

**Summer 2018**

# **THE GAME**

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



In this issue of The GAME, you'll find

- Special event at the University of West Georgia—district workshop for health and physical education
- Seven pages of physical education topics, including coaching and officiating, goal setting for physical activity, quality physical education, comprehensive school physical activity programs, and the use of dodgeball in physical education;
- Numerous promotional events and related advertisements.

We hope you have enjoyed a productive, learning experience in your professional setting during the 2017-2018 academic year. Georgia AHPERD will continue to be a great source for professional development and networking opportunities, continuing throughout the 2018-2019 academic year. We encourage you to check out some of the professional development opportunities GAHPERD offers, especially the annual convention in Athens, October 14-16!

## **Newsletter Highlights**

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# **President's Message**

## **Fall 2018**

As a student I looked forward to all of the new friends and experiences a new school year promised. As a teacher it took a little “self-talk” at times to bring that same enthusiasm to transition from a relaxing summer to a busy September. As a recent retiree I’m not sure what emotions will come this Fall, but I know there will be a part of me that will miss the shine of the freshly waxed gym floor and the sounds of excited students awaiting the start of class.

The 2018-2019 school year will be the beginning of positive changes for Georgia’s health and physical education programs:

On May 3, 2018 the new Georgia Standards of Excellence for K12 Physical Education were approved. Voluntary implementation will take place in 2018-19 with full implementation going into effect 2019-2020.

There is growing support for the reinstatement of the middle school HPE requirement in Georgia. During a meeting with state school board leaders, GAHPERD representatives informed the board that 30% of 6th graders are not enrolled in physical education classes and 26% are not receiving health instruction. The state board members in attendance voiced their support to making sure all middle school students are provided with quality health and physical education programs.

After meeting with PSC representative, Kelli Young, GAHPERD formed a task force to eliminate the GACE-IN certification option for health and physical education. The task force is currently gathering data to support this position and plans to present the rationale to the PSC by the end of the year.

HB 273, the “Recess Bill”, passed the Georgia Senate with a 50-0 vote. The passage of this bill is an important step in providing Georgia’s children with opportunities to engage in physical activity.

GAHPERD has been actively advocating for these changes and will continue to support Georgia’s health and physical education teachers. Highlights for this year include the following:

GAHPERD membership is at 663, an increase of 121 since 2017.

The South Eastern District Workshop was held May 1 at Valdosta State University with 103 participants.

The Robert W. Moore Summer Institute met June 7-8 at Kennesaw State University with 48 participants.

Emily Adams, GAHPERD Board member, led a professional development for Houston County physical education teachers in February.

The Northwest District Workshop is planned for September 18 at the University of West Georgia.

We have been busy! With so much more to accomplish, I invite you to join us at The Classic Center in Athens for the 2018 GAHPERD Convention.

Dr. JoAnne Owens-Nauslar, a popular health and fitness motivational speaker from Lincoln, Nebraska and one of the country’s most vocal personalities on the issue of physical activity, is scheduled as the keynote speaker.

**BE THE ONE!**  
Babs Greene, GAHPERD President



To all of our GAHPERD Members,

The GAHPERD Executive Board highly values our members and invests consistent efforts to meet your expectations. Unfortunately, due to changes in the working relationship between the American Heart Association and SHAPE America, we have been forced to adjust our operating budget. The Board has voted to discontinue GAHPERD publications. For many of you, this will go unnoticed as the periodicals are currently available online. We stopped mailing out the printings several years ago as a cost saving measure. All of the previous online journals will remain on our website for your reference as needed. We have discussed the possibility of producing ONE “year in review” publication for all to see in the coming years. We will keep you posted on the progress.

September 2018 will mark the final issues of GAME and the GAHPERD Journal. We will continue to keep our members updated and informed by providing relevant articles, advocacy issues, and announcements through the GAHPERD website and social media and email communications.

We appreciate your membership and invite you to stay engaged through [gahperd.org](http://gahperd.org) and following GAHPERD on Facebook, Twitter @gahperd, and Instagram.

