

Nebraska Association for Health, Physical Education, Recreation and Dance

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Central District Association of the American Alliance for Health, Physical Education, Recreation and Dance

Annual Conference Date: February 2-4, 2012

Colorado Springs, CO at the Crown Plaza Hotel

Featuring AAHPERD Chief Executive Officer:

Dr. Paul Roetert

Jumping Rope – A Fun Way to be Active

While preparing students for our Jump Rope for Heart event, a staff member stopped by and reminisced that one of the activities he and his family shared together was jumping rope. He and his siblings enjoyed watching their father jump rope with them. I could tell it was a special memory. Jump ropes do not cost lots of money, and it's a great activity that kids of all ages can do by themselves or with their family or friends. The icing on the cake is that there are also many healthy benefits such as increased coordination, increased cardio endurance, and increased muscle strength.

Students in our classes get excited to learn difference jumping skills and tricks for the Jump Rope for Heart event, and many take ropes out to recess to practice.

Check out this website for some fun rhymes and chants, as well as other ideas to expand the "fun" of jumping rope.

www.kidactivities.net/category/Games-Jump-Rope.aspx

2012 NAHPERD Conference

Mark your calendars today for November 5-6, 2012

Holiday Inn Downtown, Lincoln, NE

Conference program will be on the NAHPERD website by August 1!

FEMALE ATHLETES TO BE CELEBRATED ON UPCOMING NATIONAL GIRLS AND WOMEN IN SPORTS DAY, FEBRUARY 1

RESTON, VA January 13, 2012 - In honor of one of the most important federal legislations ever to impact high school and collegiate athletics, "Title IX at 40: In it for the Long Run," is the theme of the 26th Annual National Girls and Women in Sports Day on Wednesday, February 1. Across the country thousands will host local, state and national events to begin the year's celebration of the accomplishments and strides of girls and women in sport over the past 40 years.

"Despite the advances made since Title IX was enacted into law on June 23, 1972, high school girls still receive 1.3 million fewer participation opportunities than boys and evidence suggests that the money spend on girls' sports programs falls significantly behind the money spend on boys' programs," says Boise State Professor Lynda Ransdell, president of the National Association for Girls and Women in Sport (NAGWS), one of five organizations spearheading the National Girls and Women in Sports Day Coalition. "On February 1, we want to increase visibility for female athletes and advance their struggle for equality in sports, while celebrating our successes."

On Capitol Hill in Washington, DC, the coalition will host a panel of girls and women in sport featuring, among others, Chief Economist Betsey Stevenson to Secretary Hilda L. Solis of the U.S. Department of Labor who will discuss the economic impact of participation in Sports, and soccer coach Sarah Sample. Coalition members will also advocate for S1269 the High School Data Transparency Act of 2011. In addition, the coalition has prepared materials to help local organizers successfully plan an event. Visit NGWSD Central, for a community action kit with a step by step checklist, free downloadable posters and certificates, Title IX Fact Sheet and publicity tips to get media and community exposure.

10 Minute Fitness

"The Ant Hill" Progressive Intervals

submitted by Marty Hughes, VP-Elect Phys. Education & Dance

Suggested Grade Levels: 3-12

Background: We have all hear of progressive type interval training. This simple and effective ten minute workout raised the heart rate quickly into the aerobic training zone. It basically looks like an "Ant Hill" with all the action taking place! Many different types of exercises can be plugged into the workout depending on the fitness components you want to emphasize.

