



The GAME

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

Summer, 2014

Highlights in this Newsletter:

Featured Focus:

- Georgia AHPERD Highlights (1)

Sponsor Messages

- JRFH (2-4)
- SPARK (5)
- Moving to Success (6)

Advocacy

- Legislative Alert (7-8)
- Childhood Obesity Prevention and Empowerment Coalition (9)

Special Reports:

- Leadership Development Conference (10)
- Future Events (10)

Special Information:

- Back-to-School Energizers (11-15)

Featured Focus: Georgia AHPERD Highlights

For most of us, after a busy summer, school is now back in session. A lot has been happening related to health and physical education and with the Georgia Association for Health, Physical Education, Recreation and Dance. This newsletter provides you with recent happenings with Georgia AHPERD, sponsor news, upcoming events and professional development opportunities, legislative alerts, and back-to-school instant activities and energizers.

Highlights:

- The Robert W. Moore Summer Institute took place in June.
- Georgia AHPERD Executive Director Kim Thompson and President-elect Bridgette Stewart attended the Society of Association Management Leadership Development Conference in St. Louis, MO.
- Several Georgia AHPERD Executive Board members attended the SHAPE America Southern District Leadership Development Conference in Atlanta.
- Legislative Alert forwarded to all members (see p. 7). A vote takes place on August 21.

JRFH News:

Georgia AHPERD recruited 35 new schools during the past academic year with 21 completed events from those new schools. JRFH had the best year ever in the history of the program. The Greater Southeast Affiliate had a 30.5% total increase over last year. Georgia had 906 schools completing events, raising \$3,077,714. Special thanks to Emily Adams of the Georgia Association for Health, Physical Education, Recreation and Dance for her efforts serving as the JRFH/HFH coordinator (see pp. 2-4 for JRFH news).

Upcoming Events:

Georgia AHPERD is hoping for a Western District Workshop (Sep. 29) plus a local coaching workshop in the metro area in the coming months.

Make a difference in the lives of your students.

Jump Rope For Heart and Hoops For Heart are educational fund-development programs. Each year more than 7 million children participate in a service learning event, engaging teachers, schools and their community in a shared collaboration to improve the health and educational success of students.

Teachers receive

- classroom resources
- teaching tools + support
- professional development
- networking opportunities

Students learn

- heart healthy living
- physical activity skill-building
- civic engagement
- teamwork and cooperation

Schools can

- increase access to PE
- earn equipment vouchers
- promote student success and well-being



Sign up to hold an event in your school and shape a new generation of healthy, physically active and engaged citizens!

Learn more! shapeamerica.org/jump



For **FREE** Membership in **SHAPE America**

Raise \$2,000 or more through your **Jump Rope For Heart** or **Hoops For Heart** event at your school and receive a one-year **FREE JUMP** membership to **SHAPE America!**

By joining SHAPE America, you become connected to the benefits and tools to support your profession. Empower yourself to **SHAPE** health, habits, polky and programs all year!

ONCE YOUR SCHOOL HAS RAISED \$2,000 OR MORE:

- Simply complete the portion below.
- Have your school principal sign it.
- FAX to 703-476-9587 or drop it in the mail to: SHAPE America, 1900 Association Dr., Reston, VA 20191 to activate your **FREE SHAPE America JUMP** membership.

Visit www.shapeamerica.org/jump to learn more about our programs for JRFH & HFH coordinators.

Contact your State AHPERD to learn what special member benefits are available when your school holds an event.



Name _____

Job Title _____ School _____

Address _____ City/State/Zip _____

Phone _____ Email _____

With your JUMP membership you get a subscription to the online edition of one of the magazines below! Please select one of the following: Strategies JOPERD

As principal, I confirm that my school raised \$_____ in our **Jump Rope For Heart** or **Hoops For Heart** event in School Year _____

Principal Signature: _____

• Incomplete forms will not be processed.



Are you a **Jump Rope for Heart** or **Hoops For Heart** coordinator who would like to take your program to the next level?

The Joint Projects office is currently accepting applications for the **2015 SHAPE America JRFH/HFH Grant Program**.



All 2015 grantees will receive:

\$1,300 professional development stipend to attend the 2015 SHAPE America National Convention & Expo in Seattle, WA from March 17-21, 2015. The stipend may be used towards convention registration, travel, lodging and/or per diem.

One-year SHAPE America membership (if you are not a current SHAPE America member) and (1) copy of the *2014 National Standards & Grade-Level Outcomes for K-12 Physical Education*.

