

Justin holds a bachelors degree from the University of Northern Iowa in K-12 Physical Education and a Master's Degree from Viterbo in Education. Since graduating from UNI he has taught elementary PE in the Norwalk Community School District for 7 years and just completed his 5th year of teaching elementary PE in the Pleasant Valley School District. He has been a member of our association since he was a sophomore in college. He has served as a convention presenter, elementary physical education section chair, executive board member, and represented IAHPERD at the Central District Leadership Summit in 2014. Justin stated that he has attended 11 IAHPERD Conventions in the past 16 years. Justin is also a 3 year member of SHAPE America and attended the National Convention in 2014.

Significant achievements during his career have included being selected as a PE4life Model Site while at Norwalk and then as a PE4life Adopt-A-School Challenge grant winner while at Pleasant Valley. He was awarded an IAHPERD grant in 2009 and recently he was offered a position as an Instructional Leader in the Pleasant Valley school district which enables him to share what he is learning from physical education professional development to other PE teachers in the district from a leadership position. Beyond his school duties, it is pretty common to see Justin out running in his neighborhood or at a local race. He joined the Live Uncommon Race Team to raise \$4,000 for NETS/Carcinoid Cancer in memory of his brother who passed away in 2013. One of his students commented how cool it was that you don't have to be a professional athlete to make a difference through the joy of physical activity.

Students in Justin's K-6 physical education classes receive PE every other day for 40 minutes. Justin created an interesting fitness development segment to his daily lesson plans. He developed a unique six day cycle of warm ups that focus on the 5 components of fitness. The first 3 days include an aerobic capacity portion with dynamic stretches or foundational fitness, the fourth day is Fitnessgram practice, the fifth day is Tabata stations, and the sixth day is teacher choice game. Students work hard and look forward to the build up and anticipation of what will be on that sixth day. A former principal once told him, "its better to teach ten years than to teach one year ten times." Therefore, he always makes sure his lessons are innovative and creative either through new content or teaching methodologies while addressing the national standards. He has been able to do this by attending PE4life training, SPARK Curriculum training, attendance at conventions, and networking with other professional through various social media outlets.

At the beginning of each unit, he makes it a point to let his students know that he doesn't expect them to be "stars of the game" that it is more important for them to be confident enough to give all the activities a try. Justin's goal is that when a student goes out for recess or is out in the neighborhood playing with friends, that they will know enough to join in on the fun.

Several comments from his letters of recommendations support much of this. "there is little to no downtime in Mr. Wiese's class. He is skillful in supporting the individual student to ensure everyone succeeds in the lesson." "Mr Wiese brings a positive and enthusiastic can do attitude to the kids." "His love for instilling life long physical fitness in young people is apparent in his everyday teaching. He has encouraged me to continue to elevate my expectations of students and myself as an educator."

Please join me in congratulating our 2016 Elementary Teacher of the Year, Justin Wiese.