

Spring 2018

# THE GAME

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



Welcome to the first GAME in 2018! As you can see, the "face" of the GAME has changed, after three years of the same format. We hope you like the new color and design.

Each year, GAHPERD hosts the Share the Wealth Physical Education Conference in Jekyll Island, GA. The 2018 conference (Jan. 25-27) was valued and appreciated by many participants. Consistent things took place this year, now in its 31<sup>st</sup> year, like physical activity opportunities and movement-based sessions; special learning opportunities led by key presenters, including Don Puckett, Curt Hinson, Melanie Champion, and JD Hughes; numerous exhibitions; and the Friday night dance. If you were able to attend, we hope you loved every minute. The next three pages including some pictures from the conference. Mark your calendar now for Share the Wealth 2019!

In addition to Share the Wealth content in this newsletter, you'll find:

- Special event at the University of West Georgia—Dr. Edwin Moses—two-time Olympic Gold Medalist;
- Four pages of physical education topics, including 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.

## Newsletter Highlights

### Featured Focus

President's Message (2)  
Share the Wealth Physical Education Conference (3-5)  
Edwin Moses at UWG (6-8)

### Special Content

Call for Proposals (9)  
Goal Setting for PA (10-11)  
Why is Physical Education Important? (12)  
What is a CSPAP? (13)  
Should We Play Dodgeball? (14)

### Sponsor Messages and Advertisements

SHAPE America National Convention & Exposition (15)  
SPARK/Sportime (16)  
Liability Insurance through GAHPERD (17)  
50 Million Strong! (18-20)  
Let's Move! Active Schools (21)  
Jump and Hoops for Heart (22-23)

### Future Dates

SHAPE America, Summer Workshops, PETE & HETE Conference (24)

# President's Message

## Spring 2018

2018! What an exciting time to be a health and physical education professional in Georgia! It also marks a significant year in my career, as I retire May 31. Reflecting on a teaching career that began in 1976 led me to choose BE THE ONE as the theme for 2018. I want to challenge each GAHPERD member to BE THE ONE to interrupt the status quo of health and physical education in Georgia.

SHAPE America's website ([www.shapeamerica.org/](http://www.shapeamerica.org/)) identifies some of the issues that need interrupting:

Georgia does not require 30 minutes of daily physical education for elementary students;  
Georgia does not require 45 minutes of daily physical education for middle and high school students; and  
Georgia does not require that certified physical education teachers teach physical education in elementary schools.

Not mentioned in SHAPE America's report, but perhaps the most concerning issue, is that Georgia's Professional Standards Commission (PSC) allows a teacher holding a certification in any subject area to be certified in health and physical education by passing a written test (GACE). Although there is currently no research supporting the need to require physical education teachers to complete an accredited teacher preparation program in the field, there is a plethora of supporting anecdotal evidence.

At a division meeting of all physical educators attending the 2017 GAHPERD Convention final session, many teachers cited experiences working with individuals who "GACED-in". Perceptions include the following:

An increase in the number of students injured in class due to the inability of the teacher to safely and effectively manage space, equipment, and large numbers of students;  
Negative impacts on student learning due to the lack of content knowledge and understanding of developmentally appropriate skill task progressions; and  
Increased pressure on the qualified health and physical education teacher to take over the planning and instruction for the incompetent co-worker.

Bringing change to policy may seem insurmountable; however, you have the opportunity to BE THE ONE to interrupt the current state of health and physical education in Georgia. I challenge you to become an advocate for quality health and physical education by taking action in any of the following ways:

Support efforts for assessment in health and physical education. We must be able to identify the degree to which our students are meeting psychomotor, cognitive, and affective learning objectives.  
Start collecting your own data. Document your observations of alternatively certified co-workers. How many students are injured in class, for example?  
Participate in SpeakOut! Day, February 13-14 in Washington, DC.

Encourage all of the health and physical education teachers in your district to join GAHPERD. Go to [www.gahperd.org](http://www.gahperd.org) for more information.

