President’s Message ...

As I look at my upcoming term as President of IAHPERD, I am excited to see the great work and leadership that is occurring across the state from fellow physical educators. From creating state standards to winning national awards, I am seeing an exciting future for our profession in Iowa. I also can’t help but look back at the past year and see the highs and lows that physical education endured throughout the year, the biggest being Senate File 2273.

While physical education in our state faced one of the most challenging issues of our time, our leaders and members showed why we are a great organization and why physical education is such an important part of all students’ lives in our state. Without everyone’s tremendous advocacy and promotion of our program, we could not have stopped SF-2273.

Even with this great “victory” we cannot stop advocating. Please contact your local, state, and federal lawmakers and invite them into your classroom. Show them why we are vital to our students and how PE has changed. We must not stop and we must continue to advocate!

Continue to be great and strive to be amazing.

Chris Amundson, IAHPERD President, chris.amundson@iowaahperd.org

President-Elect’s Message ...

Greetings fellow IAHPERD members! First and foremost, thank you for your vote of confidence in all those elected in our fall elections! The newly-elected Leadership Council members and I have a great group to lean on as we move forward. I am excited to continue and build on what our great presidents, past presidents and others have done for our members.

I’ve been teaching elementary p.e. in the Iowa City School District since 2005. Before then, I spent two years in Columbus Junction. My wife and both of our families are Luther grads - Go Norse! I was a gym rat growing up. My mother was a P.E. teacher early in her career, and then was the head women’s basketball coach and associate athletic director at Luther for 20+ years, so we were always playing! I even got to learn from former IAHPERD president Betty Hoff.

In Iowa City, I have been fortunate to work side-by-side and learn from many former state teachers of the year! More recently, I feel like Twitter has become the new “teacher of the year.” So many great individuals from all over the world are sharing activities from every unit imaginable. While Twitter is great for learning, Instagram and Facebook are both great platforms for sharing with students and their families what is going on in your classroom/gymnasiums. Setting aside a few minutes a day/week can reap so much more.

While I teach elementary p.e., I also coach XC in the fall and start track and field meets in the spring. It is rewarding to see those students you taught in elementary going on to have success later on in life! It’s also exciting to see some new health and P.E. teachers entering the profession.

If I’m not teaching/coaching, then chances are good I’m outside playing catch or in a gym somewhere watching basketball and volleyball. My wife Lisa and I have three very active kids but also enjoy, when the weather isn’t so friendly, sitting around the fireplace with a good book (or online newspaper), sipping on some hot chocolate.

In conclusion, I want to see our organization continue to grow and flourish. Get involved and attend a conference or workshop. Bring a friend - first year of your membership is FREE. Please don’t hesitate to contact me with any questions/concerns/ideas. My email is josh.hildebrand@iowaahperd.org, my social media accounts are @PEwithMrH on Twitter/IG/Facebook.

• Josh Hildebrand, IAHPERD president-elect, josh.hildebrand@iowaahperd.org
Hi, everyone! I hope the first semester is going well for all of you. It was an honor serving as IAHPERD president for the past year. I couldn’t have survived without the help of Jodi Larson, Jan Grenko-Lehman, Chris Amundson, and the Leadership Council.

This year has been a crazy one for me with welcoming another baby last August and then moving and switching school districts this past August. I know you all have similar busy lives with coaching, raising kids, or whatever else you have on your plate. I hope IAHPERD has become a resource for you, one that can relieve stress and connect you to others who may add valuable knowledge to your repertoire. I know for myself, IAHPERD and SHAPE America have helped me greatly! During the busy times, it helps to reflect on the people I’ve met and the opportunities IAHPERD has provided me. It’s refreshing to dwell on the positive and remember how many kids we impact every day to become healthy adults in the future!

IAHPERD has been busy advocating for YOU! Our actions have included fighting Senate File 2273 (which would have allowed schools to give parents the choice to waive PE for their kids), visiting Washington D.C. to advocate for quality PE/Health programs within ESSA at SPEAK Out! Day, discussing the importance of our profession at the School Administrators of Iowa Convention, visiting the state capital while working with the American Heart Association, and, meeting to discuss new state standards.

Please let me know if there is anything I can do to serve you. IAHPERD is dedicated to helping teachers provide quality health and physical education programs in Iowa. As a valued IAHPERD member, congratulations on making the choice to join our association. It shows you are a dedicated professional!

Joe Burch, Past President, joe.burch@iowaahperd.org

CONGRATULATIONS!

TOY recipients announced ...

Congratulations goes out to our Teacher of the Year award winners for the 2018-2019 school year:

Elementary Teacher of the Year -
Jared Carder, Clear Creek Amana School District

Middle School Teacher of the Year -
Tara Stemsrud, Des Moines Public Schools

High School Teacher of the Year -
Justin Kinney, Galva-Holstein School District

Features on Carder and Kinney appear on the next two pages. Stemsrud’s feature will be available in the future.

