

Justin Kinney is an instructor that you want in your district or teaching our future physical educators. In a time where budgets are tight and time for physical education is being cut, Justin was the advocate in the Galva-Holstein School District who led the charge to successfully transition the Ridgeview high school students from a required 105 minutes of PE each week to 300 minutes of PE each week! He also created and implemented Outdoor Education as a PE Elective course and he created a robust summer fitness program for all 9<sup>th</sup>-12<sup>th</sup> grade students. His professionalism, passion, and ability to collaborate with administrators, school board members, and even the transportation director have now made physical education available to all students year round and that even includes free transportation for those enrolled in the summer.

The previous traditional PE curriculum with core and agility training offered was expanded to including Fitness and Outdoor Education. The fitness program utilizes fitnessgram, heart rate monitors, and individualized workouts to meet the students' goals they have set. Outdoor Education includes kayaking, shooting, trapping, fishing, tomahawk and knife throwing, wild game processing, bow fishing, hunter safety education, camping, outdoor cooking, survival skills and more. Students then have an opportunity to participate in their annual physical education expedition through the Boundary Waters Canoe and Wilderness Area.

Justin's superintendent stated, *"I believe that these programs have helped us reach more students and directly impact their lives in a meaningful manner."* It's not just the exciting curriculum he has implemented that makes it so impactful. According to Justin *"The key to being a successful teacher is healthy relationships with students."* Justin can be found playing basketball, running, or weightlifting with his students. He volunteers at students' sporting events. Upperclassmen who are interested in kinesiology-related careers can serve as his student assistants. He created "Spinach Tuesday" where he stands by the vegetable table at lunch time with a bunch of information about spinach. Justin designed a mentoring event with the DNR's Fish Iowa program so he could pair up his high school students with 5<sup>th</sup> graders for an annual fishing event. And at the end of the year he hosts a physical education family potluck where awards are given, videos from all PE classes are shown, seniors are recognized and then the incoming 9<sup>th</sup> graders are welcomed too.

Bev Brown stated in her recommendation that she sent numerous students from Buena Vista University to observe and learn from Justin because they would always witness *"Upbeat students with positive energy flowing through the gym."* We are fortunate that Justin is not only making a positive impact on his high school students but he is inspiring our future professionals.

Please join me in congratulating Justin as our state of Iowa High School PE Teacher of the Year.