Sincerely,

Babs Greene  
GAHPERD President



Sponsored by Georgia Shape, Georgia Department of Education, & Georgia Association for Health, Physical Education, Recreation, and Dance

*Physical Education*

# **PROFESSIONAL DEVELOPMENT WORKSHOP**

**September 18, 2018**

**8 am - 3 pm**

**UWG Coliseum**

**First 30 Registrants Receive Funding For Full Day Sub**

Register by sending an email to

[Georgia.Shape@dph.ga.gov](mailto:Georgia.Shape@dph.ga.gov)

**Day to include: Fitnessgram booster session,  
effective teaching and student learning in  
physical education, large group games, and more!**





Wanted  
**MOVERS  
& SHAKERS**

If you...

- ✓ Enjoy helping others achieve their goals
- ✓ Want to make a difference in the lives of children and youth
- ✓ Enjoy sports and physical activities
- ✓ Want a career with growth opportunities and security
- ✓ Want a fun work environment with summer flexibility

**A Health & Physical Education career is for you!**



## What we do

Health and physical educators are making a lasting impact on the future health of America.

We take pride in helping students understand the importance of living a healthy and active lifestyle and prepare them with the skills and knowledge to live their best life.

“

Being in the field of Health and Physical Education has provided me with opportunities to share my love of movement with students. In doing so, I have been able to impact their physical activity for a lifetime!

Dr. Brian Mosier

## Did You Know?

- ✓ Health and physical education is required subject matter in all 50 states and the District of Columbia.
- ✓ Teacher demand is projected to increase 14% from 2010 to 2021.
- ✓ Many states require individuals be licensed to teach.
- ✓ Health and Physical Education teachers earn a median salary of \$54,720 per year.

**Share this information with a potential student!**

# **Southeast District Workshop**

## **Valdosta State University**

**M A Y 1 , 2 0 1 8**  
**8 : 0 0 A M - 4 : 0 0 P M**

**Special Thanks!**

The 2018 Southeast District Workshop was again hosted at Valdosta State University on May 1, 2018 in conjunction with the Coastal Plains RESA, OPEN, and US Games.

Participants received a free one-year membership to GAHPERD with a 1,000,000.00 liability insurance coverage, monthly email information about HPE events and happenings, special access to areas of the GAHPERD website, access to a network of quality professionals, and a catered lunch! Topics included: angleball, strength and conditioning activities, yoga, dance, tennis, and many other large group activities—all of that for only \$35.00

Contact Dr. Sonya Sanderson if you have any questions:

Email: [slsanderson@valdosta.edu](mailto:slsanderson@valdosta.edu)

Phone: 229-333-7170



### **2018 Featured Presenter**

**Nichole Wilder**

**OPEN National Trainer**

**Courtesy of US Games**



# Thank to those who attended the 2018 Southeast District Workshop!



# ROBERT W. MOORE

# SUMMER INSTITUTE

Special Thanks!



**June 7-8, 2018**

**Convocation Center**

**Kennesaw State University**

The Robert W. Moore Summer Institute is an annual professional development event hosted by GAHPERD and the Metro District.

Check out [www.gahperd.org](http://www.gahperd.org) for details!

Who was Robert W. Moore?

Robert W. "Bob" Moore was a professional who dedicated his life to the improvement of health, well-being, and physical activity for children, youth, and adults. He provided outstanding leadership in the areas of health, and physical education at the state, district and national levels for over 30 years, and served as a mentor and positive role model for innumerable students, teachers, parents and professional colleagues.

# 2018 GAHPERD CONVENTION



**October 14-16, 2018**

***The Classic Center  
Athens, GA***



**Visit [www.gahperd.org](http://www.gahperd.org)  
for more information**



## 2018 PETE & HETE Conference

**October 16-20, 2018 — Salt Lake City, UT**

The 2018 Physical Education Teacher Education (PETE) and Health Education Teacher Education (HETE) Conference will showcase exemplary research and practical applications used in the preparation and continuing development of health and physical education teachers. This year's conference, "Creating Healthy and Active Schools: The Roles of PETE and HETE certainly help professionals

- Discover innovative and exemplary methodologies and practices in the preparation and continuing education of physical education and health education professionals;
- Explore issues and solutions in the PETE/HETE field;
- Share research and collaborate on new ideas;
- Network with physical education and health education teacher educators from across the country; and
- Participate in opportunities to advance 50 Million Strong through pedagogy.