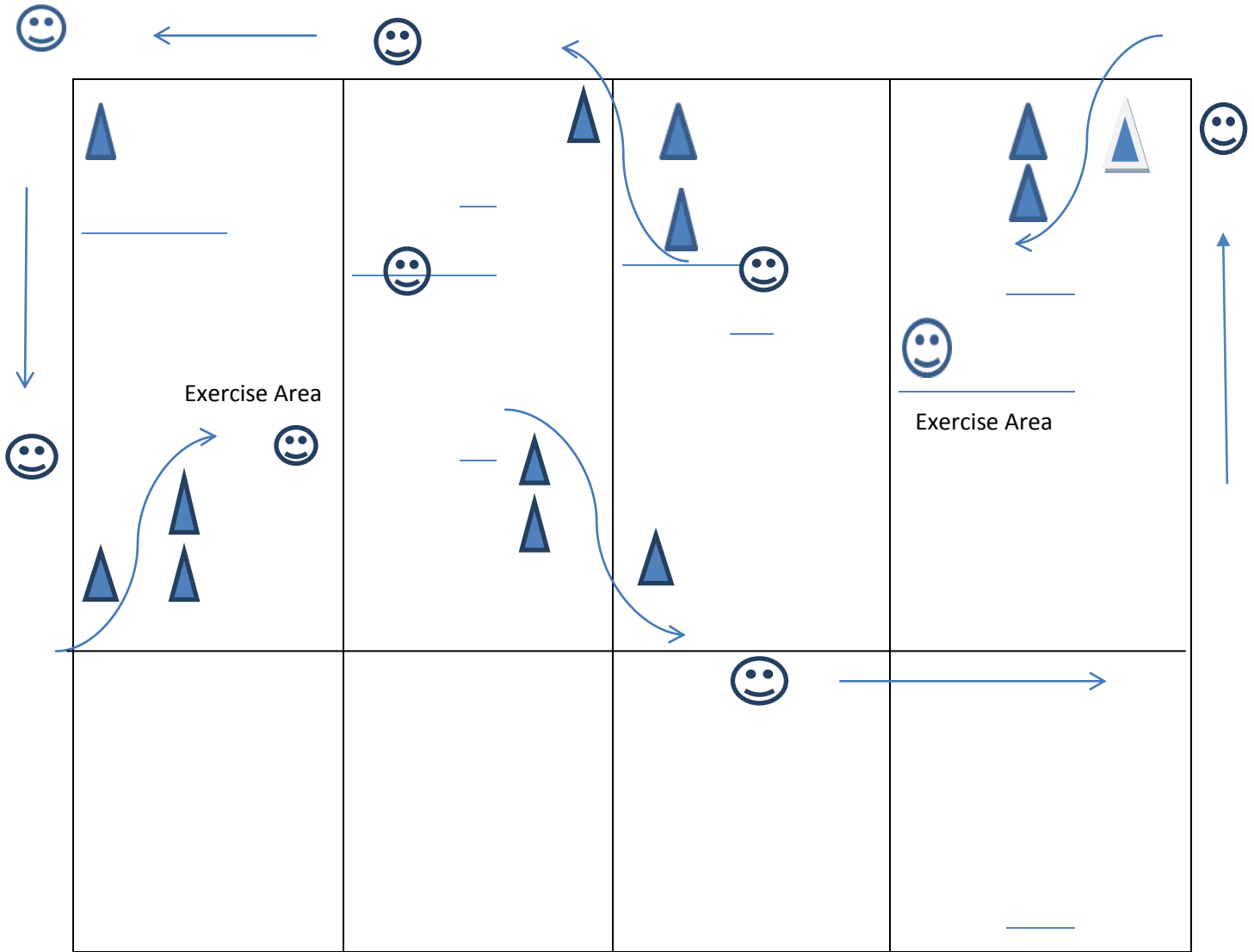
Equipment: Large cones, various types of balls

Sample Workout: A simple indoor workout that can handle even very large classes of 40, 50 or more students can be set up in seconds. Most gyms have a volleyball court which is very effective for the boundaries needed. Students are divided on each side of the court and start with a half of a lap around the court. They enter the court on the opposite side and start the first exercise. The exercises can include push-ups, sit-ups, burpees, body squats, etc. If you want to add a little skill to this activity, dribbling a basketball works great. The students dribble the ball around the perimeter of the court. Then take it with them to complete the exercise. After running the first half lap each student completes just one repetition of the exercises designated. After the second half lap they complete 2 repetitions. You can determine how

Continue "The Ant Hill" game

may they work up to completing for this segment of the workout. A quality workout is usually around 5-6 reps total. We like to make it a "4 quarter" workout taking a 60 second rest between intervals. The basketballs can be incorporated during the exercises as well.

Diagram:



Healthy Tips During Breaks

submitted by Becky Hamik, President-Elect

It doesn't take long during breaks or even after them to fall into a heap of exhaustion. Check out this list of things to help reduce stress in life and at the job!

Life away from the job!

1. When attending gatherings, taste don't gorge. A small taste should satisfy your cravings without felling like you have overdone it. (continue page 4)

Continue Healthy Break Tips

2. Send or give gift certificates instead of fighting crowds. Certificates always fit and they are the right color!
3. Plan meals early and see what can be made ahead of time and frozen or better yet, put it in the crockpot!
4. Set aside time each day (10-14 minutes) to unwind. No one can take better care of you than yourself.

Life at Work!

1. Plan activities that keep kids moving, as they need the exercise during breaks as much as you do!
2. Plan an activity that they can exercise to earn something. For instance, if they have something small that they enjoy getting/playing with, let them exercise for it.
3. They Physical Ed CD from the Learning Station has a song called the "Twelve Days of Gym Class." This is a great winter activity.
4. Check out the NAHPERD website for activities done at the NAHPERD Conference last November. Jean Blaydes offered lots of activities for your use.

AAHPERD Planning to Unify into One Association!

The AAHPERD Board of Governors is the sole decision-making body of AAHPERD and, unlike in the past, cannot be overruled by the Alliance Assembly. This is a critical time for the membership of AAHPERD and they want to hear your voice.

The mission statement in the reorganization proposal that was presented to the Board of Governors focused solely on physical activity. However, the Board of Governors removed the suggested mission statement before voting in support of the proposals. If you believe that agreeing to restructure the organization without a specified mission is a concern, make your voice heard!

If you believe that the mission and future name of the association should reflect the majority of the membership, that is, physical educators, then make your voice heard!

A potential mission statement "could" be:

The mission of "the organization" is to promote comprehensive physical education and sport through the enhancement of knowledge, research, and best practices.

If you have comments or concerns about the diminished decision making role of the Alliance Assembly at this important time in our organization, you are encouraged to contact the Ex. Committee and the CEO and urge them to find a way to make the Alliance Assembly vote meaningful and binding.

Brad Strand, President, Bradford.strand@ndsu.edu

Vicki Worrell, Past President, vworrell@emporia.edu

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Resources to Advocate for Physical Education Specialists – This section is to provide resources for you to take to your administration, your school board, and your community to advocate for the need for Physical Education Specialists for quality education for their students. The following abstract will introduce you to this article. The source is provided for you to read the article in its entirety. The reference list at the end of the article will give you MANY more resources.

Classroom Teachers and the Challenges of Delivering Quality Physical Education

Kara DeCorby, Joannie Halas, Sheryle Dixon, Lainie Wintrup, Henry Janzen – University of Manitoba

Abstract: The authors investigated the quality of physical education at 2 elementary schools – 1 in which generalist instructors taught physical education and 1 in which a physical education specialist delivered a school-wide program. Set within the context of increasingly marginalized public school physical education, the discussion incorporates ethnographic data that illustrate the differences in program quality at both schools. The authors present notional support for physical education and practical challenges faced by classroom teachers at the generalist school. Features of the specialist program illustrate how children benefit from educationally sound and well-planned programs.

Source: The Journal of Educational Research, Vol. 98, No. 4 (Mar-Apr, 2005, pp. 208-220)

Published by: Taylor & Francis, Ltd.

Stable URL: <http://www.jstor.org/stable/27548081>

Are You An Accomplished Teacher? submitted by National Board Certified Teacher, Lana Peterson-Pressler VP Physical Education & Dance

This is the time to consider becoming a National Certified Teacher. Take your profession to a higher level! Convince all those in your circle of concern, and more importantly, in your circle of influence, that physical educators are key players in children's academic success and lifelong wellness. Certificates are available in Physical Education and Health, with newly updated standards in both curricular areas. See a complete listing and learn much more at www.nbpts.org.

What Is National Board Certification?

National Board Certification is an advanced teaching credential. It complements, but does not replace, a state's teacher license. National Board Certification is achieved upon successful completion of a voluntary assessment program designed to recognize effective and accomplished teachers who meet high standards based on what teachers should know and be able to do. National Board Certification is available nationwide for most preK–12 teachers.

As part of the certification process, candidates complete 10 assessments that are reviewed by trained teachers in their certificate areas. The assessments include four portfolio entries that feature teaching practice and six constructed response exercises that assess content knowledge.

Why Standards for Accomplished Teaching?

Every child deserves an accomplished teacher — one who is qualified to equip students with the skills to succeed in the 21st century global community. NBPTS Standards and National Board Certification give teachers and schools the tools to define and measure teaching excellence. NBPTS Standards are based on the Five Core Propositions that form the

Continue National Board Certified Teachers . . .

foundation for what all accomplished teachers should know and be able to do and provide a reference that helps educators link teaching standards to teaching practice.

Five Core Propositions

- Teachers are committed to students and their learning.
- Teachers know the subjects they teach and how to teach those subjects to students.
- Teachers are responsible for managing and monitoring student learning.
- Teachers think systematically about their practice and learn from experience.
- Teachers are members of learning communities.

What Are the Standards and Certificate Areas?

NBPTS developed standards for accomplished teaching in 16 different subject areas with students at various developmental levels. These standards were developed and validated by representative committees comprised of master teachers, disciplinary organizations and other education experts. Many school systems use the standards as the basis for ongoing teacher and school counselor professional development, and many colleges and universities incorporate them into their undergraduate and graduate teacher-education programs.