\$1,200 US Games gift certificate redeemable for equipment to enhance your school's physical education program. The gift voucher will be presented at the 2015 SHAPE America National Convention & Expo in Seattle, WA.

Invitations to special events where you will meet physical education and JRFH/HFH leaders from around the country.

Opportunity to share what makes your program special by contributing to The Pulse (<http://www.shapeamerica.org/jump/pulse/>), JRFH/HFH national newsletter.

The SHAPE America Jump Rope For Heart & Hoops For Heart Grant is available only to individuals who have completed a JRFH or HFH event in the prior school year. If you have questions about the application, or grant program, please contact the Joint Projects office (lmunley@shapeamerica.org).

For more information, go to <http://www.shapeamerica.org/jump/recognition/index.cfm>

GET READY FOR THE NEW SCHOOL YEAR WITH SPARK PE *Digital Curriculum!*

SPARK Physical Education (PE) was designed to be more inclusive, active, and enjoyable than traditional PE classes. Aligned with National Standards, SPARK PE lessons are easy to learn, and easy to teach. Choose from grades K-2, 3-6, Middle School, or High School.



**DIGITAL SETS ARE
ONLY \$199!**

Digital Curriculum Sets Include:

- Access the complete "e-Manual" with hundreds of research-based activities
- Instructional videos of SPARK activities and dances
- Interactive alignment and assessment tools
- Hundreds of skill and task cards in English and Spanish
- Helpful tips from SPARK's Master Trainers
- SPARKfit – Fitness & nutrition focused lessons, circuit training videos, goal setting tools, and more!
- SPARKg.y.m. - Academic integration activities - teaching Great Young Minds!
- SPARKdance - All of the SPARK PE K-12 and After School dance videos, music, and lessons in one place!
- *All digital content has been optimized for use on a tablet or other mobile device so you can access it anywhere!*



**Order online at
sparkpe.org/store or
contact us to learn more!**

www.sparkpe.org

1 800 SPARK PE

spark@sparkpe.org

MOVING TO SUCCESS

The Georgia AHPERD Executive Board is pleased to continue working with **Moving to Success** as a Corporate Sponsor! This K-5 Curriculum Guide received a high PECAT score and provides professionals with a great guide to help instruct students. Dan Young from Moving to Success can also provide staff development presentations to groups. Check out www.movingtosuccess.com for details.



Moving To Success

embraces the belief that students who become competent movers and are knowledgeable regarding the health-related benefits of being physically active are more likely to lead a physically active lifestyle.

Dan Young, Author & Consultant

Dan@MovingToSuccess.com

Voice & Text: 864-680-8471

www.MovingToSuccess.com

P.O. Box 141

Gramling, South Carolina 29348



State School Board Looks to Allow Junk Food Fundraisers

Exemptions would be used to ignore Healthy, Hunger-free Kids Act of 2010

Georgia State School Superintendent John Barge, along with the state Board of Education, is seeking to amend rules in regards to the Healthy, Hunger-free Kids Act of 2010. The proposal will allow up to 30 exempt fund raisers per year of "junk foods"-those that do not meet the nutrition standards set by the federal law. This will allow schools to sell poor quality foods to children at school. Each exemption can last 3 days, so students would be exposed to junk food fund raisers for 90 days of the 180 day school year! This news first appeared in the [Henry Herald](#) and then in the [Marietta Daily Journal](#). Many of our members have worked hard with administrators, local boards of education, and PTA's to limit or eliminate these fundraisers so it is an obvious step backwards. Additionally, it will move our state to the bottom of most states' policies as the data put together by the Pew Charitable Trust suggests. In fact, 26 states are allowing zero exemptions! We have begun to align ourselves with the American Heart Association and other organizations to attempt to defeat this rule or at least make it much more palatable. YOUR ACTION AND ASSISTANCE IS CRUCIAL TO OUR SUCCESS!

