



The GAME

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

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Summer, 2016

Summer Institute at Creekland Middle School

Georgia AHPERD's annual Robert W. Moore Summer Institute for health and physical education teachers was held at Creekland Middle School in Lawrenceville, Georgia, June 14-15, 2016. Highlights of the two-day workshop included sessions with 2016 SHAPE America Southern District Elementary PE Teacher of the Year, Ben Pirillo; 2015 SHAPE America Southwest District Middle School PE Teacher of the Year, Margaret Horrnbeck; and 2016 SHAPE America Southern District Adapted PE Teacher of the Year, Anna Roberts.

Participants traveled from as far as Asheville, NC and Columbus, GA for the workshop, and the enthusiasm of the presenters did not disappoint.

- Charlotte Kelso and Ann Wiggin led a double session on thought-provoking adventure and challenge activities for all ages;
- Dr. Peter St. Pierre offered PE activities utilizing reaction balls of various sizes;
- Marilyn Watson, Jeff Hodges, Kaitlin Burkly, and Aubrey LeGrand provided sessions for health that included health

statistics from the Georgia School Climate Survey, the misuse of prescription drugs, and the Discovery health curriculum;

- Ben Pirillo's "Crazy Critter" session utilized rubber pigs and chickens in high energy activities;
- Margaret Hornbeck shared great ideas about classroom management, fitness stations for health-related and skill-related fitness, and much more; and
- Anna Roberts' inclusion activities provided teachers with great ideas for adapting learning experiences so that all students are active and moving.

Attendees enjoyed lunch on-site this year, with lunchtime presentations from Girls' on the Run representative Stuart Dougherty on Tuesday, and from Department of Education HPE Specialist, Mike Tenoschok, on Wednesday.

Approximately 25 boxes of Sportime PE equipment were available at half-price at the end of the workshop. Many teachers went home with equipment as well as ideas. Georgia AHPERD thanks Chuck Truett, the staff at Creekland Middle School, and Gwinnett County Schools for hosting Summer Institute. Special thanks also to SPARK/Sportime's Randy Olmstead and Joel Eros for sponsoring the program and supporting the SHAPE America PE Teacher of the Year awards, and to Joe Gooden of Heart Zones, who provided heart rate monitors for several sessions. We especially thank the 56 Georgia AHPERD members who registered for the workshop and took the time out of their summer schedule to attend Summer Institute!

**View this newsletter for
additional pictures from the recent Summer
Institute beginning on page 3!**

**GAHPERD West District Physical Education
Workshop**

September 15, 2016, Carrollton, GA

GAHPERD Annual Convention

November 6-8, 2016, Savannah, GA

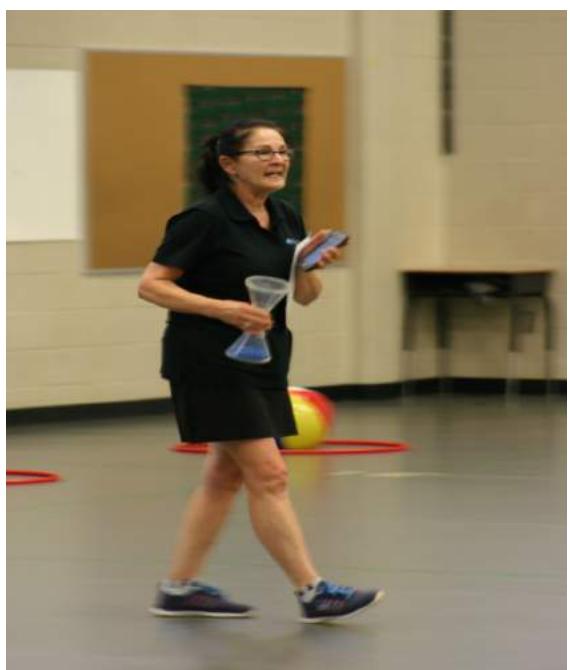


The Robert W. Moore Summer Institute
An annual professional development event
Hosted by GAHPERD and the Metro District
Supported by our corporate partner SPARK / Sportime
Hosted at Creekland Middle School
Gwinnett County, June 14 & 15, 2016





Summer Institute 2016





President's Message: Bridgette Stewart

Greetings Georgia AHPERD members! I hope each of you had a wonderful summer break and are gearing up for the start of another rewarding school year. Hopefully by now, you have heard that the theme of our 2016 Georgia AHPERD convention is "Mindful Moving... Connecting the Dots." I look forward to meeting and working with you in Savannah for this year's convention. Please make plans now to join us November 6-8 at the Savannah International Trade and Convention Center. More information on convention plans, including speakers and special events, can be found on the Georgia AHPERD website and our social media outlets.



