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## The GAME

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

Spring, 2017

## 2017 Georgia AHPERD District Workshops, Speak Out! Day, Upcoming Events and More

With summer right around the corner, plenty of exciting opportunities have taken place within the past few weeks, with additional professional learning coming in the near future.

### Three recent events include

- ◆ National Speak Out! Day sponsored by SHAPE America
- ◆ Georgia AHPERD Southeast District Workshop at Valdosta State University
- ◆ Georgia AHPERD Northwest District Workshop at the University of West Georgia

### Additional upcoming events include

- ◆ Robert W. Moore Summer Institute (May 31 & June 1, 2017)
- ◆ Georgia AHPERD annual convention (October 8-10, 2017)

For recent pictures of Speak Out! Day and the district workshops, see pages 2-10 of this newsletter.

Southeast District  
Physical Education

Workshop

Valdosta State

University

May 2, 2017





# Northwest District Physical Education Workshop

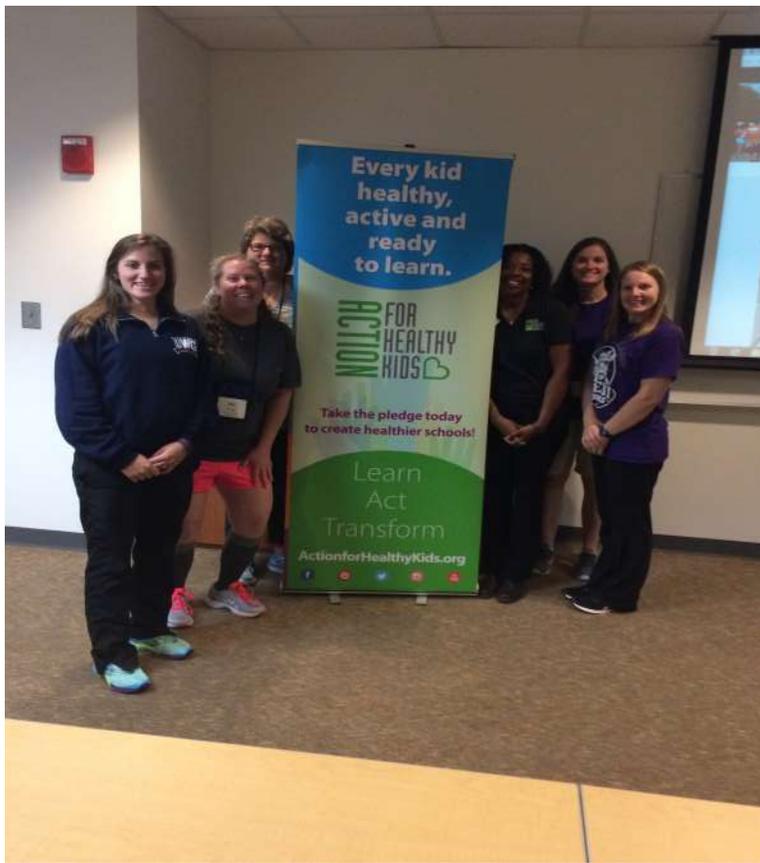
University of  
West Georgia

May 4, 2017









Special thanks for Amy Young, Northwest District Representative, for organizing a great professional learning opportunity.





## Speak Out for Health and Physical Education



## ***GAHPERD Members Attend SHAPE America Speak Out! Day***

Seven GAHPERD members attended SHAPE America's Speak Out! Day event in Washington, DC April 26. Our contingent joined over 200 other attendees from 45 states. This annual event enables our representatives to speak with Georgia's Congressmen regarding issues pertinent to health and physical education. Funding for the Every Student Succeeds Act (ESSA) was the primary focus this year. Our GAHPERD group asked for full budget support on all Title IV and Title II funding that was designated in this bi-partisan bill signed into law in December, 2015. As Congress develops the 2017 and 2018 budgets, it will be imperative that we make our voices heard. This will be the first time health and physical education programs are eligible to receive these funds. Visit our GAHPERD Advocacy page for further updates and information (<http://www.gahperd.org/advocacy.html>).