All award winners will be recognized at the IAHPERD annual convention which is currently in the planning stages for Summer 2019.

Please review the criteria on our website and consider nominating one of our members for one of the many awards our association gives out at our annual convention. We have a lot of worthy candidates both current and retired members that are very deserving of recognition. Show them your support and nominate them today!

http://www.iowaahperd.org/awards.html

Jen Neubauer, Recognition Chairperson, jen.neubauer@iowaahperd.org

New officers begin terms

We are excited to welcome Josh Hildebrand as our president-elect. Josh comes to us from Horn Elementary in the Iowa City School District. He has served on our leadership council and will be positive leader helping to move IAHPERD forward. His twitter handle is @PEwithMrH. He began his term Nov. 1.

We would also like to welcome Jaryd Prince, Tanner Roos, Caitlin Schoville and Chris Roberts to the Leadership Council. Jaryd currently teaches at Jefferson Elementary and can be followed @JPrincePhysed. Caitlin is a junior high physical educator at Pleasant Valley. Her twitter handle is @Cait_Schaeffer. Tanner is a Cedar Rapids elementary educator at Linn Grove Schools and can be found at @MrRoosPE. Chris comes to us from the Waukee School District at Walnut Hills Elementary. Follow him at @phicedroberts. They each will bring a variety of skills and experiences to our leadership team.

Jodi Larson•IAHPERD
jodi.larson@iowaahperd.org

Amundson, Larson attend June SAM-LDC conference

Chris Amundson and Jodi Larson traveled to San Antonio, Texas, for the annual SAM-LDC Conference June 22-23. They were joined by other Shape America leaders from across the nation. The conference was held to work on creating leaders at the state level to empower and grow each state and district leadership.

Stephanie Morris, CEO of Shape America, joined the conference to discuss the future of the organization and ways they are working at the national level to grow fundraising opportunities. Ideas were brainstormed with state leaders and discussions were held on new ideas to help support the organization at all levels.

Stay up-to-date by visiting the IAHPERD website: http://www.iowaahperd.org/
WHAT IS YOUR "WHY" FOR TEACHING PE?

I love teaching PE because you can create an even playing field for kids. The same kid that struggles with reading and math can come in and find success in PE. Adapting activities to help students find success or to challenge them keeps me on my toes so as many students have a positive learning experience in my class as possible. Teaching PE allows me to be creative with my lesson planning and include the concepts of character, growth mindset, and leadership into the curriculum.

I really do believe that it is important to hook kids on movement early in their life and give them as many skills and experiences as possible so they can be confident movers later in life and see the importance of living a healthy lifestyle.

WHAT IS YOUR GO-TO PIECE OF EQUIPMENT OR TECH?

My iPad is one thing I use every day. Being able to share videos and pictures with parents via SeeSaw helps connect home and inform families about the things we are learning in class. Giving students immediate video feedback when working on skills is another way that I use my iPad.
WE MAKE A DIFFERENCE
WWW.IOWAAHPERD.ORG
We provide leadership and support for the enhancement of healthy & active lifelong learning.

JUSTIN KINNEY
8th Year of Teaching
Taught all 8 years at Ridgerview High School.
Married with 4 children.
Outside the classroom, you can find him spending time with his family fishing, camping, and hunting.

WHAT IS YOUR "WHY" FOR TEACHING PE?
The reason I went into teaching - especially physical education - is to impact student’s lives positively in every way possible. To me, academics come second. Character development and simply developing into good people is the high priority I try to emphasize with my students. While this answer is in no way politically correct, I’d rather have a student with straight C’s become a selfless, faithful, hard-working father/husband, than a student with straight A’s be selfish and treat people disrespectfully. Secondly, I want to inspire to become life-long learners - especially in regards to their health / fitness habits.

HOW WOULD YOU DESCRIBE THE CULTURE OF YOUR PE CLASSROOM?
I asked my students this question and they responded with:

- Hard-working
- Fun
- High-Quality
- Rewarding
- Productive
- Relational

This is created by a tremendous amount of work being put into getting to really know each student - their likes, dislikes, strengths, weaknesses, and more. I think the number one way this is created is by students truly knowing that you care about them and their holistic development.


An interview with Justin Kinney, IAHPERD High School TOY 2018.
WHAT IS YOUR "WHY" FOR TEACHING PE?
Like many I want to create physically literate students. But more importantly, my reason to be at my school is my ability to shape students. I teach students first, PE comes 2nd. Many of my students don’t have ATL skills to be able to make affective decisions throughout their day. I’m lucky enough to teach in an international baccalaureate school. I get to teach concepts that relate directly to them in the moment or throughout their day. We maybe playing lacrosse or rugby, but we are learning how our bodies relay information to us. We watch video on how we move and the data our body gives us to see a clearer picture on what we are actually doing.