Georgia AHPERD has been hard at work over the past several months as we continue to advocate for quality health and physical education for Georgia's students. This includes hosting several professional development opportunities for Georgia's health and physical education teachers. The annual Share the Wealth convention kicked off the year with over 500 health and physical education teachers gathering in Jekyll Island. Next, over 100 participants joined us at Valdosta State University for the Southeast District workshop in May. Third, more than 50 teachers joined us in June for the annual Robert W. Moore Summer Institute held in Gwinnett County. Additionally, please make plans to join us September 15 at the University of West Georgia for the Northwest District workshop. Specific details will soon be announced.

Georgia AHPERD was well represented at this summer's Southern District Leadership Development Conference held in July in Baton Rouge, Louisiana. This event is an opportunity to provide leadership training and information about SHAPE America to our state leaders. The idea is for these new leaders to learn new skills, ideas and advocacy tools, and then take that information back to their respective states. Many thanks to Georgia AHPERD board members Tommy Gibbs, Kaci Roberts, Christy Crowley, Kim Thompson, Michael Bergeron, and Brian Devore for representing Georgia at this year's LDC. Also, a sincere thank you to Shape America's Southern District Leadership Council and our state partner Louisiana AHPERD for hosting what is always an informative and rejuvenating experience for state leaders.

Georgia AHPERD is committed to keeping you informed and up-to-date on the most recent advocacy efforts for our profession. It is a very exciting time for health and physical educators as we saw the passing of the *Every Student Succeeds Act* (ESSA) on December 10, 2015. This new legislation identifies school health and physical education as part of a student's "well-rounded education", provides increased access to funds for health and PE programs (including professional development), and allows states and school districts to set their own priorities for funding and accountability. I hope you will make plans to join Carly Wright, Shape America Senior Manager of Advocacy, as she will be in attendance at this year's convention in Savannah. Carly will be presenting the latest information on ESSA at the Town Hall session on Sunday afternoon (November 6). Please make sure to visit our website at www.gahperd.org for more information on ESSA and to view a copy of the Georgia AHPERD Legislative Handbook. You can also visit www.shapeamerica.org for ESSA information.

I look forward to seeing many of you in Savannah for the convention. There will be wonderful presentations, nationally-recognized speakers, awards, fellowship, fun and so much more. I hope the conference will be a time for renewal, gathering new information, making new friends, and networking with professionals from across our state and beyond.



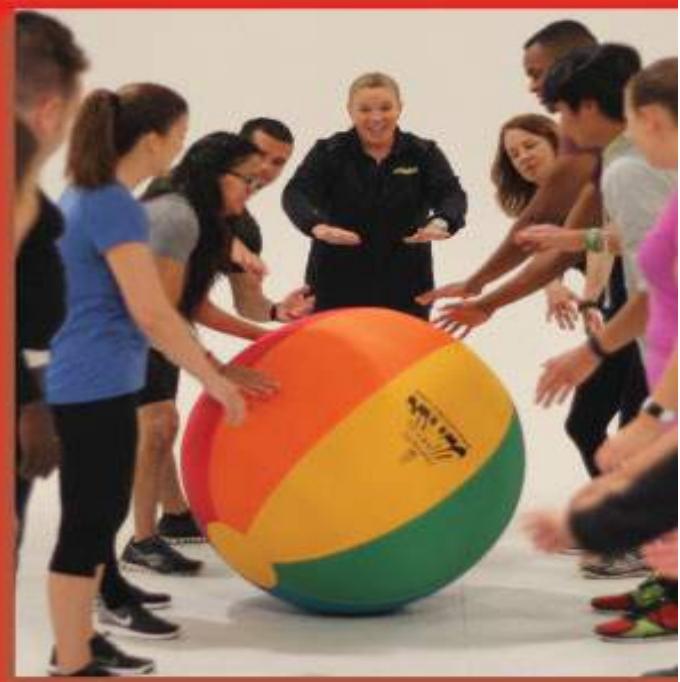
As you make your plans to attend, I hope you will invite your local colleagues to join you and become part of the Georgia AHPERD family.