# 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.

**CSPAP**  
**COMPREHENSIVE**  
**SCHOOL PHYSICAL**  
**ACTIVITY PROGRAM**

SHAPE America  
**50** MILLION STRONG  
2029

# 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.



Content in the current position statement includes discussion focused on positive school climate and appropriate social behavior, the goal of physical education, countering arguments for including dodgeball, 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  
(404) 353-0148



**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](mailto:jlund@gsu.edu)**

**Via phone at 404-413-8051 or visit GSU web site at [www.gsu.edu](http://www.gsu.edu)**

# 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](mailto:matgrant@valdosta.edu)**

**Phone: 229-333-5461**



## 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  | \$300,000                |
| Medical Expense               | Excluded                 |
| Sexual Abuse/Occurrence       | \$50,000                 |
| Sexual Abuse Aggregate        | \$100,000                |

# Advocate for Students with Disabilities

## Important News from the Supreme Court!

On Wednesday, March 22, 2017, the US Supreme Court unanimously ruled in favor of two parents of a child with autism spectrum disorder, finding that his school district in Colorado failed to provide him with a free and appropriate public education. More specifically, the court held that, "To meet its substantive obligation under the Individuals with Disabilities Education Act (IDEA), a school must offer an Individualized Education Program (IEP) reasonably calculated to enable a child to make progress appropriate in light of the child's circumstances" [Endrew F. v. Douglas County School District, No. 15-827 slip op. at 2 (22, 2017)] rather than provide a "merely more than de minimis" education program to a student with a disability. This is positive news for the children and youth that we serve in the classroom and gymnasium. For more information, please see the Slip Opinion linked here:



[https://www.supremecourt.gov/opinions/16pdf/15-827\\_0pm1.pdf](https://www.supremecourt.gov/opinions/16pdf/15-827_0pm1.pdf)

## Office of Special Education and Rehabilitation Services is seeking input on IDEA website!

If you are an Adapted Physical Educator, Inclusive Physical Educator, advocate, administrator, or parent, please take the time to visit the [IDEA.ed.gov](http://IDEA.ed.gov) and provide the Office of Special Education and Rehabilitation Services (OSERS) with feedback on their website. OSERS is specifically looking for the following:

- ◆ What are the resources you use most often at [IDEA.ed.gov](http://IDEA.ed.gov)?
- ◆ What additional information and/or functionality would you like to see included in the new IDEA site?
- ◆ Your title or role/designation (such as student, parent, educator, advocate, counselor, etc.).

This is a great opportunity for you to use your voice to specifically ask for more content related to physical education for students with disabilities.

Provide feedback using the following link:

<https://sites.ed.gov/osers/2017/03/department-of-education-seeks-comments-on-new-idea-website/>



**Georgia  
proudly supports**

 **SHAPE America<sup>®</sup>**

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

**Count Us In!**

Georgia  
proudly supports

SHAPE America®  
**50** 20  
MILLION 29  
STRONG 9

**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.

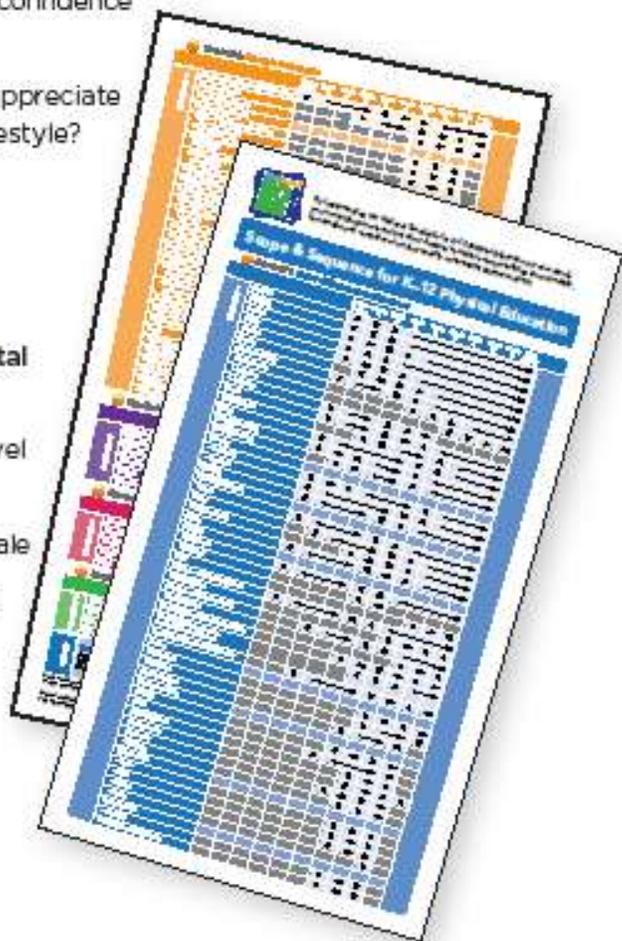
How do we plan to get today's youth to understand and appreciate the importance of living a physically active and healthy lifestyle?

One student at a time.