We may relate this to how we leave the school day and perceptions that the community has on the students vs. if that is actually what we want to convey. I always say I teach world peace and we solve world peace in PE. This is the statement of inquiry in my 7th grade classes: Refinement and interaction happen when Inequality, difference and inclusion are communicated. We play hockey, takraw, pickleball, speedminton, and other games. But their main take away should be this statement. I want students to move, but I want them to succeed as humans more.

WHAT CAN PE TEACHERS DO TO GROW PROFESSIONALLY AS WELL AS ADVOCATE FOR OUR FUTURE PROFESSION?
Go to conferences, but not just PE conferences. We have to go outside our comfort zone. You have to be willing to go outside the box with things they are suggesting and figuring out how to make it work in our classrooms. But it is worth it. I’m a better teacher because of it.

WHAT IS YOUR GO-TO PIECE OF EQUIPMENT?
12 Sided Dice. The opportunities are endless and my students create their own rules and activities. The will do anything for the dice.

TARA STEMSRUD
13th Year of Teaching
Taught all 13 years at Middle School level.
7 Years in Council Bluffs & 6 Years at Meredith MS in DMPS
Outside the classroom, you can find her running marathons, working on pottery or painting and sewing up PE bean bags!
Meet IAHPERD President Chris Amundson...

Work History:
“I teach K-6 PE at Crestview School of Inquiry in Clive (14th year). I have been in the West Des Moines Community Schools for 15 years.”

Do you coach any sports?
“I am the head coach of the boys’ bowling team at Valley High School.”

Why did you get into teaching physical education, and what is your favorite aspect of teaching now that you are?
I started teaching HS soccer in Decorah while in college. Loved working with kids and decided med school was not in my future. Had some great PE teachers growing up and always loved the class. My favorite part, then and now, is to have students laughing and having fun while being active.”

What have you learned since you started teaching that you wished you would have known ahead of time?
“Everyone is different and approaches physical activity differently. It is our job to help them find joy in being active.”

What has been the most valuable aspect of being involved with IAHPERD leadership?
“Being part of a great group of dedicated teachers! It is fun bouncing ideas off of each other and trying new things to help build this organization.”

“What advice would you give to someone debating on getting involved with IAHPERD leadership or committees?”
“Get involved! It might seem scary or overwhelming at first but it has been a very beneficial experience. It is also an amazing way to become a bigger part of this wonderful network.”

THANK YOU!!

... from Larson as IAHPERD presidential term ends

As I wrap up the end of my three-year commitment as president of IAHPERD, I would like to thank the membership for your trust in my ability to lead this organization. When approached to run three years ago, I was nervous and unsure of whether I was the person for the job. The jury might still be out on that, but I can tell you that I have grown as a leader because of this opportunity.

If you are involved with IAHPERD, I would hope that you too will embrace the opportunity to step up and be involved, whether it be to run for president-elect, leadership council or to serve on a committee. The relationships you build, the growth you will make as a leader, and the opportunity to make a difference in our field will last a lifetime.

I have many people that deserve thanks for their hard work during my time with IAHPERD. However, I’d like to give a special thanks to Joe Burch, Chris Amundson and Jan Grendo-Lehman for their tireless work behind the scenes, the countless hours in Zoom meetings, text messages or phone conversations, and the friendship and support they have given me. I am leaving you in great hands. Thank you for the opportunity to serve our amazing profession and lead IAHPERD.

Jodi Larson, jodi.larson@iowaahperd.org

... to outgoing members of Leadership Council!

We would like to thank the following outgoing members who have served on the Leadership Council: Brett Delaney, John Baker, Jared Carder and Josh Hildebrand. Your time and commitment to our organization is greatly appreciated. Each of you brought in new ideas, challenged the status quo and continued to move us forward. We look forward to your continued involvement within our organization. Thank you for your time and service!

... to 2018 IAHPERD Golf Tournament Sponsors

Bos Landen Golf Club
US Games
Spikeball
Pella HyVee
Monarch’s Restaurant and Lounge
Hanlon Chiropractic and Wellness
Dingeman Concrete
PGA of Iowa
Allison Burch-Plexus
Scott and Jennifer Kuntz
Josh Hildebrand
Blu Track
Elite Sports
Tanger Outlets
Harry’s Custom Trophy’s
Pella Home Realty-Vicki Cowman
Mary Ann Emerick
The Erpelding Family
Stone Creek Golf Club
Summer Convention Highlights ...

If you weren’t at our summer 2018 IAHPERD convention, you missed out on some amazing sessions and presentations! We are already planning for the summer of 2019, so stay tuned!

Our 2018 convention began with a pre-conference day revolving around IHT and Iowa representative Bev Brown. IAHPERD members have an amazing opportunity to utilize some of the most current physical education software on the market. If you aren’t familiar with IHT, contact IAHPERD, and we’ll get you all set up.

