

## Erika Mundt

Erika has a passion for teaching, fitness and sports and just finished her 7<sup>th</sup> year of teaching physical education in the Iowa City Community School District. She teaches a variety of courses from adapted PE to different advanced PE courses. One of her significant achievements is the creation of an Ultimate Fitness course. Erika uses technology, social media and assessment to increase skill acquisition in her classes. She's been a leader in the district for incorporating technology into PE. Erika has a passion for motivating students to live a healthy lifestyle and this drive reaches outside the gymnasium as she works with students that test for ROTC and military academies.

She has also created a staff fitness program to help all teachers live a healthier lifestyle and she has committed herself to helping all the secondary physical education departments in the district improve too. Her school was the recipient of a Wellmark PE4life grant that brought her department to a higher level. She has led and heled organize district and regional professional development opportunities while also attending multiple national and local professional development conferences.

As a sports enthusiast, she has coached many sports at the junior high and varsity levels while also watching, attending, or participating in sports herself most days. She loves to strength train, run, play tennis, cycle, or hike.

Her administrator said, "Erika encourages her students to "talk themselves into greatness, and not out of it." "She has an infectious personality and consistently brings creative and challenging work to all levels of students. To watch Erika teach a PE class is to observe perpetual motion in action." "Her classes are always filled to capacity with students who want to learn from the best and push themselves to be healthy and physically fit. Erika also inspires students and colleagues to lead a healthier lifestyle and is a resource for those who need guidance in doing so."

We are very fortunate to have Erika as our state and Central District Teacher of the Year. We are also very proud to say that Erika was selected as the SHAPE America National High School PE Teacher of the Year while at the National Convention in Nashville in March....which by the way was a week after her girls basketball team won the state championship as their assistant coach.