**2016 GAHPERD Convention
"Mindful Moving...Connecting the Dots!"**



ACTIVE. HEALTHY. HAPPY.

Sportime empowers and enhances healthy physical activity experiences by providing innovative products and programs that enable success. SPARK provides research-based programs that are aligned to national and state standards and designed to improve the health of children and encourage lifelong movement. Together, Sportime featuring SPARK delivers an array of physical activity and wellness solutions for students and educators.



Contact us today for help with equipment and curriculum orders and to learn more about our wide menu of professional development opportunities!



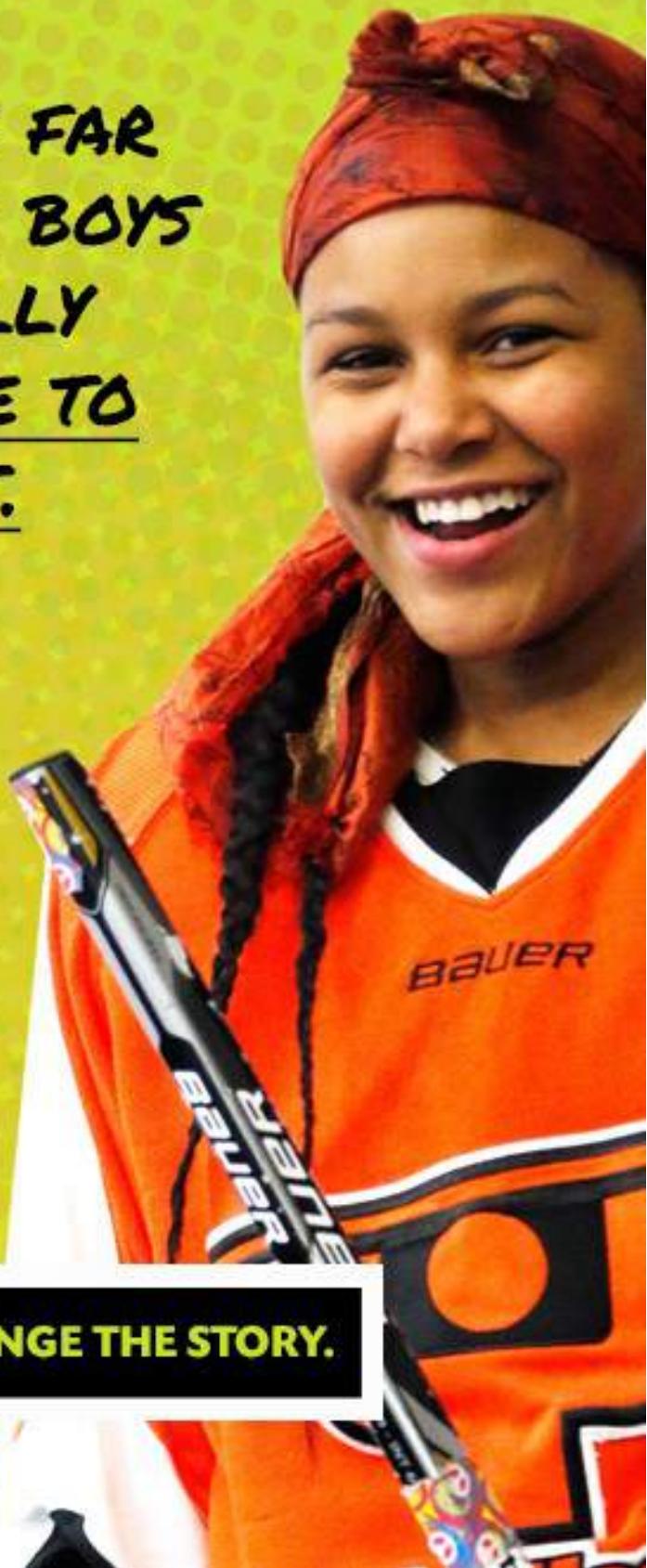
Randy Olmstead
Georgia Program Representative
randy.olmstead@sportime.com
(404) 353-0148



**TODAY GIRLS ARE FAR
LESS LIKELY THAN BOYS
TO BE PHYSICALLY
ACTIVE. IT'S TIME TO
CHANGE THAT.**

Join the Alliance for a Healthier Generation and the Clinton Foundation in a nationwide campaign to empower girls and women to celebrate their athleticism. It's called **#GirlsAre** and we are asking you to help us change the story about girls and physical activity.