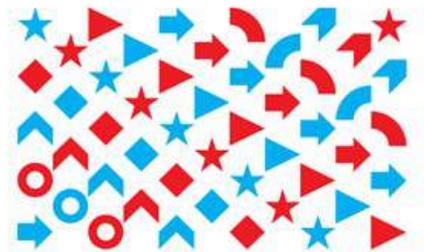
### Say "Count Me In" today!

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](https://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](http://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.



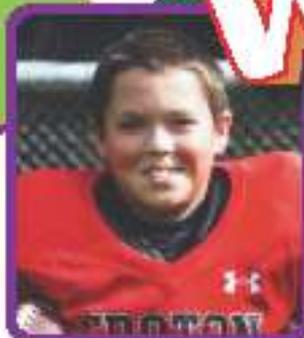


**American Heart Association.**

*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 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."*

### 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.

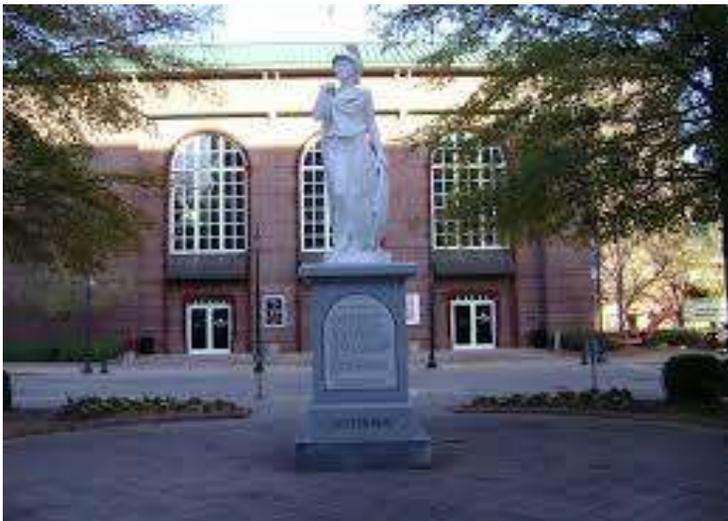
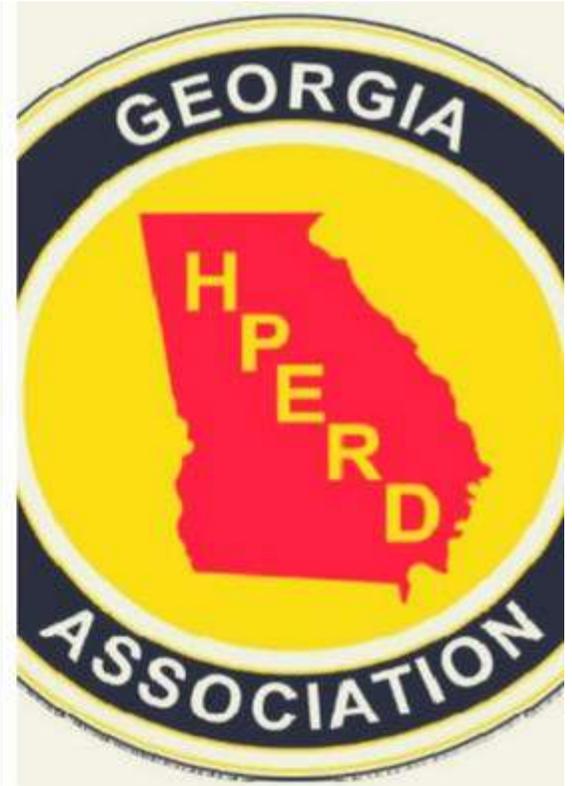


Georgia  
AHPERD  
Fall  
Convention

SOMEHOW WE'VE COME TO BELIEVE THAT GREATNESS IS ONLY FOR THE CHOSEN FEW, FOR THE SUPERSTARS. THE TRUTH IS, GREATNESS IS FOR US ALL. THIS IS NOT ABOUT LOWERING EXPECTATIONS; IT'S ABOUT RAISING THEM FOR EVERY LAST ONE OF US. GREATNESS IS NOT IN ONE SPECIAL PLACE, AND IT'S NOT IN ONE SPECIAL PERSON. GREATNESS IS WHEREVER SOMEBODY IS TRYING TO FIND IT.

FIND YOUR GREATNESS.

• OCT 8-10, 2017 •





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

|                     |   |
|---------------------|---|
| May 31-June 1, 2017 | Robert Moore Summer Institute, Campbell Middle School in Smyrna, GA |
| October 8-10, 2017  | Georgia AHPERD Annual Fall Convention, Athens, GA                   |
| January, 2018       | Share the Wealth Physical Education Conference                      |

## 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](mailto: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.