# SAVE THE DATE

## SHARE THE WEALTH PE CONFERENCE

January 24-26, 2019

[www.sharethewealthpeconference.com](http://www.sharethewealthpeconference.com)



## **AHA Partnership Concludes After Nearly 40 Years**

**The message below is from the SHAPE America CEO Stephanie Morris regarding the conclusion of the partnership between the American Heart Association (Jump Rope and Hoops for Heart), SHAPE America, and all state affiliates including Georgia AHPERD.**

In the later 1970s, physical education teacher and SHAPE America member Jean Barkow of Milwaukee's Riverside High School held the first "Jump-Rope-a-Thon" to build community spirit and get students excited about physical activity, all while raising money for her local American Heart Association Chapter.

Jean's event was a big success and other schools soon held events of their own. Shortly thereafter, the Jump Rope For Heart program was launched nationwide, co-sponsored by SHAPE America and the American Heart Association.

Now, 39 years later, Jean's vision and passion have impacted millions of children, teachers, and families who know more about heart health and the importance of physical activity because of their participation in the Jump Rope For Heart—and Hoops For Heart—programs.

In schools across the country, these programs have instilled students with a sense of pride and altruism through their fund-raising efforts for heart-health research. Students have also experienced moments of pure joy by accomplishing their goals and celebrating alongside their peers and teachers.

These programs have had significant impact on schools and communities nationwide and we are truly grateful for the tireless dedication of our members and the countless volunteers who have ensured the success of JRG/HFH.

Over the decades, the partnership between SHAPE America and the American Heart Association has evolved, and the needs of our members have changed.

After nearly 40 years, it's now time for SHAPE America and our state affiliates to head in a new direction with Jump Rope For Heart. On July 1, 2018, the Joint Project partnership between SHAPE America, its 51 state affiliate organizations, and the American Heart Association will conclude.

Although the time has come for this partnership to end, we remain committed to providing you with the tools and resources you need to help students live their best life through effective health and physical education.

We are also excited about new opportunities and partnerships on the horizon that will give you more choices for school-wide programs that get students and families excited about health, physical education and physical activity—all while raising much-needed funds for your school and community.

As the school year comes to a close, I wish you an active and healthy summer and look forward to an exciting year ahead. If you have any questions or comments, please don't hesitate to contact me directly at [smorris@shapeamerica.org](mailto:smorris@shapeamerica.org)

Best,  
Stephanie Morris  
CEO, SHAPE America

# Physical Education and Coaching

by Brent Heidorn

Many K-12 physical education teachers in Georgia are also active sport coaches within their school, district, or local community. This additional responsibility includes numerous tasks related to organizing practices, managing players, preparing budgets, working with administrators and parents, and maintaining the facilities and equipment. In addition, coaching more than one sport each academic year is not uncommon. Some physical education teachers and coaches are prepared for a coaching role through rigorous coursework, volunteer experiences, and mentoring opportunities.



Others learn by doing by on-the-job opportunities, or based upon previous experiences as an athlete. Unfortunately, some coaches prepare very little for this extensive, meaningful role, resulting in poorly planned practices, frustrated players and parents, and little thought about player development from a strong philosophical approach.

The next several issues of the GAME will include brief documents focusing on one or more related issues for the physical educator and coach. There is not a one-size-fits-all method for quality coaching, and certainly no guarantee for positive outcomes, if one focuses on the scoreboard alone. Rather, it is intended that a review of these artifacts, based upon effective teaching and sport-related research, working with several experienced athletic coaches across all levels, and conducting informal and formal research efforts will add to the literature in a way that promotes quality programs, student learning, and enjoyment for all involved. It is assumed that a few wins (or more) will also happen!