GET THE FACTS. CHANGE THE STORY.



POWERED BY



Online Graduate Programs for Educators

Quality Programs • Expert Faculty • Flexible Delivery
Professional Growth • Student Support

VSYOU
Valdosta
State
University

M. Ed. in Health & Physical Education

The M.Ed. in Health and Physical Education is designed to improve your teaching by integrating study and practice. The aim of this applied teacher's program is to create change in health and physical education programs through innovative projects and reflective practices that can change the culture within the gymnasium and, consequently, the school. This applied program is developed according to the NASPE Advanced Standards.

This degree:

Is fully online

Could lead to level five teaching certificate*

Requires 5 semesters/33 hours

Starts each summer (Begins May 2016)

Estimated cost - \$11,519

Applicants must hold the following:

- undergraduate degree in physical education and/or health from regionally accredited institution or
- level four teaching certificate in physical education and/or health in Georgia or a reciprocal state

Ed. S. in Coaching Pedagogy in Physical Education

This Ed. S. in Coaching Pedagogy in Physical Education offers candidates the opportunity for continued professional development in the practices, knowledge, skill, and instruction of students and athletes both within the gymnasium and on the playing field. This applied program is developed according to the NASPE Coaching Standards.

This degree:

Is fully online

Could lead to level six teaching certificate*

Requires 4 semesters/27 hours

Starts each summer (Begins May 2016)

Estimated cost of \$9,391

Applicants must:

- Hold a master's degree from a regionally accredited institution
- Hold a level four or higher teaching certificate in physical education and/or health in Georgia or a reciprocal state
- Be able to verify current coaching

Based on qualifications by GaPSC or reciprocal state requirements

**Valdosta State University – Department of Kinesiology
and Physical Education**

Program Coordinator – Dr. Matthew Grant

Email: matgrant@valdosta.edu

Phone: 229-333-5461



ON-LINE

Health & Physical Education

Master of Education (M.E d.)

Studying Health and Physical Education

Our Master of Education in Health and Physical Education is designed for P-12 health educators who wish to:

- Extend their content and pedagogical knowledge for improved professional practice
- Develop leadership skills that will allow them to lead such endeavors as curriculum development, program administration, and leadership roles at the local school level, and in professional organizations at the State, Regional, and/or National Level

* All courses are 100% online !!!

Faculty

Dr. Rachel Gurvitch
Dr. Jacalyn Lund
Dr. Mike Metzler
Dr. Deborah Shapiro

Ideal Candidate

- Health/Physical Education/APE certified teachers
- Currently teaching in Preschool-12th grade
- At least 2 years of teaching experience



Teaching candidate during practicum experience

Possible future positions upon graduation

- Mentor Teacher
- Health and PE unit head
- School Upper Administration
- Teacher Support Specialist at county level
- County Administrator

Application Deadlines:

Fall Semester - July 1

Spring Semester - Nov.1

Summer Semester - March 1

For additional inquiries please contact Dr. Jackie Lund at jlund@gsu.edu

Via phone at 404-413-8051 or visit GSU web site at www.gsu.edu

Georgia
proudly supports



Count Us In!

**Georgia
proudly supports**



Count Us In!

"SHAPE America wants to ensure that by the time today's preschoolers graduate from high school in 2029, all of America's students are benefiting from the skills, knowledge and confidence to enjoy healthy, meaningful physical activity."

How do YOU plan to get today's youth to understand and appreciate the importance of living a physically active and healthy lifestyle?





Back to School



Help Us Reach 50 Million Strong

50 Million Strong by 2029 is SHAPE America's national initiative to ensure that all of America's students have the skills, knowledge and confidence to enjoy healthy, meaningful physical activity.

