out the form and mailing your check to IAHPERD or join/renew online at http://www.iowaahperd.org/membership.html. Don't miss out! JOIN TODAY!
You can register in a group of four, or you can register as an individual and we will put you on a team. We are playing “best-shot,” so you will get to play from your team’s best shot each time. Although this event is structured to allow networking time for IAHPERD members, anyone is welcome to come. Bring your co-workers, friends, and family!

Cost: $50 (More information about registration will be sent out later)
Location: Bos Landen Golf Club, Pella IA
Registration: 8-8:30 a.m.
Youth Golf Presentation: 8:30 a.m.
Shotgun start: 9:30 a.m.

**Prizes, food, and drinks will be available throughout the day.
Hole challenges and competitions are also planned.
**Lunch will be provided!

Three goals for this day:

#1: Fundraising: This golf outing will serve as a fundraiser. The money raised from this event will go towards fulfilling equipment grants for OUR MEMBERS along with funding other IAHPERD initiatives!

#2: Networking: What better way to network with other teachers in the state than playing a lifelong sport like golf? This will be a fun social event geared towards meeting new people and networking.

#3: Professional Development: The start of the day will consist of learning how to integrate golf into your curriculum and the types of equipment available. There will be some time to try out the equipment and learn teaching cues.

Registration will be available at www.iowaahperd.org very soon!

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### Travel Scholarship Fundraiser

To help our members get more opportunities to travel to great physical education-related conventions and conferences around the country, we will be selling t-shirts and sweatshirts to help raise money.

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft Cotton T-Shirt</td>
<td>$15</td>
</tr>
<tr>
<td>Gildan Hoodie Sweatshirt</td>
<td>$30</td>
</tr>
</tbody>
</table>

Name ____________________________
Address _________________________
Phone __________________________

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Send form and payment to:
IAHPERD
BOX 424
Center Point, IA 52213

Order by May 20 to pick up shirt at convention and avoid shipping charges. They may still be ordered after May 20, but if mailed, an $8 fee will be added.

2018 Iowa AHPERD Convention
June 12-13 | Liberty High School, North Liberty

Convention Information, Lodging Information & Registration available at:

Theme: "It’s Not About the Shoes. It’s What You Do In Them."  
Michael Jordan

Convention at a Glance:

Victoria Otto, Banquet Keynote

Clayton Ellis, Presenter, CD Pres, National TOY

Chuck Long, Lunch Keynote

Kathy Bresnahan, Lunch Speaker. "The Miracle Season" movie is based on her as a coach.

Erika Mundt, Presenter and National High School TOY

Mark Jungmann, CD Elem TOY

Mark Foellmer, MW Middle School TOY

Strength and Conditioning Sessions

Adapted sessions including sessions from Mike Doyle MN-SHAPE past president and Ann Griffin, National Adapted TOY.

Lots of fantastic elementary presentations

Top 5 Reasons to Attend Convention:

1. Networking, building relationships, and learning with other passionate educators!

2. Leaving inspired and motivated to improve your program!

3. Hands-on training to learn about K-12 physical education, health, technology, assessments, and more!

4. Visiting with some great vendors!

5. Drawings for prizes and equipment!

All Conference Social:
Mon., June 11 from 7-10:30 p.m. at Back Pocket. Socialize, play lawn games, and meet past presidents of IAHPERD.

Convention Information, Lodging Information & Registration available at: