



The GAME

The official newsletter of the Georgia Association for Health, Physical Education, Recreation and Dance

Summer, 2013

Featured Focus: GAHPERD Publications

For many years, the Georgia Association for Health, Physical Education, Recreation and Dance has been a highly visible organization, offering support for teachers and coaches, and promoting health and physical activity in a variety of ways. One of the ways in which GAHPERD has reached out to the many members within the association is through its newsletter and journal. GAHPERD proudly announced a new editor of both the newsletter and the journal in recent months. Both documents are now also fully available online (www.gahperd.org).

The newsletter will publish on the following dates:

- August 15
- October 15
- February 15
- May 15

The journal will publish on the following dates:

- September 15
- December 15
- March 15

Dr. Brent Heidorn, associate professor and program coordinator in health and physical education at the University of West Georgia accepted the editorial position in the spring of 2013. Brent has been an active GAHPERD member since 2007 when he and his family moved to Georgia. He has served on the GAHPERD Executive Board since 2008 and is now serving as the association's President-Elect.

For the newsletter and the journal, members can anticipate seeing a new focus in a few different areas. The newsletter will continue providing current news related to the business of the association, including messages from the Executive Committee, upcoming events, and special reports. While the journal will provide similar information, it will also include research-based manuscripts, invited articles, teaching tips, strategies for coaches, and a student-centered section.

This edition of the newsletter, is the first fully online publication of either publication. For additional information related to either publication, see the Publications tab on the GAHPERD website, or contact Dr. Brent Heidorn at bheidorn@westga.edu.

Highlights in this Newsletter:

Featured Focus:

GAHPERD Publications

Special Messages:

- President Brian Devore
- President-Elect Brent Heidorn
- Executive Director Kim Thompson

Special Reports:

- AAHPERD LDC
- AAHPERD Convention
- Robert W. Moore Summer Institute

Special Events:

GAHPERD 2013 Convention

Special Recognition:

- Dr. Jackie Lund
- Dr. Bud Reiselt
- Dr. Karen Clevenger
- Students

Sponsor Message

- SPARK

Special Message from President Brian Devore

Welcome to the first of our newly renovated publications! We are excited to have Brent Heidorn as our new editor. He brings many innovative ideas and creativity to this position. I am sure you will enjoy each edition! It



has been a busy summer for Georgia AHPERD. We kicked off the summer announcing our new partnership with SPARK! They will bring many new free resources to our members via the “Teacher Toolbox” section on the website. Additionally, SPARK will provide quality presenters to our annual convention and Share the Wealth Conference! You will value the professional development opportunities they provide and will acquire some fabulous ideas to bring to your students.

As you head back to school, please make plans to attend our annual Convention in Marietta, GA this October 26-29. Our theme is “Ignite the Passion”! We hope to ignite your passion for your subject area and in turn, ignite the passion in your students with the new ideas you share with them! Our planning committee has organized another fantastic lineup of national and state presenters. Please continue to check the website for additional details and discount hotel reservations. It has been an honor to serve Georgia AHPERD’s members over the last year. As I close out my term as President, I want to urge you to always feel free to contact me (briangahperd@comcast.net) with any ideas, concerns, or complaints. Our organization will not succeed without the input of its members.



Special Message from President-Elect Brent Heidorn

It has been a sincere honor and privilege to serve GAHPERD as the President-Elect for the past nine months. When I initially accepted the nomination to serve, I knew it would require much of my time and energy, as there are numerous tasks and plans needed to be accomplished. However, it has been a real pleasure working with dedicated professionals from our profession. The various meetings, conferences and learning opportunities have caused me to reflect upon my own teaching, service, and research, and I look forward to continued opportunities in the future. Specifically, I invite each of you to participate in the annual GAHPERD Convention, which will take place October 27-29 at the Marietta Hilton Hotel and Conference Center. I am thankful for a great team of professionals serving with me this year on the Convention Committee, with a special thanks to Executive Director Kim Thompson and President Brian Devore. Without their dedication, responsible work ethic, and sincere love for our profession, GAHPERD would not be the professional organization that it is today.

Special Message from Executive Director

Kim Thompson

Georgia is very fortunate to be blessed with so many wonderful, talented professionals who continue to work together to improve the quality of life in our state. GAHPERD exists to provide support and quality programming to those who need it. We hope that our workshops, conferences and annual convention along with our email messages, Facebook page and new journal and newsletter are providing a constant flow of information to each of you. We want you to be informed of things as they happen and to remind you of upcoming events that you need to be aware of as they are made available.

