



The GAME

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

Spring, 2016

District Workshop at Valdosta State University

Georgia AHPERD recently sponsored a district workshop held on the campus of Valdosta State University, May 3, 2016. The Southeast district workshop, directed by Dr. Sonya Sanderson and co-hosted by the local Coastal Plains RESA was extremely enjoyable, beneficial, and included over eight hours of professional development opportunities. Featured speakers included **Brian Devore (Cobb County Schools)**, **Dr. Eugene Asola (VSU)**, **Dr. Sonya Sanderson (VSU)**, **Dr. Han Chen (VSU)**, **Dr. Brent Heidorn (UWG)**, **Evan Pettyjohn (Berkmar High School)**, **Dr. Matthew Grant (VSU)**, **Brack Hassell (Troup County Schools)**, **Lori Howard (VSU)**, and **Austin Strabala (VSU)**. More than 70 participants engaged in the professional physical education workshop, focused on topics including online physical education, fitness, badminton, exergames, skill development, creative movement, low organization games, concussion management, and edTPA . Be sure to see the pictures in this newsletter and on the website (www.gahperd.org).

Make plans now to join us for three additionally scheduled professional development opportunities:

**Robert W. Moore Summer Institute
June 14-15, 2016, Gwinnett County, GA**

**GAHPERD West District Physical Education Workshop
September 15, 2016, Carrollton, GA**

**GAHPERD Annual Convention
November 6-8, 2016, Savannah, GA**

View this newsletter for additional pictures from the recent workshop at VSU, beginning on page 2!

Highlights in this Newsletter:

Featured Focus

Southeast District Workshop (1-9)

Special Messages

If It Is Worth Learning, It Is Worth Celebrating (10)

Summer Institute (11)

Sponsor Messages and Advertisements

SPARK (12)
Graduate Programs (13-14)
Coaching Education (15)

Advocacy

50 Million Strong! Let's Move! Active Schools (16-19)
Jump and Hoops for Heart (20-22)

GAHPERD Convention

(23)

Future Dates (24)



Welcome to Valdosta
State University

Georgia AHPERD
Southeast District
Workshop
May 3, 2016





US Games Taught by Brian Devore



Badminton Taught by Eugene Asola and Sonya Sanderson

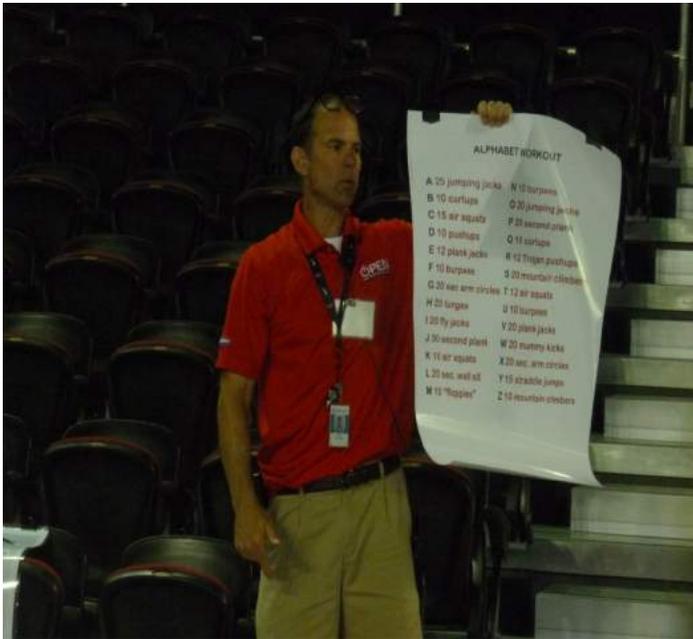


Skill Development and Physical Fitness Taught by Brent Heidorn



Fast and Furious Fitness Taught by Brian Devore





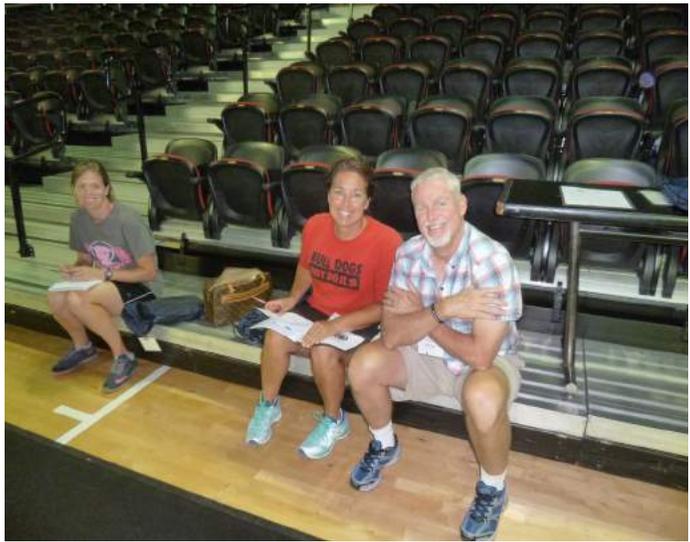
A graphic featuring five black silhouettes of runners in various stages of a running stride, positioned above the word "FITNESS" in a large, bold, black, sans-serif font. A horizontal line is positioned below the word.