We were grateful to have speakers outside of our state join us. Mike Doyle, a master Adapted PE teacher from Minnesota, Clayton Ellis, a broccoli-loving favorite from Colorado and Mike Graham, who is just fabulous, from Illinois all shared their knowledge.

We were also thrilled to have three keynote speakers to inspire us to be better humans, teachers and coaches. Chuck Long, former Iowa Hawkeye Football standout and ESPN commentator and Kathy Bresnahan, former Iowa City High varsity volleyball coach who was recently portrayed in the film “The Miracle2 Season” both spoke during our lunch breaks. They have fabulous books, and their stories inspired us. Our banquet keynote speaker was Victoria Otto. Her running story was truly a testament that you will be and you will do what your mind believes. Nothing stopped Victoria from achieving her dreams. She is currently an OPEN PHYSED contributor for US GAMES as well as a master yoga teacher and physical educator.

Other convention highlights include a Dance Demo Slam at our banquet, a fabulous past presidents social, lots of networking and some terrific door prizes for those who stayed to the end of the convention. It was a jam-packed convention, but that’s the way we like it!

Why would you want to spend the money to attend convention when you can just Google games or get on social media for answers to your PE questions? You can do just about anything over the Internet from chatting with colleagues, watching videos and reading lesson plans. Those things are all great, but when you attend a convention, it’s much more powerful than a social media chat. Talking in person with colleagues, being present in a session to ask questions, grabbing a bite to eat after a session, sitting around a table solving PE and health issues and experiencing the same fun adventure as your other PE friends are just some of the reasons our attendee’s like to be present. When you attend a convention, you put that date on your resume, and it means you took time out of your busy schedule, for professional development, to share ideas and show others that you care about students and your profession. You never know when your next convention might bring a wonderful job opportunity to your plate or you might meet new PE colleagues that you can connect with and become lifelong friends.

When convention season rolls around – SIGN UP – BE PRESENT – GET REJUVINATED – HAVE FUN— BE INVOLVED – BRING A FRIEND

Have a great year!!!

•Jennifer Peterson, IAHPERD Convention Manager, petersonj@oskycsd.org

Mark your calendars ...

Winter Games:
The Winter Games are coming up! Registration opened Nov. 1. For more information, visit www.iowagames.org! Games will be held Jan. 26-27 in Dubuque and Feb. 9-10 in Iowa City and Cedar Rapids (figure skating).

Kid’s Track Championships:
Communities can sign up to host a local Live Healthy Iowa Kid’s Track Championship Dec. 1! Meets will take place in April and May.
IAHPERD ADVOCACY IN ACTION • 2018-2019

As a part of IAHPERD’s ongoing commitment to advocate for Health and Physical Education, we are engaged in the following work this fall. Our Advocacy Team consists of the following individuals: Lisa Cibula, West Des Moines Schools (secondary level); Heather Parker, West Des Moines Schools (elementary level); Carlye Satterwhite, Des Moines Independent CSD (physical education/health curriculum coordinator); Brian Rhoads, advocacy chair, West Des Moines Schools (physical education and health curriculum lead). We are looking for more to join this effort see below!

We are continuing our partnership with Stacy Frelund, government relations director with the American Heart Association. Stacy and I have met several times this fall to plan for the upcoming legislation session. More information will come on this later.

IAHPERD’s Advocacy team, in conjunction with Chris Amundson and Frelund, manned a booth at the School Administrators of Iowa 44th Annual Conference to spread the message on what health and physical education looks like within our schools today. The school administrators we spoke with understand the value of health and physical education.

I am serving as the co-facilitator for the state’s Physical Education and Health Standards Review team to bring forth a set of recommended standards for physical education and health to the State Board in March. A survey will be coming out in late November through December for public review and comment, so be looking out for that, and be sure to complete the survey. There will also be Public Forums in Pella and West Des Moines in the early part of December, along with Zoom locations across the state. When we have exact locations and times, IAHPERD will send out the details.

Other members of the team consist of the following: Pam Richards, co-facilitator Central College; Barb Bakker, University of Northern Iowa; Kurt Denahy, Clinton High School; Erin Drinnin, United Way; Cindy Elsbernd, Iowa Kids Strong; Stacy Frelund, American Heart Association; Neil Gray, Northeast Community School District; Jan Grenko-Lehman, IAHPERD; Donna Heying, Keystone AEA; Craig Johnston, Central Springs High School; Jodi Larson, Ankeny Centennial High School; Betsy Luck, Oskaloosa Middle School; Jesse Nitchals, Estherville Lincoln Central; Carlye Satterwhite, Des Moines Independent CSD; Sarah Taylor-Watts, Iowa Department of Public Health; Shari Walling, Johnston CSD; Jeff Workman, Durant Community School District; and, Erika Cook, Matt Ludwig, Kris Kilbarda, Lisa Strange and Melissa Walker, Iowa Department of Education.