The Executive Board exists to represent you and the needs that you face daily. Please do not ever hesitate to call on us when you need resources! We want to serve you in the best way possible and our mission is to make sure that we do it in the most efficient and effective way. Changes are coming to the organization to streamline procedures in our governing body. You will be asked to view and vote on the changes to the bylaws in the near future. We are seeking to reduce the size of our board in an effort to make it more efficient. We will move to a committee format, rather than one large board, to help minimize the need for travel. We hope it will make our productivity increase since much of our work can then be accomplished online through emails, etc. We are always looking for anyone who would like to be more involved in GAHPERD. Again, our door is always open for you! Let us know how we can serve you better!



Special Report

Society for Association Management Leadership Development Conference

SAM ~ LDC

This year's American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD) Society for Association Management (SAM) Leadership Development Conference (LDC) was held in Las Vegas, and included participation from all state association Executive Directors and President-Elects. Three members from Georgia were able to attend the conference, including Kim Thompson (Executive Director), Brent Heidorn (President-Elect), and Bud Reiselt (President-Elect of Southern District). The conference boasted fantastic leadership development sessions from both national and state association representatives, including the following:

Karen Dowd (Executive Director, FL)

Dolly Lambdin (AAHPERD President-Elect)

Gale Wiedow (AAHPERD President)

Vicki Worrell (Executive Director, KS)

Paul Roetert (AAHPERD, CEO)

Irene Cucina (AAHPERD Past-President)



Topics such as Let's Move! Active Schools (LMAS), Presidential Youth Fitness Program (PYFP), Conducting Effective Meetings, Website and Other Technologies, School-Based Health Education, Advocacy, and Convention Planning were highlights of the program. As a result from their participation at the conference, Kim, Brent, and Bud are now even more committed to working effectively for our associations and members, so that collectively we might continue promoting quality health and physical education.

Bud Reiselt, Kim Thompson, and Brent Heidorn

Special Report

Southern District Leadership Conference

Lexington, Kentucky

In addition to the SAM Leadership Development Conference, several members of the GAHPERD Executive Board were able to participate in the Southern District Leadership Conference. Bud Reiselt (Southern District President-Elect) and Karen Clevenger (Dance) represented their respective positions with the Southern District and Kim Thompson (Executive Director), Brian Devore (President), Brent Heidorn (President-Elect), and Peter St. Pierre (VP-General) represented GAHPERD. Although not all Executive Board members were able to participate, the professional development sessions and strategies learned at the conference can be used in the immediate and distant future for current and additional programs within Georgia. In addition to a variety of professional leadership development sessions, a significant amount of time was spent planning for immediate program needs in Georgia.

The conference was held in Lexington, KY, the same location as the upcoming Southern District Convention (February, 2014). Attendees were able to get a first-hand look at what facilities will be available for the future Southern District Convention (“Finding Joy in the Journey”) and begin making plans for the event. The Southern District is known for its significant contributions to the professional development of health and physical educators in the 13 states in which it represents and is committed to providing quality products and services to its many members. GAHPERD members and non-members are encouraged to attend the Southern District Convention and perhaps spend time touring one or many of the beautiful horse farms in the surrounding area. For more information, visit the Southern District website and Southern Links newsletter at www.aahperd.org/about/districts/southern/newletter.cfm.

Lexington, Kentucky



Finding Joy in the Journey

AAHPERD

Southern

District

Special Report: AAHPERD Conventions



The 2014 AAHPERD National Convention & Expo is scheduled to be held in St. Louis, MO and will include several featured speakers. For more information, go to www.aahperd.org/whatwedo/convention



The 2013 AAHPERD National Convention & Expo was held in Charlotte, NC this past April. The event was attended by nearly 5,000 participants and included several featured speakers as seen below. The general sessions, activity-based presentations, scholarly lectures, and exhibits showcase were some of the major attractions, including the opportunity for a unique tour of Bank of America Stadium, home to the Carolina Panthers of the NFL. At the conclusion of the convention, the new AAHPERD Board members began their respective terms.

Featured Speakers



Sam Kass

White House Assistant Chef and Executive Director for Let's Move!



Christy Halbert

NAGWS' Guiding Woman in Sport



Mark Fenton

Member of the U.S. national race walking team and former host of the America's Walking series on PBS.



Jim Loehr

World-renowned performance psychologist, Co-Founder of the Human Performance Institute, and author of 15 books including *The Power of Story*.