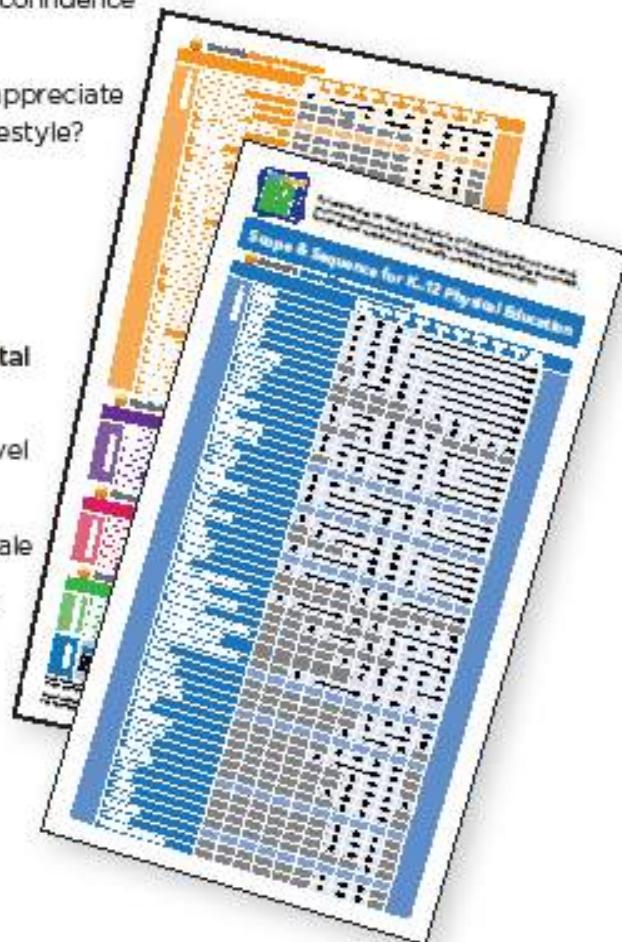
How do we plan to get today's youth to understand and appreciate the importance of living a physically active and healthy lifestyle?

One student at a time.

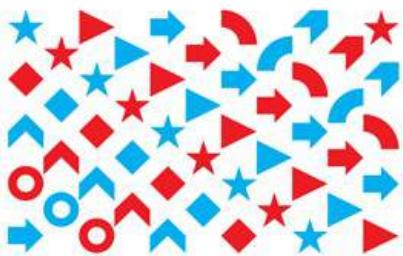
Say "Count Me In" today!

Show your support and you'll receive a **FREE** digital Scope & Sequence chart!

- Supports the National Standards and grade-level outcomes for K-12 physical education
- Provides educators with a student evaluation scale
- Provides guidance for developing lesson plans



Visit shapeamerica.org/number for more information.



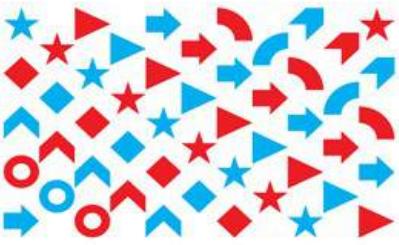
Let's Active Move. Schools

Active Kids Do Better.

Let's Move! Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools.

Active Schools help kids reach their greatest potential both in the classroom and life.

Sign up at
letsmoveschools.org

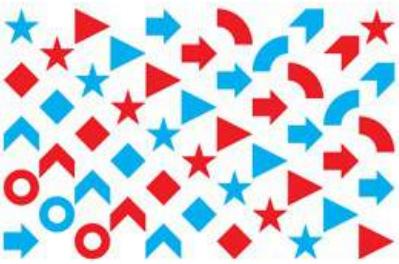


Let's Active Move. Schools

Be a Champion.

Lead a movement for 60 minutes of physical activity a day for your students.

Sign up at
letsmoveschools.org



Let's Active Move. Schools

Active Kids Do Better.

Active Schools lead to increased test scores, better behavior and improved focus.

Sign up at
letsmoveschools.org





American
Heart
Association.
Life is why.



It Takes Heart to be a Hero



HEART HERO

Bran, Age 11

Although he was born with a serious heart defect, Bran has still jumped his way to raising more than \$80,000 through Jump Rope For Heart, including \$25,000 this year.

Within an hour of his birth, he was diagnosed with the most extreme form of Tetralogy of Fallot, called Pulmonary Atresia. Since he had no pulmonary valve, blood couldn't flow from the right ventricle into the pulmonary artery and onto the lungs.