This issue of the GAME highlights the **second** topic, philosophy. The content is related to the development of a sound coaching philosophy based upon one's personal experiences, coaching style, and coaching objectives. A coaching philosophy should be the foundation from which the season is developed. It should be shared with assistant coaches, athletes, parents, school administrators, and when possible, other stakeholders. We hope you take the opportunity to review this topic, consider modifying your coaching efforts needed, and do what you can to support a positive environment at your school and within your sport. I welcome your thoughts and correspondence via email ([bheidorn@westga.edu](mailto:bheidorn@westga.edu)).



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# Coaching 101: Developing a Coaching Philosophy...

by Brent Heidorn

In preparation for a career in coaching, or more specifically, the next season in which you plan to coach, all coaches should carefully consider their personal philosophy of coaching. This might include the principles and ethics surrounding the sport, management of players, personal reasons for coaching, and an assortment of other related issues. Considering the following examples of questions might further influence one's coaching philosophy:

- What is of most importance during the season?
- How do I develop skills among the athletes?
- How much conditioning do the athletes need?
- How will I discipline and/or reward the athletes?
- How should parents of players be involved with the team?



The above questions are not intended to influence everything a coach does during the season, but should at least encourage him/her to think carefully about how decisions will be made. A coaching philosophy helps determine how the coaching staff will interact with players, their parents, fellow coaches, and officials. A good philosophy removes uncertainty, including training rules, style of play, discipline, codes of conduct, competitive outlook, and short- and long-term objectives.

- If minimal consideration is given to the philosophy, it will be insufficiently developed.
- If the philosophy is inflexible, the coach will be less productive in achieving objectives.
- If the philosophy is incongruous with society, the coach will face repeated frustration.

Samples of coaching philosophies can be found, but owning your philosophy is important. Coaches might gravitate toward the personal philosophy of others, but should also develop a philosophy on their own, not acquired from only one source. The following is a sample of five pillars of a coaching philosophy that could be further developed and shared among participants.

- Performance
- Playing Time
- Preparation
- Professionalism
- Promotion

Developing a coaching philosophy may be years in the making. But starting early in one's career will help ensure consistencies in a variety of ways, success according to one's objectives, and enjoyment by all those involved.



# Setting Goals for Health and Physical Activity

by Brent Heidorn

When helping students set goals for health and physical activity, listed below are 11 basic recommendations, each with a sentence or statement of clarification and an example. Consider how you might apply these concepts with your students. Remember to help students set goals that are **Specific**, **Measureable**, **Attainable**, **Results-Oriented**, and **Timely**.

## Match the goal setting intervention to the developmental stage of the participant

Clarification: If students are new to physical activity, set a simple, basic goal; if they are advanced, set a more challenging goal that helps them reach new heights.

Example: Third graders can focus on drinking no more than one soda each week; Student athletes can focus on participating in fitness conditioning for 30 minutes 3x/week at 70% THR zone.



## Provide and develop strategies for cues

Clarification: Identify any prompts that help or hinder progress. Posters? Social Media? Other?

Example: Are posters available as reminders to participate in physical activity? What pictures are in the gym?

## Make fitness and physical activity enjoyable

Clarification: Why do physical education programs often have students participate in fitness activities that are not fun? Not all students like sprinting, climbing, and doing push-ups.

Example: Should we be asking students to do bear crawls, when we know they do not enjoy bear crawls?



## Allow for student choice

Clarification: Encourage students to select activities they enjoy, so they are more likely to continue participating.

Example: Make a list of enjoyable physical activities that are relevant for specific students. Encourage them to identify ways to participate in the activities that are right for them. Consider sending a list of possible activities home so students can review the list with their parents or others.



## **Identify methods of accountability**

Clarification: Who can help hold students accountable for meeting health and physical activity goals? We all need accountability.

Example: Invite friends, parents, teachers, etc. to remind students and hold them accountable for their goals. Identify at least one person.