Tom Farrey

Executive Director of the Aspen Institute's Sports and Society Program and two-time Emmy Award-winning investigative journalist for ESPN. Author of *Game On: The All-American Race to Make Champions of our Children*.

Mission

AAHPERD's mission is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport.

Vision

Healthy People –
Physically Educated
and Physically Active!

Change Starts With You!

Be A Champion!

Kids Have Stopped Moving. Nationwide.

- Only 6 states require physical education in every grade
- Only 20% of school districts require daily recess
 - Only 1 in 3 kids is active every day

Active Kids Perform Better.

- Up to 40% higher test scores
- Increased attention and concentration
- Improved attendance and discipline

www.letsmoveschools.org

Join Today!

Help your school create an active environment by accessing funding, support and training.

Look for more information at the GAHPERD Convention in Marietta, October 26-29, 2013

Let's Move! Active Schools



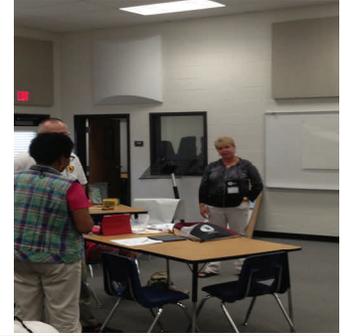
Deb
Buenger

Dana
Griffith



Therese
McGuire

Susan
Telljohann



Special Report

2013 Robert W. Moore Summer Institute

The Georgia AHPERD 2013 Robert W. Moore Summer Institute for Teachers kicked off on Tuesday, June 11 at Moore Middle School in Lawrenceville, GA. Hosted by Gwinnett County Schools, this year’s workshop featured Sportime’s 2008 NASPE National Teacher of the Year Deb Buenger, nationally known health curriculum specialist Dr. Susan Telljohann, and our own JD Hughes from Mirror Lake Elementary School in Villa Rica.

Over three days, more than 85 teachers attended the Summer Institute to seek new ideas, become reinvigorated, and to have fun. Along with the nationally known speakers was a host of other Georgia professionals, including Larry Satchwell, Dana Griffith, Steve Lattizori, Peter St. Pierre, Chuck Truett and Therese McGuire. Jim Langford presented information on the Georgia Meth Project, Harold King spoke about typical injuries occurring in physical education classes, and Health M. Powers provided a day of teaching activities. Active sessions that were popular included Deb Buenger’s “Fencing with Noodles”, JD Hughes’ “Crack the Code”, and Steve Lattizori’s “Games for Large Groups”. There was plenty of variety over the three days and two PLU’s were awarded to participants who attended the sessions.

Grants provided by Southern District AHPERD, the Georgia Department of Education, and Sportime/ School Specialty were significant in making Summer Institute 2013 a success. Special thanks also go to Jessica Lance of Moore Middle School and Truett of Gwinnett County Schools for hosting and providing a terrific site for a successful Summer Institute. Finally, special thanks to Kim Thompson, Susan Whitlock, Shannon Williams, Truett, and Cerie Godfrey for going “above and beyond” to make the event a success.

Steve
Lattizori



Deb
Buenger

JD
Hughes



Chris
Shaw



Special Event

**IGNITE
THE PASSION!**



**Georgia AHPERD
Convention**
Marietta, GA
October 27-29, 2013

Convention Theme



Keynote: Dr. Judy Rink



Physical Education: Tecca Kilmer

Don't miss the 2013 GAHPERD Convention to be held at the Marietta Hilton Hotel and Conference Center. The program is currently in the organization process and promises to be packed with fun-filled learning sessions focused on health, physical education, the promotion of physical activity among youth, coaching, and dance. The convention will certainly provide a refreshing atmosphere of professional development for all participants.

Featured speakers include Dr. Judy Rink (keynote) from the University of South Carolina, Susan K. Telljohann (health) from the University of Toledo, Freddie Lee Heath (dance) from Ligon GT Magnet Middle School (NC), and Tecca Kilmer (physical education) from Turkey Creek Middle School (FL). Other invited guest speakers and long-time friends of GAHPERD include JD Hughes, Don Puckett, Butch Valdes, and Rene Bibaud.

The convention will also include over 60 lecture- and activity-based sessions by GAHPERD members from all over Georgia, a focus group for PETE professionals, an adventure race, the annual undergraduate Superstars Competition, a silent auction, and an assortment of other activities and networking opportunities.