At 18 months, a team of surgeons operated for eight hours to fix Bran's complex set of heart problems. Doctors had cautioned the family that Bran would likely need multiple surgeries by the age of 18. He is due for his annual visit to the cardiologist to see what lies ahead in the coming year. So, when Bran asks friends and family to donate to Jump Rope For Heart to help the American Heart Association fund research to learn more about the heart and how to fix it, he's speaking from his own heart.

Jump Rope For Heart and Hoops For Heart are national education and fundraising events created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students in these programs have fun jumping rope and playing basketball — while becoming empowered to improve their health and raise funds for research and programs to fight heart disease and stroke.

Funds raised through Jump Rope For Heart and Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

Millions of students have joined us in being physically active and in fighting heart disease and stroke by funding research and educational programs. Be a part of these great events and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.

Call 1-800-AHA-USA1 or visit heart.org/jump
or heart.org/hoops to get your school involved.



SHAPE America is a proud program partner of
Jump Rope For Heart and Hoops For Heart.

It Takes Heart to be a Hero



HEART HERO

Allison, age 5

"I was born with Ltransposition of the great arteries, a serious condition where the main arteries are switched and pumping blood to wrong places in the heart. I have had three surgeries so far to help switch my heart around and to help it work better. Hopefully with the efforts of Jump Rope For Heart, more can be learned about how to help hearts like mine. Thank you American Heart Association!"

Did You Know?

- Among children 2 to 19 years old, 31.8 percent are overweight and obese. That's 23.9 million children!
- On average, American children and adolescents spend nearly four hours watching television every day.
- More than 14 percent of children enter kindergarten overweight and are four times more likely than normal weight children to become obese by the eighth grade.
- Overweight adolescents have a 70 percent chance of becoming overweight adults.
- Numerous studies have demonstrated that increased physical activity is linked to better school performance.

Jump Rope For Heart is a national education and fundraising event created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students learn to jump rope, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke.

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SHAPE America is a proud program partner of Jump Rope For Heart.



American
Heart
Association.
It's why.



We Jump. We Shoot. We Save!



HEART HERO

Michael, age 10

"I was born with a bicuspid valve. Though I am not suffering from complications right now, as I get older my aortic valve could leak. The only way to fix it would be open heart surgery. I'm going to do my part to learn more and keep my heart as healthy as I can! For the past 2 years, I have been the top fund raiser at my school for the Jump Rope/Hoops For Heart event. My wish is to be the top fund raiser again this year because it is such an important cause for me."

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- Numerous studies have demonstrated that increased physical activity is linked to better school performance.

Hoops For Heart is a national education and fundraising event created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students learn basketball skills, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke.

Funds raised through Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

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SHAPE AMERICA
SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

www.shapeamerica.org is a proud program partner of Hoops For Heart.



Students from **Pine Grove Elementary School** recently traveled to Louisville, KY for the National Archery Tournament. This is the 2nd consecutive year the school sent students to participate in the tournament. In 2015, the team from Pine Grove finished 119 out of 148 elementary teams. This year, however, was a great trip and the Pine Grove team archers did awesome, finishing 45th out of 156 elementary school teams. This put the team in the top 29% of the United States. In addition, for the 3D tournament, the team finished 19 out of 66 elementary teams which is also in the top 29%.

Congratulations Pine Grove Elementary School Archers!





Georgia AHPERD Annual Convention

November 6-8, 2016

Savannah International Trade and Convention Center



Georgia AHPERD Annual Convention

November 6-8, 2016 in Savannah, GA

Please consider attending the 2016 GAHPERD Convention, November 6-8, 2016 in Savannah, GA. We invite you to attend our convention where we will meet with professionals from across our state. The theme for the upcoming year is "Mindful Moving...Connecting the Dots". If you have attended a GAHPERD Convention in the past, you know that we are a family of professionals who are passionate about advocating for health, physical education, and a lifetime of physical activity.

*We look forward to seeing you
in Savannah!*



A collage of images on a yellow background. At the top left is the SHAPE America logo with the tagline "health. moves. minds.". Next to it is the "JUMPROPE FOR HEART" logo featuring a red heart and a jump rope. To the right is the "HOOPS FOR HEART" logo with a basketball hoop. At the top right is the American Heart Association logo with the tagline "life is why™". Below these logos are several smaller photographs showing children and adults engaged in various physical activities like jumping rope, running, and playing basketball.