We are still looking for more people to get involved with our “Advocacy Efforts” so that we have advocacy team members in each of the 4 Congressional Districts (District 1, Abby Finkenauer; District 2, Dave Loebsack; District 3, Cindy Axne; District 4, Steve King). We have team members in District 3 currently, so we need District 1, 2 and 4 members to join our efforts. If you are interested in being a part of the advocacy team, please contact Brian Rhoads by email at 1922rhoads@gmail.com. Once that is in place, we will recruit to have representation in all 50 Senate Districts. If you are uncertain which district you reside in, click this link: https://www.legis.iowa.gov/legislators/find

• Brian Rhoads, Advocacy Chair, 1922rhoads@gmail.com

SHAPE offers multiple member benefits

Dear IAHPERD Members,

This spring we announced that the partnership between SHAPE America and all state affiliates and the American Heart Association would end July 1.

We are proud of the impactful programs we’ve built within this partnership and are truly grateful for the tireless dedication of our community members who have ensured the program’s continued success.

The financial benefits from this partnership have ended.

You may have been approached by the American Heart Association to be an event coordinator for their new program “Heart Challenge.”

Please know that if you decide to participate, no financial benefit will be going to SHAPE America or to IAHPERD.

SHAPE America is committed to:

· opening doors to alternative fundraising opportunities for teachers, schools and students;
· offering more choices for educational fundraising activities that support strong health
  and physical education programs; and,
· ensuring that all children develop the ability and confidence to be physically active
  and make healthy choices for a lifetime.

As a nonprofit 501c3 organization, we rely on donations and member and organizational support to provide the programs and resources that support health and physical educators at every level.

Our new direction: two new pilot programs! SHAPE America recently unveiled a community virtual race program that all of us can encourage our communities to participate in. It launched Oct. 22 and will conclude Dec. 31.

The second pilot program will be school-based signature program and roll out in January 2019.

Jan Grenko Lehman, IAHPERD Executive Director, jan.grenkolehman@iowaahperd.org
Putting 5-2-1-0 Healthy Choices Count! into action in your classroom ...

When it comes to kids, there’s one thing everyone wants – for them to be healthy! That’s why Iowa has created the 5-2-1-0 Healthy Choices Count! program. It’s a health-focused movement for Iowa kids that’s under a nationally recognized childhood obesity prevention program.

5-2-1-0 stands for:
- 5 or more fruits and vegetables
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks – drink more water!

5-2-1-0 is all about helping kids develop healthy habits that they practice every day. Physical education period is the perfect time to put 5-2-1-0 into action: P.E. motivates kids to be active, teaches them skills to be successful and educates them about why physical activity is important to their overall health and wellness.

**How can you start to incorporate 5-2-1-0 into your P.E. classroom?**

Start with education about 5-2-1-0, including what it stands for, why it is important and how to track goals. Add 5-2-1-0 to your classroom messaging with free posters and brochures from the Healthiest State Initiative. Consider these additional areas of importance:

1. **Provide many ways to play:** Throughout the year showcase a variety of activity options – indoor, outdoor, team, individual, no equipment necessary – so that kids always have options to get physical activity outside the classroom.
2. **Provide water as fuel:** Offer plenty of water breaks during P.E. class and encourage kids to drink water when they play organized sports or when they are at home. Remember you are a role model – what are you drinking?
3. **Provide take-home challenges:** Encourage kids to take the fun of physical activity home with take-home challenges or activities for the whole family or goal trackers for days when students do not have P.E. class.

**Need more resources?** Visit [www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210) to view a variety of resources – including interactive activities and challenges – for your classroom and to sign up your school as a 5-2-1-0 Registered Site. Each month the Healthiest State Initiative puts together a “5-2-1-0 Feature” that includes tips, challenges and social media messages around a new theme. You can access the Feature at [www.iowahealthieststate.com/5210Feature](http://www.iowahealthieststate.com/5210Feature).
2018 IAHPERD Fall Workshop ...

The Fall Workshop was held Oct. 14 at Valley High School. The event was headlined by @OpenPhysed trainer Stephanie Dickson. Dickson hosted two 60-minute sessions and introduced several K-12 Physical Education activities.

Thank you to the following individuals who shared so many great ideas!

✓ Tanner Roos (Projectors in PE, Cap'n Pete PE, Parachute Games, Plickers Magnets, Fitstep Pro Pedometers)
✓ Bev Brown (MHR and HIIT)
✓ Joe Burch (Football 360)
✓ Jodi Larson (Adapted PE, Health)
✓ Chris Amundson (Instant Activities)
✓ Amy Belding (Scooter Games)
✓ Bart Jones (Curriculum and Backwards Design, Automating instant activity using technology)

Past Presidents ...