The convention officially begins on Sunday, October 27, a day that will include several sessions, a town hall meeting, and the annual exhibits gala which begins at 5:00 pm. See the information biographies on the following pages for more information about each of our featured speakers. Pre-registration is now available. For more convention information, go to www.gahperd.org and look under the Convention tab.



**500 Powder Springs St,
Marietta, GA 30064**



Dance: Freddie Lee Heath



Health: Dr. Susan K. Telljohann

2013 GAHPERD Convention: Featured Speakers

Dr. Judy Rink (keynote) is a Distinguished Professor Emeritus at the University of South Carolina where she spent the last 30 years working with the undergraduate and graduate programs in professional preparation. She is the recipient of, among others, the AAHPERD Luther Gulick Award, AAHPERD Scholar Award, the NASPE Hall of Fame Award and is a member of the National Academy of Kinesiology. Dr. Rink chaired the first national physical education content standards committee and worked with NASPE to develop the PE Metrics material. She has been on the editorial review board of all the leading physical education research journals and has been the editor in chief for the *Journal of Research for Teaching in Physical Education* and the pedagogy section editor for the *Research Quarterly*. Dr. Rink was instrumental in getting state legislation passed in 2005 requiring 150 minutes of physical activity for elementary students in the state, requiring elementary schools to appoint a physical activity director, and requiring state assessment in physical education for all schools. She has been the director of the state assessment program and continues to work with the state organization to improve PE programs in South Carolina. Dr. Rink has current books in methods of teaching, curriculum and most recently published with Tina Hall and Lori Williams, *Schoolwide Physical Education : A Comprehensive Guide to Designing and Conducting Programs*.

Susan K. Telljohann, HSD, CHES (health) is a Professor of Health Education at The University of Toledo. She received her doctoral degree in health sciences from Indiana University with an emphasis on school and college health education. Her experience in health education spans over 30 years, including health instruction from the junior high to the university level. She has conducted research and published over 60 articles on health education in professional journals, presented over 60 papers at professional conferences and is the co-author of *Health Education: Elementary and Middle-Level School Applications, 7th Edition* (McGraw-Hill, 2011). She is the co-author of the HealthSmart K-12 curriculum and the Teach and Reach health series published by ETR Associates. She also was one of the lead authors of the Centers for Disease Control and Prevention's original and revised Health Education Curriculum Analysis Tool (HECAT). She served as the President of the American School Health Association from 2000-2001, was the Contributing Editor for the Teaching Ideas Column in the American Journal of Health Education and has served on many professional health education committees throughout her professional career. She served on the Board of Directors for the American Association of Health Education and the National Health Education Standards Revision Committee. She is the recipient of several honors and awards, including the Howe Award from the American School Health Association, the Scholar Award from the American Association of Health Education, the Distinguished Service Award from both the American School Health Association and the American Association of Health Education, The University of Toledo Outstanding Teacher Award, the Phi Delta Kappa Educator of the Year Award, and the Patty Outstanding Alumni Award from Indiana University.

Tecca Kilmer (physical education) earned a Bachelor's degree in Physical and Health Education from West Virginia University and a Master's degree in Adapted Physical Education from the University of South Florida. She is National Board Certified and has been teaching at Turkey Creek Middle School in Plant City, FL for the past 17 years. Turkey Creek has been a NASPE STARS school since the program began in 2004. Tecca currently serves on the Southern District Board in the Physical Education Division as Vice President and is on the Advocacy Committee for Southern District AAHPERD. She served as the Physical Education Association President for FAHPERDS from 2010-2012 and served on the NASPE Committee for Public Relations. Currently, she is serving as President-Elect for FAHPERDS and is on the NASPE ING Run For Something Better Committee. She was the Florida Middle School Physical Education Teacher of the Year for 2007, and the Southern District Middle School Physical Education Teacher of the Year for 2008.

Freddie Lee Heath (dance) has been involved in dance for nearly 30 years as a performer, choreographer, and an educator. He has traveled extensively across America promoting quality dance and physical education. A graduate of East Carolina University, Freddie recently completed a Master's Degree in School Administration from North Carolina State University. He was one of the first dance educators in the country to achieve National Board Certification in Physical Education. He has expanded the curriculum for his district through innovative courses, including Dance in the Media, Dancing Like the Stars, Twist and Tone, as well as leveled classes in tap and jazz. Freddie has two dance groups comprised of ladies between the ages of 65 and 85 and he is passionate that dance has the power to change and enrich one's life. He has choreographed across America including the National Museum of Dance and in Armenia for the National Dance Company. He has been featured many times in *Dance Teacher Magazine* and was named *Dance Teacher Magazine's* K-12 Teacher of the Year in 2007 as well as National Dance Association's K-12 Dance Educator of the Year (DEOY) in 2010. He was a former president of the NCAHPERD is on the executive board for AAHPERD's Southern District.