## **Consider developing a contract**

Clarification: As adults, we are responsible for many contracts in our lives (mortgage, car payment, bills, etc.). They help us meet our goals.

Example: Ask students to develop a contract

that is signed by them and someone else, who will help hold the student accountable.

## **Reward students for participation**

Clarification: Students, especially when new to goal setting, will benefit from extrinsic rewards

Example: Consider stickers, smiles and high-fives, or other tangible ways to recognize student achievements. This might include coupons, certificates, or school-wide announcements.

## **Provide individual feedback**

Clarification: Discuss goals as a class and with individuals. Give students updates on their progress. If you see improvement, tell them.

Example: "Great job completing 10 more push-ups this week, Tom! Consider adding curl-ups now too. Keep up the good work!"

## **Encourage students to reward themselves**

Clarification: If/when students are successful, even in small ways, encourage them to reward themselves with something they enjoy.

Example: "I exercised for five consecutive days this week, so I'm going to celebrate with an ice cream sundae."



## **Set flexible goals**

Clarification: If a goal is too strict, too rigid, or too difficult, it can become a discouragement.

Example: "I will not drink a soda in 2018." What happens if a student "messes up" early in the year—the goal is no longer attainable. Set goals that aren't "ruined" if one mistake is made.

## **Connect student-developed goals with additional levels of social support**

Clarification: In addition to accountability, we typically enjoy participating in health and physical activity endeavors with others, for a variety of reasons.

Example: Identify health and physical activity goals that can be done with one or more friends/parents. The social benefits can be tremendous. This might include eating more fruits and vegetables—with friends; going on a hike—with family, etc.

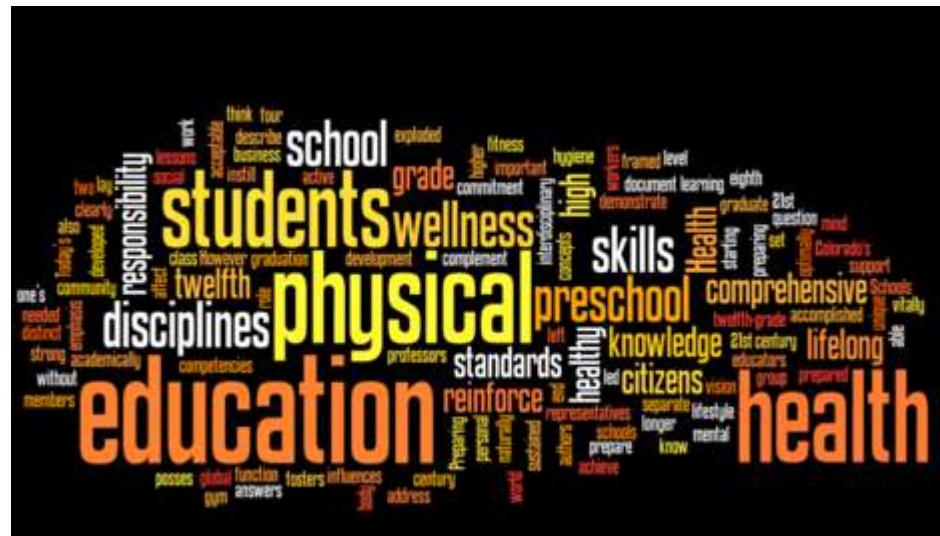
"The trouble with not having a goal is that you can spend your life running up and down the field and never score." —Bill Copeland

# Why is Physical Education Important?

Many teachers and other stakeholders (administrators, parents, community members, etc.) recognize the importance of educating the whole child. Recent emphasis in Georgia has used similar terminology to identify areas of needed funding, academic focus, and related concerns. Physical education programs have been included in the discussion (and for good reason) consistent with whole child development approaches. If, however, physical education programs in Georgia are to be viable academic subjects during the school day, quality education in the programs must be regularly practiced where student learning is a key focus. What then, might we consider to be a “quality physical education program?”