When I started teaching, I was full of wonder, excitement, and a whole lot of nerves. I did not know what to expect or what would come out of my first year of teaching. I came into physical education hopeful, but that flame I started the year with soon began to fade as I became a 8-4 kind of teacher. I came in, taught my classes, and then left as soon as I could. If you’re reading this and finding you’re in the same boat, keep reading because my professional life quickly changed.

Being a newer teacher in the world of physical education can be daunting. At times you will feel alone and isolated. There are so many possible challenges that you must deal with that make your job so much harder. Classrooms teachers do not understand the complexity of the skills we teach, and it becomes hard to relate and have conversations with your peers about assessment and teaching strategies. Some of you might be in a situation where you feel disrespected or have no support.

No college course prepares you for the 40-50 students moving in the gymnasium. Although it might all look bleak, there is hope. I’m now in year five, and I’m proud to say that I now work day in and day out to ensure that I’m going above and beyond what is expected of me as a physical education teacher. As a young educator, I want to provide some tips and tricks to help you survive and thrive in your first few years of teaching. In this blog post, I want to share some tips on how I have gone above and beyond what was expected of me as a young educator and factors that have made me the educator I am today.

1. Relationships, relationships, and oh that’s right relationships
Educators always state how important relationships are, and they are right. Make it your mission to quickly learn the names of every student you teach. After that, attempt to learn one thing about that each student. Sit with students at lunch and just listen to their conversations, you can learn so much. Remember why you became a teacher in the first place. We want to impact our students, so why not get to know them in the process?

2. Get on social media
If you are a young educator I am sure you have a Facebook, or Twitter account. If not, get them. Social Media is my number one professional development resource. I learn about the current state of physical education, connect with educators around the country, and I can quickly find activities that relate to whatever I maybe teaching at the time. Join and find out why so many educators love Twitter.

3. Be active in your own school
Be involved in what’s going on in your own school. Join the PTA, help out at school events, and be involved in building meetings. Relationships with your colleagues, office administration, and custodial staff are just as important as the relationships you have with students. I am eternally grateful for having an amazing staff that I can learn from and lean on for support. Go outside to recess and investigate how students spend their time, find out ways they can be more active. You can start a before or after school club. We have a walking club that meets every morning, and a STEAM club that meets during school. There are great programs like Fuel Up To Play 60 or Action for Healthy Kids that provide educators resources to assist in being more active in school. Don’t just sit in your office or gymnasium by yourself, be part of the bigger picture.

4. Become a member of your state and national organization
I became a member of SHAPE America and Iowa Association for Health, Physical Education, Recreation, and Dance at the start of my third year. This been one of the better decisions of my career. I know am in the loop for what is going on in my state and national organization, a part of a cause that is bigger than myself. Being a member allows for access to information that you wouldn’t have otherwise. These organizations are full of physical educators that think like you. It is a fantastic opportunity to have a Professional Learning Network that you can reach out and support you.

5. Professional development is everywhere
Each year for the past two years I have circled dates on my calendar of professional development opportunities that I can take part in. I love attending conferences, watching webinars, or taking e-courses, because it brings a spark to my teaching with new ideas and reflections on how I continue to provide quality physed. Gopher Sport offers their free webinars, the #ESPEChat team does a great job with their free #phyesedsummit and the fantastic educators that share their wealth of knowledge. SHAPE America and your state
association offers conferences for you to enjoy, collaborate, and learn how to become a better educator. Maybe one day you will find the courage to present what you are passionate about, but for now get on the Social Media account you just created and find a conference near you.

6. Budget battles
We have such an amazing curriculum that as educators we get to teach students how to be active and healthy which can clearly impact their life outside of the school walls. Unfortunately, the tools and resources we need to make that impact cost money. We find every possible way to stretch each dollar, but some of you reading this have no idea how you can teach without equipment and sadly no budget. I’m a very opportunistic person and believe if there is a will, there’s a way. Take the time and find funding opportunities through Spark PE grant finder, Fuel Up To Play 60, or Action for Healthy Kids Game on Grant or programs like Donors Choose. Don’t make excuses, but do make it a purpose to provide the best opportunities for your students.

There you have it, my top six reasons I have become the teacher I am today. I owe a lot to my family for their support, my principal for her trust and letting me take risks, and for my students for bringing their positivity and smiles they bring each and every day. To my PLN, thank you for your support, honesty, feedback, and determination to make our subject even greater than it is. To the young educators reading this, believe in yourself because as a #physed family we have your back. To quote the amazing (free) curriculum resource OPEN, we are teachers helping teachers. Have fun, enjoy the ride, and teach on!