Georgia AHPERD Convention—Guest Presenter

Scott Williams

Scott Williams graduated from Fairmont State University in West Virginia in 2001 with a BA in Physical Education (K-12) and Health Education (5-12). He received his MS in Athletic Coaching from West Virginia University in 2003. Scott has been teaching elementary physical education at Meriwether Lewis School in Charlottesville, VA since 2004 and taught high school physical education in summer school in Albemarle County from 2005-2009. Scott was a winner of the 2011 Golden Apple Award at his school, the 2013 Virginia AHPERD Elementary PE Teacher of the Year, and the 2015-2016 Virginia AHPERD and SHAPE Southern District Dance Teacher of the year. He is also a featured presenter and speaker at physical education conferences across the nation and has presented in twenty states. Scott is the founder/owner of **Camp4Real**, a summer camp that focuses on fun physical activity, character building and eating healthy foods free of artificial ingredients.



Georgia AHPERD Convention—Guest Presenter

Susan Flynn

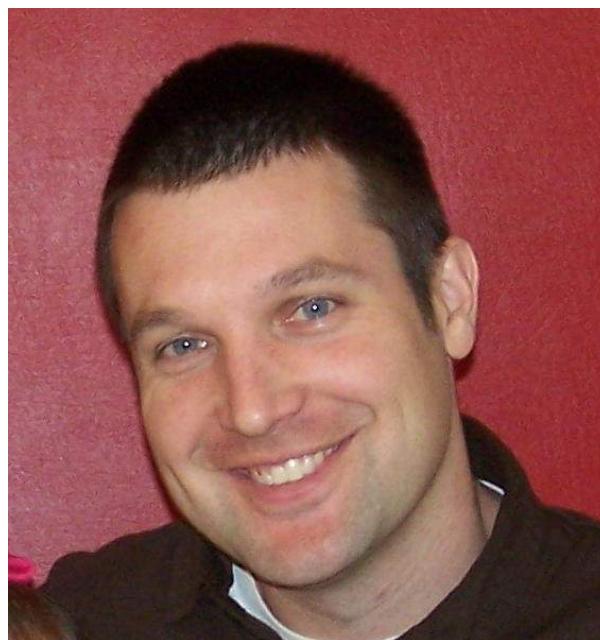
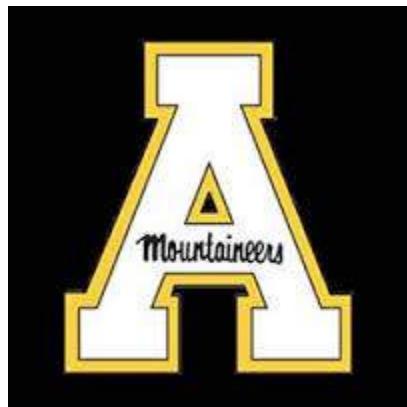
Flynn teaches at the College of Charleston, training students in PreK-5 teacher education. Flynn specializes in the areas of adapted physical education, rhythms and dance in the PE curriculum, and elementary methods. Prior to CofC, she trained future physical education teachers for twelve years at Purdue University, IN. She also taught in the public schools in Prince George's County, MD, Toledo, OH and Charleston, SC. In addition, Flynn is the founder and director of FitCatZ Aquatic and Motor Therapy Program for children with disabilities. Flynn will share her Move2Learn lessons integrating ELA, Math and Movement, Dance for Physical Education and her philosophy of leading by example and do so with enthusiasm, passion, acceptance, and a strong belief in the importance of living a healthy lifestyle.



Georgia AHPERD Convention—Guest Presenter

Paul Moore

Paul is currently a faculty member in the College of Health Sciences Department of Nutrition and Healthcare Management at Appalachian State University in Boone, NC. Prior to this he worked for 14 years in a medical wellness facility as the Assistant Director, but also working as the Registered Dietitian Nutritionist for programs and services that included weight managements, sports nutrition, diabetes, heart disease and oncology. Paul holds certification as a Board Certified Specialist in Sports Dietetics (CSSD) through the Commission on Dietetic Registration in addition to being certified through the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) and NSCA Certified Personal Trainer (NSCA-CPT). He has performed extensive volunteer work with the Academy of Nutrition and Dietetics Weight Management Practice Group (WM DPG), as well as the North Carolina Dietetic Association (NCDA). Paul was honored to be the recipient of the 2015 Excellence in Weight Management Practice award given by the WM DPG. He was also recognized in 2014 by Today's Dietitian Magazine as one of the Top 10 RDs making a difference in the lives of his clients and community. The NCDA recognized Paul with the 2011-2012 Outstanding Dietitian of Year award, the highest award given by the organization, and the 2012-2013 Young Dietitian of the Year.