## **Quality Physical Education**

by Brent Heidorn



# What is a CSPAP?

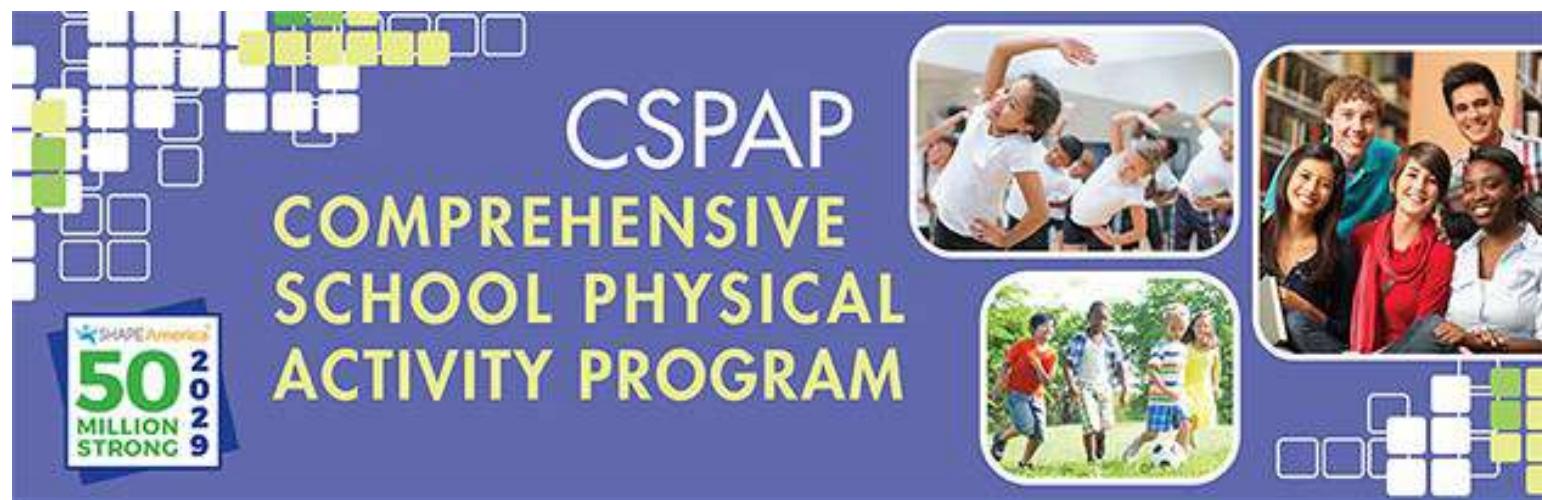
A Comprehensive School Physical Activity Program (CSPAP) is a multi-component approach by which school districts and schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: physical education as the foundation; physical activity before, during, and after school; staff involvement; and family and community engagement.



The goals of a CSPAP are:

1. To provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity each day.
2. To provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education.

by Brent Heidorn



# Should We Play Dodgeball?

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Despite multiple attempts to discourage the use of dodgeball in physical education, many teachers in programs continue encouraging and/or requiring students to engage in dodgeball activities. SHAPE America—Society of Health and Physical Educators recently published a new edition of the position statement on dodgeball, emphasizing that dodgeball is *not* an appropriate physical education activity.



The current position statement includes discussion focused on positive school climate and appropriate social behavior, arguments against including dodgeball in health and physical education programs, the goal of physical education, and a concluding statement.

## From the Position Statement:

“Dodgeball is an activity in which the sole purpose is to eliminate players by hitting them with an object. SHAPE America acknowledges that physical educators can make modifications to the traditional game of dodgeball in an effort to mitigate its negative effects. Even with such modifications, however, offering dodgeball in physical education class or other times during the school day serves only to alienate many students from physical activity. Instead, educators should choose to offer activities that help all students become physically literate individuals and that contribute to a positive school climate” (SHAPE America, 2017).