Resource Links:
OPEN Curriculum sponsored by US Games • https://openphysed.org
Fuel Up To Play 60 • https://www.fueluptoplay60.com
National PE Institute • https://www.nationalpeinstitute.com
Twitter Sign Up • https://twitter.com/i/flow/signup
PE Central Professional Development • https://www.pecentral.org/professional/onsiteworkshops.html
Action for Healthy Kids • https://www.actionforhealthykids.org
#ESPEChat Team • https://espechat.weebly.com
Spark PE Grant Finder • https://sparkpe.org/grants/grantfunding-resources
Donor's Choose • https://www.donorschoose.org

About the Author: Jaryd Prince teaches K-5 Physical Education for Jefferson Elementary School in Clinton. He is a member of Iowa Association for Health, Physical Education, Recreation, and Dance, and he also serves on the Leadership Council. He is a Class Dojo member, an advocate for quality physical education, and a member of his school’s PTA. He has a wife and two wonderful children. He says he has been called Mr. Prince, son and husband, but his favorite title is dad.
Contact Information: Twitter: @jprincephysed Email: jprince@clintonia.org
Making and Maintaining a Positive Motivational Climate

Colin G. Pennington, Ph.D., Sport Pedagogy

Cornell College • Department of Kinesiology • Mount Vernon, IA, 52314

Article Description
The focus of this article is on how physical educators and youth coaches can create a supportive and motivational competitive environment. Participation in physical education and youth sporting activities, under appropriate leadership and guidance, has been shown to yield an array of benefits. This article outlines how physical educators and coaches can emphasize the affective outcome of developing healthy personal and social skills related to responsibility, moral character development, and prosocial values.

Click this link to read Colin Pennington’s complete research.

https://docs.google.com/document/d/1jmkHi_h7fc6DKHn3sOnRkMCJeITDljzEEmrX_N-_e5A/edit?usp=sharing

Author Biography
Colin Pennington, Ph.D., is a visiting assistant professor of kinesiology at Cornell College where he works with preservice physical education teachers and carries out research on physical education teacher effectiveness. He teaches courses including Elementary Physical Education Methods, Physical Education Methods for Secondary School, Adaptive Physical Education, Methods for Team and Dual Sports, and Lifetime Physical Fitness and Activities. His interests and research focus on teacher socialization, physical education teacher training, character development programs within physical education and sport, and physical education’s impact on health and wellness.

Golf outing nets $1,098.25
IAHPERD members visited Bos Landen Golf Club in Pella July 13 to network, learn about youth golf opportunities and to play 18 holes. We gave away some great prizes and had a lot of fun! Chris Roberts, Chad Jamison, Joe Tangen and Erik Heard are pictured below. They won the tournament with 55 for a score! Six teams played in the 18-hole tournament. We raised $1,098.25 to go towards fulfilling equipment grants next year. Tournament sponsors are listed on page 5.

• Joe Burch, Past President, joe.burch@iowaahperd.org
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/85694065287512065

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/71782256320819201

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
Classroom Activities ...
from Bart Jones

Games from Around the World
By Bart Jones
(@exercys- Twitter)

In the month of March my K-2 students were reviewing skills via a global excursion called Games from Around the World. Each class period during the month (6 classes) they visited a different continent and played games from countries within that continent. Typically an Instant Activity is from one country and the Main Activity is from another. My main source of information regarding these activities is from a document created by Sarah Gietschier-Hartman (@GHSaysRockChalk) and Seth Martin (@smartintahoe). This document contains activities from countries around the world and is a great resource to use. Here is the address to access the document: https://tinyurl.com/y7kp2mhq. Below are a few of the activities my students performed:

Instant Activities:

**Stuck in the Mud (Australia) (K-2)**
- **Equipment:** 2 pool noodles cut into thirds (6 pieces total), cones marking boundaries
- **Layout:** Large rectangular playing space (basketball court, volleyball court, etc.)
- **Description:** 3 people are “it.” All other students are spread out in the learning space. On “Go,” all perform a designated locomotor and those whom are it try to tag the others. Once tagged, the student’s feet are spread apart and stuck in the mud. To be released from the mud, another student must crawl between the stuck person’s legs. Those whom are crawling to free a classmate cannot be tagged. Continue to play for 1:30 then change who is “it” and the locomotor.

**Luta de Galo (Brazil, South America) (K-2)**
- **SHAPE GLOs:** S1.E1.1
- **Equipment:** 1 scarf for each student
- **Layout:** Designate a perimeter for all students to stay inside (volleyball court, etc.)
- **Description:** Students are in groups of 2. Each has a scarf tucked into their back pocket/waistband. Both cross their dominate arm across their chest (can’t use). Object is to grab the other person’s scars while hopping on one foot with their non-dominant hand. Both hop at same time. When a scarf is grabbed, return it, and play again.