No Equipment
No Problem
Taught by Brack Hassell



Physical Education Friends



If It Is Worth Learning, It Is Worth Celebrating...

Brack Hassell, Troup County Schools, LaGrange, GA

Imagine all of your students diligently working away in your classroom toward a goal that might be close to impossible to accomplish. At the last moment someone pulls out a miracle and all of a sudden it happens...

The lights go down, a disco ball comes out, the soul shaking bass music comes on and your students go bonkers with an all out dance party. A true celebration of an accomplishment.

While this might seem unrealistic. I witnessed this very thing at The Ron Clark Academy several years ago in a middle school math classroom. The celebration lasted thirty seconds. When it was over the lights came back on, the disco ball stopped spinning, the children climbed down from their desks and the learning continued on. What an odd scene. At the time I was dumbfounded but the moment struck a chord with me. I wanted that kind of passion in my gym!

So I started celebrating learning and accomplishments in the gym. All my first grade students jump rope ten times without a mistake? Dance party! Fifth graders knock over all of the bowling pins before time runs out by making mature overhand throws and rolls? All out dancing and mayhem! A class breaks a "school record" in a team building game? It looks like an overtime buzzer beater college basketball game court storming in my gym!

These moments bring a smile to every child in my gym. Beyond fun and a smile, the most important thing these moments do is motivate all of my students to participate and to focus on improving their own skills. It has brought in some of those students who always found a way to avoid physical activity. It has helped me include the student who always feels left out. We make progress together and we celebrate hard together!

A little celebration can change the attitudes and behaviors of your students for the better. Find a way to make this a reality in your own classroom. Break out your cd player, flick the lights on and off and celebrate some learning! I promise you it will transform your classroom.



Special thanks to Brack Hassell for submitting the content on this page. Brack can be reached at the following email address: hassellbs@troup.org

The Robert W. Moore Summer Institute

An annual professional development event

Hosted by GAHPERD and the Metro District

Supported by our corporate partner **SPARK**

Hosted at Creekland Middle School

Gwinnett County, June 14 & 15, 2016

Hours will be 8:30 AM - 2:30 PM each day

One PLU will be available

Lunch is included

Pre-registration deadline is May 31, 2016 (www.gahperd.org)

On site registration available





Active.
Healthy.
Happy.

What is SPARK?

SPARK: Countering Childhood Obesity Since 1989 SPARK is dedicated to creating, implementing, and evaluating research-based programs that promote lifelong wellness. SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students. Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment. - See more at: <http://www.sparkpe.org/what-is-spark/#sthash.IBsB7rtX.dpuf>

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.Ed.)

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



LEVEL 1 SCHOOL

JUNE 19-21, 2016

*UNIVERSITY OF NORTH CAROLINA-GREENSBORO
GREENSBORO, NC*

EARLY REGISTRATION DISCOUNT EXPIRES JUNE 5th!

Save \$50! LIMITED SEATING EVENT

[http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Calendar-of-Schools/
Level-1/2016/UNCG.aspx](http://www.usatf.org/Resources-for---/Coaches/Coaching-Education/Calendar-of-Schools/Level-1/2016/UNCG.aspx)

Complete introduction to the **science and **technique** behind
successful track and field coaching**

Excellent springboard for the beginning coach

New ideas and thoughtful review for experienced coaches

Outstanding opportunity to network, learn, and grow

Prerequisite for advanced USATF Level 2 Certification

Presented by trained USATF Lead Instructors

Join the ever-expanding USATF Level 1 coaching community

**Enjoy a great weekend of Track & Field education,
networking, and professional development**

The Level 1 curriculum has been accredited by NCACE, the National Council for Accreditation of Coaching Education. This generally makes it eligible for Continuing Education Credit for Strength and Conditioning Coaches as well as medical (sports medicine specialists, trainers, massage therapists etc.) and educational professionals.

Coaches of Track and Cross Country - especially Middle School, Youth, High School, College, and Masters will be interested in this program. Coaches of Adult Running Clubs and Triathlon Coaches will find this course of value (worth 3 USAT CEU's for USAT Certified Coaches).

**Georgia
proudly supports**

 **SHAPE America[®]**

50 **2**
MILLION **0**
STRONG **2**
9

Count Us In!



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.