For more information, go to this link:  
<http://www.shapeamerica.org/advocacy/positionstatements/pe/>



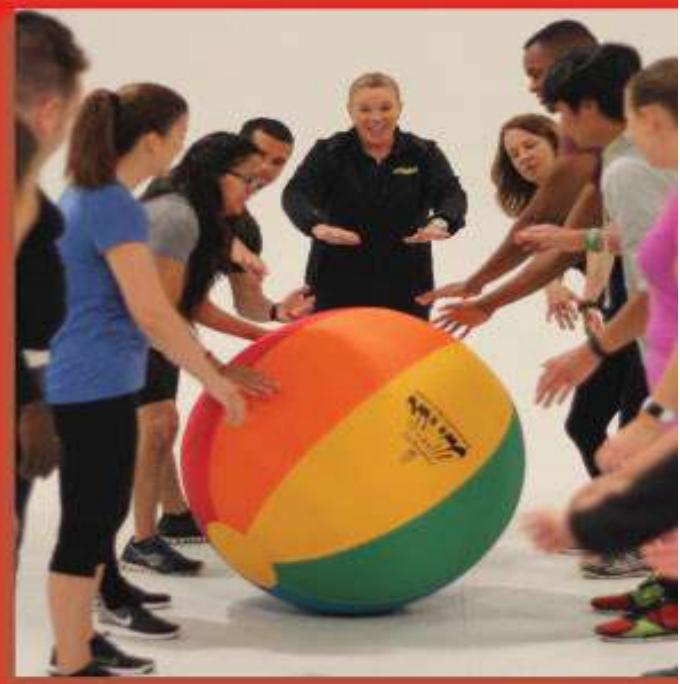
**ACTIVE. HEALTHY. HAPPY.**

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](mailto:randy.olmstead@sportime.com)  
(404) 353-0148





## Liability Insurance Added to Member Benefits!

Just in case you need another reason to join GAHPERD, we've now added liability insurance coverage to your member benefits! This comes at no extra cost to you. That's right! All members of GAHPERD as of 11/30/16 now have a \$1,000,000 general liability insurance policy for work-related activities! This includes teaching and coaching activities!

Only members who were current as of 11/30/16 have this member bonus. Anyone joining as a new member or is re-joining after a lapse in membership after 11/30/16 will not be covered until 11/30/17, if the policy is renewed.

Have specific questions? Contact Executive Director Kim Thompson at [kthompson.gahperd@att.net](mailto:kthompson.gahperd@att.net).

**Coverage:** General Liability

**Insurance Company:** HCC Specialty (A+ A.M. Best)

**Policy Period:** 11/30/16 to 11/30/17

### What are you covered for:

Claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

### Policy Limits:

General Aggregate	\$1,000,000 (per member)
Products/Completed Operations	\$1,000,000
Personal & Advertising Injury	\$1,000,000
Each Occurrence	\$1,000,000
Damage To Premises Rented To You	\$300,000
Medical Expense	Excluded
Sexual Abuse/Occurrence	\$50,000
Sexual Abuse Aggregate	\$100,000

Georgia  
proudly supports



Count Us In!