Georgia AHPERD Convention—Guest Presenter

Jessica Shawley

Jessica Shawley is a physical education and health teacher who was the 2012 SHAPE America National Middle School Physical Education Teacher of the Year (TOY). She comes to Georgia AHPERD as an Educational Consultant sponsored by GopherSport. Jessica is National Board (NBPTS) certified along with a Master's Degree in Curriculum and Instruction from the University of Idaho. She is known for her high-energy workshops that are rich in resources, helping support and inspire professionals. Jessica currently serves on the Northwest District SHAPE Leadership Council and served on the SHAPE Idaho board for over eight years in roles such as President, Conference Manager, and District Representative. Her grant writing skills have helped secure over \$1 million in funding, including a PEP grant. Her leadership role in her district includes fostering a Comprehensive School Physical Activity Program (CSPAP) through initiatives such as Fuel Up to Play 60 and Let's Move Active Schools (LMAS). Jessica has also coached high school athletics and was a collegiate athlete. You can find her on Twitter via @JessicaShawley or at www.PEchamps.com



SHAPE America Southern District

Conference Highlights

Charity Bryan, President

The SHAPE America Southern District is excited to co-host the 2017 conference with the Louisiana AHPERD in Baton Rouge, Louisiana. Our 2017 conference theme is “We are Family!” If you know anything at all about Southern District, you know that we are indeed a huge family of professionals, friends and colleagues from across our 13 states. Think of the January 2017 conference as one big family reunion!

Over 200 program proposals were reviewed for the upcoming conference and several pre-conference workshops will also take place. Jim Deline, Physical Education Teacher at Highland Park Elementary in Austin, Texas will present a pre-conference workshop as well as breakout session. Other pre-conference workshops include “Advocacy that Works”, “Social Media: What’s the Newest and Latest?”, and “Implementing a Health or Physical Education Program Effectively”.

The General Session speaker will be Dr. Robert Murray from The Ohio State University. Dr. Murray will deliver his remarks on “Nutrition, Activity, the Brain, and Learning.” New research has shown that the key factors that shape brain development in childhood are: quality nutrition, regular physical activity, social play, exploration, and emotional support. This session will examine what we know about the role of each in building and maintaining the brain to promote optimal learning. Dr. Murray will also speak on “The Crucial Role of Recess” in a breakout session.

Our Scholar Lecture will be delivered by Dr. Xiaofen Keating from the University of Texas. There are also sessions scheduled for our Future Professionals, including the annual SuperStars Competition. “Louisiana Night” will feature a buffet dinner and Mardi Gras party for all conference goers. Let the good times roll with your friends and family!

I look forward to welcoming you to Southern District at the Crowne Plaza in Baton Rouge, January 9-12, 2017 for our SHAPE America Southern District/Louisiana AHPERD conference. And, as always, remember, We are Family!





Status of Physical Education in the USA



Go to www.shapeamerica.org for more information or to view the 2016 Shape of the Nation report

GAHPERD Future Dates

September 15, 2016

West District Workshop

University of West Georgia—Carrollton

November 6-8, 2016

GAHPERD Annual Convention

Savannah

January 26-28

Share the Wealth Physical Education

Conference—Jekyll Island



Membership

Are you interested in health, physical education, recreation or dance? Do you have passion and commitment for physical activity and wellness? Do you believe we can do more to help others and better prepare students for a lifetime of health and physical activity? Do you want to join the advocacy efforts of other dedicated professionals to pave the way toward a healthier generation of individuals? Do you believe in the power of numbers?

Join GAHPERD!

For more information, visit www.gahperd.org, contact Kim Thompson, Executive Director of the Georgia Association for Health, Physical Education, Recreation and Dance (kthompson.gahperd@att.net).

Mission Statement

GAHPERD, Inc. is a non-profit organization for professionals and students in related fields of health, physical education, recreation and dance. GAHPERD, Inc. is dedicated to improving the quality of life for all Georgians by supporting and promoting effective educational practices, quality curriculum, instruction and assessment in the areas of health, physical education, recreation, dance and related fields.