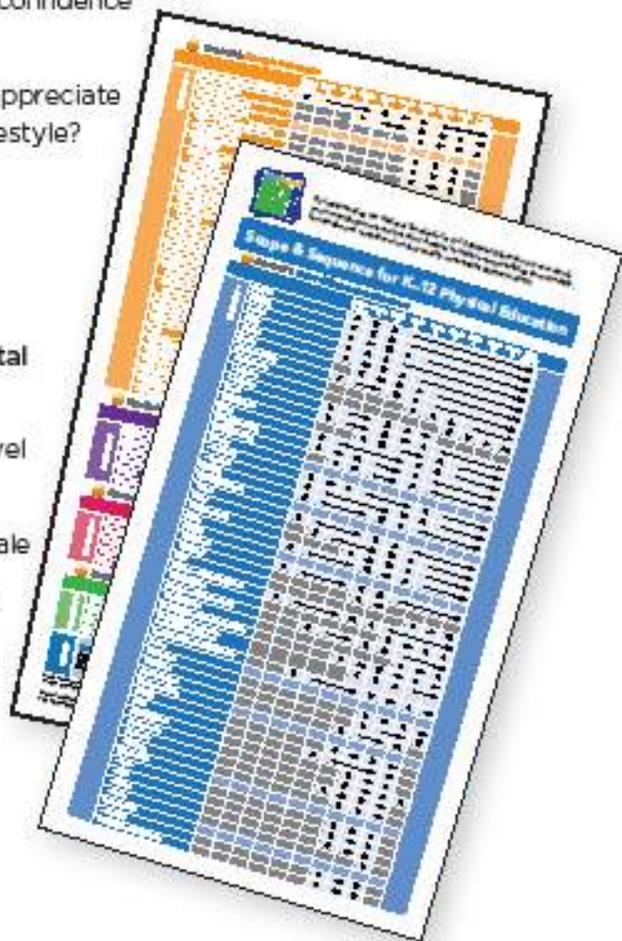
How do we plan to get today's youth to understand and appreciate the importance of living a physically active and healthy lifestyle?

One student at a time.

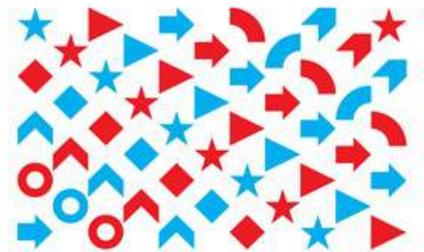
Say "Count Me In" today!

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.



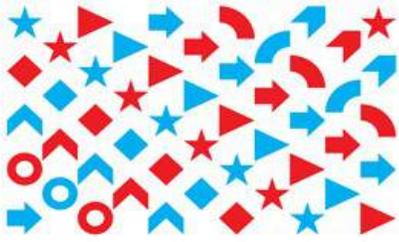
Let's Move! Active Schools

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

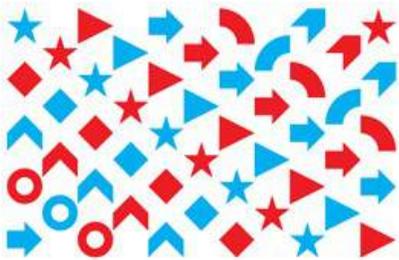


Let's Move. Active Schools

Be a Champion.

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

Sign up at letsmoveschools.org



Let's Move. Active Schools

Active Kids Do Better.

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

Sign up at letsmoveschools.org





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 16. 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.



It Takes Heart to be a Hero



HEART HERO

Allison, age 5

"I was born with L transposition 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.

Funds raised through Jump Rope 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 this great event and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.



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

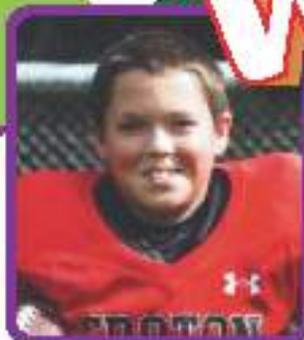


American Heart Association.

Life is 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 fundraiser at my school for the Jump Rope/Hoops For Heart event. My wish is to be the top fundraiser again this year because it is such an important cause for me."

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.

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

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 this great event and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.



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

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.

In addition to attending the conference, we hope that you will submit a program proposal to share your expertise with our members. The program proposal deadline is **May 31, 2016** and the online proposal form is found at <http://www.gahperd.org/2016-convention.html>.



NATIONAL PHYSICAL EDUCATION & SPORT WEEK MAY 1-7

SHAPE America
50
MILLION
STRONG
2029



#SHAPE50Million

5 0 0 0 0 0 0
Our Commitment



 **SHAPE America**[®]
southern district
conference 2017
January 10-13 • Baton Rouge, LA
#SHAPEsouthern



GAHPERD Future Dates

June 14-15, 2016

Robert W. Moore Summer Institute—Gwinnett County

September 15, 2016

West District Workshop—Carrollton

November 6-8, 2016

GAHPERD Annual Convention—Savannah



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.