REMINDER: DO NOT USE STATE RESOURCES (i.e. CLOCK TIME, COMPUTERS, CONNECTIONS, EMAIL ADDRESSES) FOR THIS CORRESPONDENCE TO STAY IN COMPLIANCE WITH THE CODE OF ETHICS

Here is a sample email that you can cut and paste into a message for Our State Superintendent and the State School Board Members:

As a concerned citizen and health advocate for the children of our state, I was disappointed to read the news that Georgia is considering amending the rules of the Healthy, Hunger-free Kids Act of 2010 allowing 30 exemptions to enable "junk food" fund raisers at schools. With each exemption lasting three days, this makes half the school year that Georgia's students can purchase unhealthy foods. Not only are these fund raisers unhealthy and add extra unnecessary caloric intake into a child's diet, they put children as young as five years old in an awkward decision making process of how to spend their money that may have been given to them for another purpose at school, such as to buy a full lunch or breakfast. While exercise and physical activity are a crucial part of the childhood obesity problem, food intake, particularly those high in calories and low in nutritional value, are just as important. Typically, these junk foods are the kind of "fund raisers" we are asking students to purchase. According to research from the Pew Charitable Trust, this would be the most lenient policy for fund raisers in the nation. I urge you to consider following the lead of 26 other states, such as North Carolina, South Carolina, Mississippi, and Kentucky, and allow no fund raisers to be exempt from the Act of 2010. Gutting the requirements of the Healthy Hunger-Free Kids Act 2010 and allowing schools to sell fat laden snacks, doughnuts, chicken biscuits, and other snacks of minimal value during the school year sends a mixed message while educators try to assure all students and families are taught the benefits of physical activity and nutritious meals/snacks. It is time to discontinue the practice of funding education through our children's waistline and make a positive step towards a healthier generation. Please reconsider the negative impact this flawed revision will have on families and friends you represent.

Please send the email to: policy@doe.k12.ga.us

Please take action on this ASAP. We are working to get a GAHPERD Advocacy Chair to speak at the hearing on **August 21**. We have been told a vote will take place after public comment. The more voices heard the better the odds of getting this rule amended to fewer days or defeated.



Smart Snacks: State Agency Fundraising Exemption

As of July 1, 2014, schools that participate in the National School Lunch Program (NSLP) are required to abide by the nutrition standards laid out in the *Interim Final Rule on All Foods Sold In School: Smart Snacks*. These standards focus on all foods sold on the school premises during the school day and are not a part of the NSLP or School Breakfast Program (SBP). This includes additional a la carte entrees, sides, beverages, items sold in vending machines or school stores, and food focused fundraisers. More information on the standards can be on the [USDA Website](#).

The Smart Snacks standards allow state governments to develop a policy on the number of exemptions for food fundraisers that do not meet the standards. The chart on the right provides you with the number of exemptions a state will allow, with the below information detailing the entirety of a state's policy including duration and if the number is per building or organization. SNA extends our thanks to the State Agencies that helped provide the information included here.

The information contained within this report is up to date and factual to the best of our knowledge. It will be updated as policies change.

The following 32 states will not have a policy, thus defaulting to zero exempt fundraisers: AL, AK, AZ, CA, CT, DC, DE, HI, IA, KY, LA, ME, MD, MI, MS, MT, ND, NV, NJ, NH, NY, NC, OH, OK, OR, RI, SC, TX, VA, VT, WA, and WV.

Summary of States with Exemption Policies

Arkansas: Nine school days for all grades when the Arkansas Nutrition Standards do not apply.

Colorado: Three exemptions per school building.

Florida: No exemptions at ES, but 10 days/year/campus for MS, 15 days/year/campus for HS, and 10 days/year/campus for combination schools. Fundraisers cannot take place until one hour after the last meal service, and if any part of the exchange happens on the school campus, it is considered a fundraiser. (Proposed)

Georgia: Thirty per year, per building, not lasting more than three days.

State	Fundraisers Exemptions
Alabama	None
Alaska	None
Arizona	None
Arkansas	Nine
California	None
Colorado	Three
Connecticut	None
Delaware	None
Florida	10 MS/15HS
Georgia	Thirty
Hawaii	None
Idaho	Ten
Illinois	9 ES/36 HS
Indiana	Two
Iowa	None
Kansas	One
Kentucky	None
Louisiana	None
Maine	None
Maryland	None
Massachusetts	Three
Michigan	None
Minnesota	Case by Case
Mississippi	None
Missouri	Five
Montana	None
Nebraska	One
Nevada	None
New Hampshire	None
New Jersey	None
New Mexico	One
New York	None
North Carolina	None
North Dakota	Three
Ohio	None
Oklahoma	None
Oregon	None
Pennsylvania	10HS/5ES,MS
Rhode Island	None
South Carolina	None
South Dakota	One
Tennessee	Thirty
Texas	None
Utah	Three
Vermont	None
Virginia	None
Washington	None
West Virginia	None
Wisconsin	Two
Wyoming	Five

Special Report: COPE

Brenda Segall recently had the opportunity to participate in a regional meeting with the Childhood Obesity Prevention and Empowerment Coalition (COPE). The purpose of the meeting was to disseminate information concerning the goals and mission of the organization, to discuss specific community-related health concerns, and to recruit help for planning an upcoming conference.