Main Activity

**Skittles (UK, Europe) (K-2)**
- **Equipment:** Per group: 9 bowling pins, 1 foam ball, 1 marker/whiteboard/eraser, 6 cones
- **Layout:** 3 groups / half of basketball court, set up pins in a diamond shape, bowl 30 feet from pins, whiteboard/marker/eraser by where they bowl (cone)
- **Description:** Students are divided into 6 groups. Like American bowling, they each get 2 rolls/turn. Total number of pins is recorded on the white board. We did NOT score strikes and spares like in bowling. Students rotated positions (bowler, scorer, pin setter) as needed. Tally marks were used to record the scoring to reinforce their usage in the general classroom K-1.
WARRIOR CONTRACT

I commit to agree to try at every warrior challenge. That I will give my best effort. That I will eliminate “No” and “I can’t” statements and thoughts. I know this will be a hard and difficult challenge but even if I fail I can learn from all things. I will challenge myself. I will set personal goals.

I promise to do my best: ___________________________ Date________________

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**Classroom Activities ...**
from Kelly Zerby, DeKalb #428 School District, district PE Coordinator, vice president, Children for IAHPERD (Illinois AHPERD).

Put on your Gym Shoes and Dance…

![Shoe Image]

Kelly Zerby  
DeKalb, IL.  

[link to email:kzerby22@gmail.com]  
[link to Twitter:@tallkelly]  
[link to website:https://sites.google.com/view/zerbeats/home]

**Whatever It Takes by Imagine Dragons**

Introduction-16 counts

<table>
<thead>
<tr>
<th>Move</th>
<th>Counts</th>
<th>Movement Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move 1</td>
<td>32 counts</td>
<td>3 leg pats-hit your shoe on count 4 (front or back, left or right)</td>
</tr>
</tbody>
</table>
| Move 2 | 32 counts | Slide right, lasso right hand  
Slide left, lasso left hand  
Slide right, lasso right hand  
Slide left, lasso left hand |
| Move 3 | 32 counts | Slow-mo walk 1-2-3-4  
Double-time run 1-2-3-4-5-6-7-8  
Repeat 3 more times, stand up  
Can do any movement here, 1st slow mo, then double  
(crabwalk, mountain climbers…) |

Move 1  
Move 2  
Move 3  
Move 1  
Move 2  
Move 3
### Geronimo Warm-Up

<table>
<thead>
<tr>
<th>Dance Title</th>
<th><strong>Geronimo Warm-Up</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades</td>
<td>K-5</td>
</tr>
<tr>
<td>Set-Up</td>
<td>Students will jog around the basketball court</td>
</tr>
</tbody>
</table>
| Description         | There are 3 parts to this song.  
Part 1-Basic lyrics: jogging around the perimeter of your space (64 cts)  
Part 2: “Hey Geronimo”  
Cts. 1-8, arm circles  
Cts. 9-16 roll arms above head  
Repeat  
Part 3: “Can you feel…….”  
Cts. 1-16 Superman on your stomach  
Ct. 17-32 Bicycle ride on your back  
Do the entire thing exactly the same  
Except jog is only 32 counts this time  
And for a third time, 64 counts of jogging  
Hey Geronimo is same  
Can you Feel is the same  
End with an extra Superman |
| Music               | *Geronimo by Sheppard* |
Classroom Activities ...  
from Kelly Zerby

TWO BY TWO DANCE

Name__________________________________________

- Find a partner and complete one of the tasks.
- Sign each other’s sheet and find a new partner to complete another task.
- Continue finding NEW partners until you have finished the sheet.
- You do not have to go in order.

<table>
<thead>
<tr>
<th>You and somebody:</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do 12 disco points</td>
<td></td>
</tr>
<tr>
<td>Do 20 scarf tosses</td>
<td></td>
</tr>
<tr>
<td>Limbo 3 times under a stick</td>
<td></td>
</tr>
<tr>
<td>Do 15 cha cha wiggles</td>
<td></td>
</tr>
<tr>
<td>Gallop 2 laps around the gym</td>
<td></td>
</tr>
<tr>
<td>Pizza pass, 10 left and 10 right</td>
<td></td>
</tr>
<tr>
<td>High Kicks, 14 times</td>
<td></td>
</tr>
<tr>
<td>Slide 1 lap around the gym</td>
<td></td>
</tr>
<tr>
<td>Rhythm Sticks for 1 minute</td>
<td></td>
</tr>
<tr>
<td>Juggle with a scarf for 30 seconds</td>
<td></td>
</tr>
<tr>
<td>Ribbons moves for 1 minute</td>
<td></td>
</tr>
<tr>
<td>Do 25 knee shimmys</td>
<td></td>
</tr>
<tr>
<td>Cupid Shuffle 2 times (4 to the right, 4 to the left, 4 kicks, 4 wiggles)</td>
<td></td>
</tr>
<tr>
<td>Floss 20 times</td>
<td></td>
</tr>
<tr>
<td>Raise the roof 25 times</td>
<td></td>
</tr>
</tbody>
</table>