# Reaching Our Goals

“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 life-style?**





## 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.

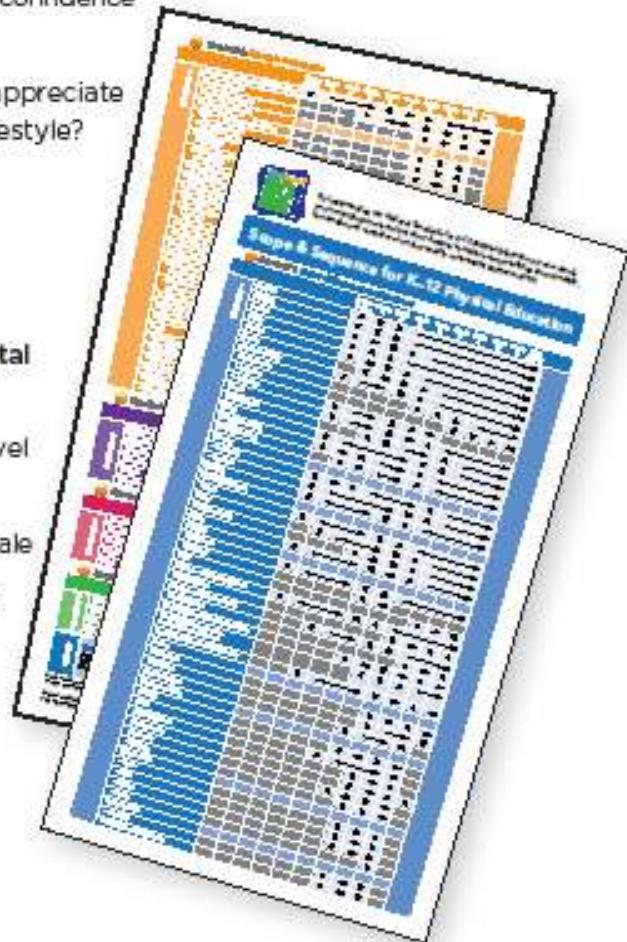
How do we plan to get today's youth to understand and appreciate the importance of living a physically active and healthy lifestyle?

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](http://shapeamerica.org/number) for more information.

# TEACHERS TAKE

# 5

As an educator, you often put your students' needs before your own. Your health can have a great impact on your physical, mental, and social well-being, as well as on your students and colleagues.

**WHAT IS YOUR FAVORITE WAY TO TAKE **5 MINUTES** THAT LEAVES YOU FEELING HEALTHY AND HAPPY?**

BREATHE AND FOCUS

EAT HEALTHY

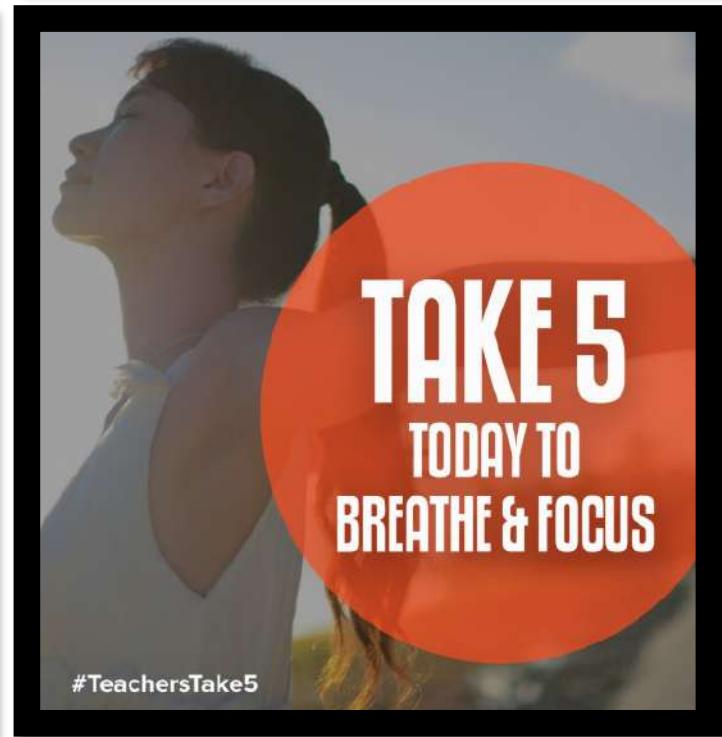
STRETCH AND MOVE

DRINK WATER

FIND STRENGTH IN NUMBERS

TEACHERS TAKE

# 5



**GAPHERD supports #TeachersTAKE5  
and school employees' health**





Go to [www.shapeamerica.org](http://www.shapeamerica.org) for more information or to view the 2016 Shape of the Nation report

## GAHPERD Future Dates

September 18	District Workshop at the University of West Georgia	
October 14-16	Georgia AHPERD Fall Convention	Athens, GA
October 16-20	2018 PETE & HETE Conference	Salt Lake City, UT
January 24-26	Share the Wealth PE Conference	Jekyll Island, GA
April 9-13	SHAPE America National Convention Tampa, FL	

## 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](http://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