COPE works with both faith-based organizations and community-based organizations. Related to community health issues, the coalition focused on strategies to encourage mothers to breast feed their newborn babies. Research efforts indicate that breast feeding reduces childhood obesity as there is a direct correlation with childhood obesity and mother-to-infant breast feeding. An upcoming conference will continue to highlight this important topic. Participants from around the country are expected to attend.

The conference will also have sessions related to nutrition, healthy cooking, preparing vegan foods, exercise, stress reduction, parenting, and finances. In addition, health screenings will be available at the conference. Much of the conference will be directed toward school-aged children and local community members. It is suggested that many participants (students) would participate in the conference as part of school-sponsored field trips. The conference will be held on **September 24th and 25th at the Georgia Convention Center**. The conference is free to the public and registration is not needed. Specific sessions including certifications may require a nominal fee.

COPE is also working toward helping schools with fundraisers and other events. The organization can assist with physical activities (climbing wall, games, etc.), educational components, and nutrition information. To motivate local schools for participation, 50% of the proceeds from the events and activities go directly back to the school.

For more information, contact Brenda Segall
(bzsegall@gmail.com).

Special thanks to Brenda Segall, Advocacy Co-Chair
for submitting the content on this page

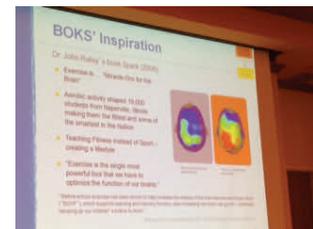


Special Report:

The Society of Association Management Leadership Development Conference

St. Louis, MO

In the middle of June (June 21), Executive Director Kim Thompson and President-elect Bridgette Stewart travelled to St. Louis, Missouri for the Society of Association Management (SAM) Leadership Development Conference. This conference, hosted annually by SHAPE America is provided to assist state association leaders with the knowledge, skills, and dispositions needed to make a difference in their state organizations. A variety of topics addressed each year pertain to holding annual conventions, planning and conducting effective meetings, working with the American Heart Association, locating and applying for grants and other initiatives, and networking opportunities. Of special interest this year, Dr. John Ratey provided key presentations related to health, physical activity, and academic learning.



Future Dates:

- | | |
|-----------------------------|--|
| September 25-27 | SHAPE Southern District Future Professionals Leadership Development Conference: East Tennessee State University |
| September 29 | Western District Workshop at the University of West Georgia (TBA) |
| January 29-31, 2015 | Share the Wealth: Jekyll Island, GA |
| February 18-21, 2015 | SHAPE America Southern District Convention: Atlanta, GA
Moving Forward, Shaping Our Future - Co-hosting with Georgia AHPERD |
| March 17-21, 2015 | SHAPE America National Convention & Exposition: Seattle, WA |



ENERGIZERS - Movement Breaks

Name of Activity: Let's Go to a Baseball Game

Grade Level: PK—2nd

Formation: Standing Up

Equipment Needs: None

Rules/Directions:

- Each student stands up in general space
- All students will follow the teacher's lead and mimic the teacher's motions
- The teacher acts out motions that relate to the story below



“Good morning. Time to rise and shine! Rub your eyes and stretch to help wake up. Brush your teeth and hair. Let's eat breakfast now. Our parents want to tell us something very exciting! We're going to a baseball game today! Yay! Let's drive to the ballgame. Be sure to buckle your seatbelt first. Time to get out of the car. Oh wow! That stadium looks very far away. We better walk quickly so we can get there faster. We made it to the gate. Let's give our ticket to the attendant and then walk into the stadium. We'd better find our seats. They are right up these steps. We found them! Someone wants to ask us something. He wants to know if we want to throw the first pitch. We are so excited! Let's walk all the way down the stairs onto the field. Ready, set, throw! Woohoo! It's time for the game to begin. They gave us a souvenir baseball cap for throwing the first pitch. Let's put it on. Okay, back to our seats, all the way up the steps. Here comes someone selling hot dogs and drinks. Let's buy some. Yummy! This hot dog tastes good. Oh wow! Here comes a foul ball. Our hands are full. We'd better duck! Phew...that was close. Maybe we should try to catch the ball if that happens again. Oh, boy...our team just got a run...Yay! Uh oh...the other team got a run too. This is a close game. It's the middle of the 7th inning and that means we do the 7th inning stretch. Let's sing Take Me Out to the Ball Game. Hey...here comes another foul ball. Can we catch it? We caught it! The game is tied and it's the 9th inning. Our team is at bat. Here comes the first pitch—strike! Here comes the 2nd pitch—strike! Oh no...if he gets another strike, he's out! Here comes the 3rd pitch. It's going, going, GONE! It's a homerun for our team. We win! Let's go to another ballgame again soon.”