Based on these standards, NBPTS offers 25 certificates that are applicable to most teachers in American schools. For more information, see the chart at nbpts.org/certificates.

National Board Certified Physical Educators in Central District by State:

Colorado= 15 PE out of 640 total NCTs

Missouri= 12 PE out of 729 total NCTs

Kansas= 11 PE out of 355 total NCTs

Minnesota= 7 PE out of 367 total NCTs

Wyoming= 7 PE out of 365 total NCTs

Iowa= 6 PE out of 665 total NCTs

Nebraska= 1 PE out of 95 total NCTs

South Dakota= 1 PE out of 88 total NCTs

North Dakota= 0 PE out of 36 total NCTs

TOTAL PE IN CENTRAL DISTRICT= 60 /TOTAL ALL NCTs IN CENTRAL DISTRICT= 3340

Total ALL National Certified Teachers 97,281

Share your knowledge and talent by submitting activities to be published in the NAHPERD Newsletter. The Newsletter is a quarterly publication reaching the membership via the NAHPERD website.

This is your opportunity to showcase what's working in your classroom. It's also a great way to introduce how you are making a difference to the students who walk through your doors every day.

Send your activity to Vicki Highstreet, vhighstreet1@unl.edu by the February 15 deadline to be spotlighted in the March newsletter.

Legislative Bills – Take action now to ensure the health and safety of our students!

Attached to the bill are talking points for each bill.

LB 125

SENATOR AVERY

Recommend the following school health policies:

1) Create a Child Health Advisory Council made up of a mix of education and health professionals.

- Creates a collaborative group of professionals who work with children the authority to recommend policies aimed at reducing obesity and improving fitness in students attending Nebraska public schools.
- School districts would form advisory committees consisting of a diverse group of school professionals, parents, students and local health professionals to integrate nutrition and physical activity into the school day.

2) Implement statewide reporting of weight status in Nebraska school children.

- Would provide much needed information on the health status of Nebraska children.
- Can use existing infrastructure already in place for the reporting of other academic measures.
- Should be part of the assessment of health and physical education, just like standardized reported tests for math and reading.
- This is already being done in about 25% of Nebraska school districts (e.g., Lincoln Public Schools, Kearney Public Schools)
- Other states have implemented similar policies including Arkansas, Ohio, and Texas
- Some analysis of statewide data can be done by private nonprofits or Nebraska universities, similar to other states, to minimize the cost of the program.
- Implementation could be staged over 2-3 years

NEBRASKA CHILD HEALTH AND OBESITY PARTNERSHIP:

SNAP WAIVER

LB267

SENATOR HOWARD

Encourage the administration to apply for a waiver to the Supplemental Nutrition Assistance Program (SNAP, formerly known as the Food Stamp Program) so that the only beverages funds can purchase are milk, 100% juice, and plain water.

- As its name implies, the Supplemental Nutrition Assistance Program is intended to improve the nutrition of those who cannot afford an adequate amount of food for their family.
- Soda and energy drinks do not benefit nutrition.
- The Women, Infants, & Children (WIC) Program already has this exclusion.
- There is already a precedent for SNAP selectively excluding products. For example, SNAP does not cover alcohol, cigarettes, toothpaste, or toilet paper.
- We would not be the first to apply for this waiver. Minnesota tried in 2004. Michael Bloomberg and New York City applied for a similar waiver in October 2010.

Continue Legislative Bills . . .

**NEBRASKA CHILD HEALTH AND OBESITY PARTNERSHIP :
REDEFINING FOOD IN NEBRASKA**

LB

SENATOR AVERY

A legislative bill to remove soda and energy drinks from the definition of food and direct the funds generated to evidence-based school health programs and child care. (Milk, 100% juice, and plain water would still be considered food and therefore tax-exempt.)

- The sales tax exemption given to soda and energy drinks in Nebraska is an \$11.3 million* subsidy to the beverage industry. (*Source: Nebraska Department of Revenue, does not include local sales tax revenue.)
- Funds could instead be directed toward evidence based programs such as the school lunch program, coordinated school health, increased physical activity and education, and increased health related training opportunities for early child care providers.
- 34 of 50 states have already removed this tax exemption, including all states surrounding Nebraska except Wyoming.
- We believe that if we're going to have sales tax exemptions, they should be reserved for necessary items like food and medicine, not soda and energy drinks.

Please take a few minutes to read through these bills and voice your opinions to your representatives. **You can make a difference!**