Special Recognition

NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL EDUCATION INDUCTED GEORGIA STATE PROFESSOR JACALYN LUND INTO ITS HALL OF FAME

Jacalyn Lund, Ph.D., professor and department chair of the Department of Kinesiology and Health at Georgia State University was inducted into the National Association for Sport and Physical Education's (NASPE) Hall of Fame in April 2013, for her contributions to the physical education profession. She has championed quality physical education for over 40 years and feels strongly that physical education is an important part of teaching today's youth and tomorrow's leaders to be healthy, productive citizens. NASPE bestowed the honor at the organization's Hall of Fame Banquet on Friday, April 26, at the Westin Hotel, during AAHPERD's 128th National Convention & Expo in Charlotte, NC.

Dr. Lund has made over 100 presentations at state, regional, national, and international conferences. She has consulted with physical educators in the UK, Singapore, Bermuda, and Oman about quality physical education and has presented over 50 workshops for NASPE around the United States. In addition to serving as NASPE President, she was elected to serve as the NASPE representative to the AAHPERD Board of Governors from 2009-2012. She has published over 30 research articles, six books and several book chapters to share her work with others. During her career, Dr. Lund has taught a variety of sports and activities to students and taught teacher candidates effective teaching strategies. Dr. Lund also received the Southern District Scholar Award at the national convention.



Congratulations Dr. Lund!

Dr. Lund pictured with some of her current students from
Georgia State University



National Association for
Sport and Physical Education

NASPE Sets the Standard

Special Recognition: Dr. Richard (Bud) Reiselt

Dr. Richard (Bud) Reiselt, received his Bachelor's from Augustana College, Master's from Indiana University, and Doctor of Arts in Physical Education from Middle Tennessee State University. Bud is starting his 44th year in higher education as Chair of the Department of Kinesiology and Sports Management at Emmanuel College. In 2006, he was inducted into the University of Tennessee at Martin Athletic Hall of Fame as wrestling coach. From 2007-2009, Bud was the Health and Physical Education Program Specialist with the Georgia Department of Education. He played a key role in the development and implementation of the Georgia Performance Standards in Physical Education and the Georgia Performance Standards in Health for grades P-12. In addition, he was a key player in working with the Georgia Legislature and Governor's office in the passage of House Bill 225 (SHAPE Act) which requires all students in public schools in grades 3-12 to take the FITNESSGRAM every year in physical education. He still serves on the Georgia Department of Education Fitness Assessment Advisory Committee. While a professor at North Georgia College and State University, Bud became heavily involved in leadership positions within the Georgia AHPERD. He was a two-term President and a recipient of the Georgia AHPERD Honor Award, the highest award given by GAHPERD. He is still an active member of the Executive Board as Co-Chair of Advocacy and the Northeast District Representative. Bud has served the Southern District AAHPERD as Chair of the Men's Athletics Section for two terms, Vice President-Elect, Vice President, and Past Vice President of the General Division and Physical Education Division, as well as serving as chair and a member of numerous committees. Most recently, Dr. Reiselt was a recipient of the Honor Award by the Southern District, and was recently elected President of the Southern District.



Thank you for your service to the profession, Dr. Reiselt, and **CONGRATULATIONS!**

Special Recognition: Dr. Karen Clevenger

A native of Georgia, and a former West Georgia Cheerleader, Dr. Clevenger has pursued a career in Health, Physical Education, and Dance at all levels of learning and performance. She has been fortunate to teach at six universities (creator/director of three dance companies), several middle schools, and has served as choreographer for numerous theatre and special events. She was selected by the Georgia Association for Health, Physical Education, Recreation, and Dance as the Georgia Dance Educator of the Year for 2012. Subsequently, she was also selected as the Dance Educator of the Year for the Southern District of the AAHPERD. Dr. Clevenger has returned to the University of West Georgia as an instructor with the hope of forging an international partnership in the research field of choreographed movement and memorization skills of the aged. She is currently the President of the West Georgia Athletic Foundation; VP-Dance for GAHPERD; and Dance Vice President-Elect for Southern District AAHPERD.