ENERGIZERS - Movement Breaks

Name of Activity: Moving with the ABC's

Grade Level: PK—2nd

Formation: Standing in a Circle

Equipment Needs: Letter cards with movements



A—act crazy

B—bounce like a ball

C—Curl into a ball

D—dive like a dolphin

E—eat ice cream

F—fly like a bird

G—gallop like a horse

H—hop on one foot

I—inch like a worm

J—jump like a kangaroo

K—kick like a ninja

L—leap like a frog

M—move like a snake

N—nod your head

O—open a door

P—paddle a boat

Q—quietly march in place

R—run in place

S—shake like a wet dog

T—throw a ball

U—untie your shoe

V—vacuum the carpet

W—wash your hands

X—make an X with your body

Y—Yawn

Z—zigzag in your space

Rules/Directions:

- The teacher directs students in a circle, while holding the bag containing the letter cards
- The teacher leads the alphabet song to review the letters
- The teacher randomly selects a letter from the bag, asking students to name the letter on the card
- The teacher reads the movement under the letter and students act it out

Variation

- After all the cards have been used, the teacher hands each student a letter card. The students work together to put the cards in the correct order on the floor.
- The teacher hands each student a letter card. The students name the letter and come up with a movement on their own.

ENERGIZERS - Movement Breaks

Name of Activity: Olympics

Grade Level: 3rd to 5th

Formation: Standing in General Space

Equipment Needs: None

Rules/Directions:

- Students, you are about to participate in the Summer Olympic Games that originated from Ancient Greece. Act out the movement associated with the game that is soon to be read.

Activities:

- Swimming (backstroke)
- Rowing (boat)
- Gymnastics (jumping)
- Running in place (track and field)
- Basketball (dribble)
- Fencing (jab)
- Equestrian (galloping)
- Tennis (serve)
- High Jump (squat and jump)
- Javelin (throw)
- Volleyball (spike)
- Baseball (pitch)
- Soccer (kick)
- Archery (shoot an arrow)

Variation

- Play the Olympic theme song



ENERGIZERS - Movement Breaks

Name of Activity: What's the Opposite?

Grade Level: K—5th

Formation: Standing in General Space

Equipment Needs: None

Rules/Directions:

- This activity allows students to practice their words, especially opposites. Students use their listening skills and act out certain things. Students do the opposite of what is said (For example: smile/frown).

Activities:

- | | | |
|-------------------------|---------------------------|---------------------------|
| • Raise your right hand | Hop on your left foot | Clap your hands softly |
| • Stand still | Balance on your left foot | Open your eyes |
| • Laugh quietly | Spin around slowly | Punch with your right arm |
| • Shake your head yes | Close your mouth | Jump up and down slowly |

Variation

- Instead of doing opposites, play the same game with action verbs. For example, for balance on your left foot, students can act out the word balance instead.
- Put the students in groups and allow them to come up with their own commands



ENERGIZERS - Movement Breaks

Name of Activity: Red Elbow

Grade Level: PK—1st

Formation: Standing in General Space

Equipment Needs: None



Rules/Directions:

- This activity involves the teacher calling out a color and a body part. Students must find an object in the room that is the same color, then touch the selected body part to that object. For example, the teacher calls out “pink thumb”. Then the students need to find an object that is pink, and touch their thumb to that object. The teacher continues calling out colors and body parts.

Examples:

- Pink Thumb Yellow Nose Brown Shoulder
- Red Elbow Green Hip Purple Ear
- Blue Foot Black Knee Orange Chin

Variation

- For upper grades, the teacher can say a more specific body part. For example, the teacher can say “index finger” instead of “finger”.
- As another example, the teacher can use human anatomy and physiology terms, including “patella”, “phalanges”, and biceps”.