Thank you for your service to the profession, Dr. Clevenger, and **CONGRATULATIONS!**

Special Recognition

NASPE Awards: Outstanding Students 2013

Angela Smith
Graduate, University of West Georgia

In the spring of 2012, I was named a NASPE Major of the Year and received my award at the AAHPERD National Convention in Boston, MA. In the fall of 2012, I served as a state representative for the Southern District Future Professionals Leadership Convention at East Tennessee State University in Johnson City, TN. Most recently, I was given the Southern District Outstanding Future Professional Award in 2013. Through enthusiasm, passion, and determination, I have taken pride in becoming a physical educator who makes a difference in the lives' of my students. I am committed to serving the health and physical education profession for years to come.

Alyssa Satchwell
Undergraduate Student, Georgia State University

As the NASPE Major of the Year representing the Georgia State University, I attended the 2013 AAHPERD National Convention in Charlotte, NC. This was my first time at an AAHPERD Convention. The NASPE Major of the Year Award was presented at the conference and I was glad that my dad could attend the awards ceremony with me. The national conference (AAHPERD) was a very rewarding experience. I look forward to attending more conferences again in the near future.

Jeff Crocker
Undergraduate Student, University of West Georgia

As the NASPE Major of the Year representing the University of West Georgia, I attended the 2013 AAHPERD National Convention in Charlotte, NC. This was my first time at such a large event, and I benefited greatly from the experience. The NASPE Major of the Year Award was presented at the conference and I was pleased with the awards ceremony. The ceremony was very nice in its presentation and everyone who spoke added a personal touch that made the event seem almost informal. It was obvious to me that they care very much about physical education, as well as their current and future colleagues. The national conference (AAHPERD) was a very rewarding experience. I look forward to attending again in the near future.



Angela Smith, graduate of the Health and Physical Education program at the University of West Georgia



Alyssa Satchwell, undergraduate student in Health and Physical Education at Georgia State University



Jeff Crocker, undergraduate student from the University of West Georgia (center), pictured with Dr. Brian Mosier and Dr. Brent Heidorn.

Attention Students!



It's time to get ready for the **2013 GAHPERD Superstars Competition**. Last year's event was a big success, with lasting memories for all participants. The 2012 Superstars event included four unique, team-oriented, sweat-inducing, spirit-generating, fun-filled and plenty of "safe" events, resulting in only minor injuries! Seven universities participated in the annual Superstars showdown, with the ultimate prize going to students from Georgia Southern University.



After one hour of vigorous competition including the obstacle course, football frenzy, bean bag bonanza, and scooter relay, all participants were invited to enjoy free pizza and soft drinks at the Mellow Mushroom in downtown Savannah. This year promises to be even more exhilarating, as Georgia Southern aims to maintain the reign as Superstars champions.



Health and physical education programs from all over the state should begin organizing their teams and practicing now for the event. The Superstars Competition takes place on Sunday evening, October 27. For more information, contact the GAHPERD Future Professionals Chair, Ethan Dennis, a senior health and physical education major at the University of West Georgia (edennis1@my.westga.edu).





"Georgia AHPERD is thrilled to partner with SPARK! It is an outstanding organization that will assist in providing our members with quality resources and professional development. These tools will benefit Georgia's teachers by enhancing and strengthening their physical education instruction. We look forward to working with Paul Rosengard and the entire SPARK team in the years to come!" Brian Devore, GAHPERD President

SPARK: Countering Childhood Obesity since 1989

SPARK is a research-based organization that disseminates award-winning, evidence-based programs within four main content areas:

[Physical Education \(K-12\)](#)

[After School \(Ages 5-14\)](#)

[Early Childhood \(Ages 3-5\)](#)

[Coordinated School Health](#)

The original SPARK Physical Education (PE) study was supported by the Heart, Lung, and Blood Institute of the National Institutes of Health. A team of internationally known researchers and educators were funded to create, implement, and evaluate new and innovative approaches to physical education content and instruction, then test them in “real world” settings.

SPARK PE was designed to be more inclusive, active, and fun than traditional PE classes, and SPARK was proven to work with both physical education specialists and classroom teachers. Today, after lessons learned from more than 20 years of ongoing research and field testing nationwide, SPARK PE is one of the best physical education programs in the world – a true solution to our growing problem of overweight and obese children.

Each SPARK program strives to foster environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site staff development, extensive follow-up support, and content-matched equipment.

For more information related to SPARK, go to www.sparkpe.org