Stay informed! GAHPERD and SHAPE America have online legislative action centers on their websites.

Educate your school administrators. Invite them to attend the state convention and district workshops.

In 2017 we saw many positive changes, with the passage of ESSA and the beginning of a Recess Bill in Georgia. BE THE ONE to make sure we continue the forward progress in 2018!



# Share the Wealth PE Conference

The 2018 Share the Wealth PE Conference was held January 25-27 at The Jekyll Island Convention Center.







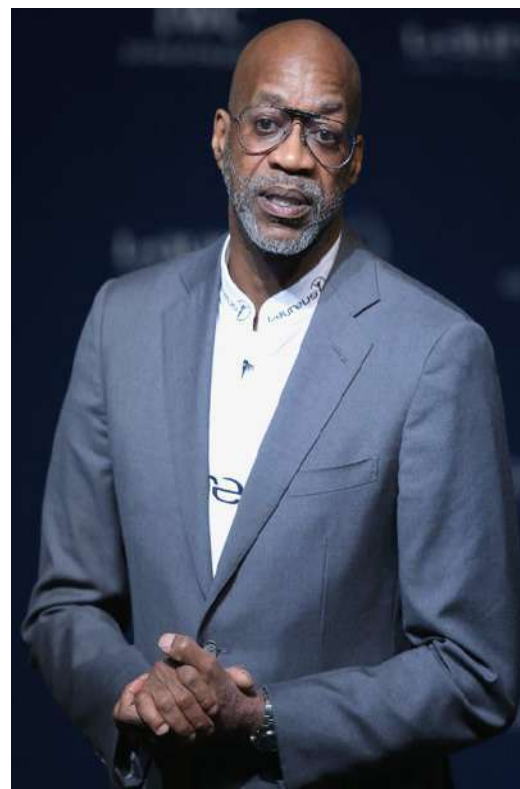
# Dag Folger "Critical Topics in Education" Speaker Series

U.S. Olympian Edwin Moses—Featured Speaker

University of West Georgia Coliseum

Tuesday, March 6, 2018

We are excited to announce Edwin Moses, a two-time Olympic gold medalist, physicist, and businessman as our guest lecturer. As a two-time Olympic gold medalist and physicist, Edwin Moses has set world records in his event, the 400 meter hurdles, using his education background in physics to perfect the technical aspects of his athletic performance. Taking his passion for sports abroad, he currently sits as the Chairman of The Laureus World Sport for Good Foundation, which uses sports to bring about social change on numerous continents. Dr. Moses also speaks around the country and the world promoting the Olympic movement, fostering the development of "drug-free" sports, and defending the rights of amateur athletes at all levels. In his speaking events, he focuses on sharing his insights and story to inspire others in the areas of leadership, goal setting, and commitment to achieving personal success.

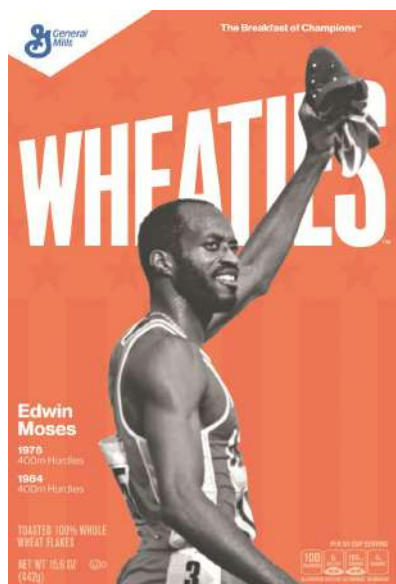


## Schedule for Tuesday, March 6

2:00-3:00 pm	Business and Philanthropy of Sports
4:00-5:00 pm	Kinesiology and Physics of Sports
7:00-8:00 pm	Keynote Lecture
8:00-9:00 pm	Autograph Signing

To learn more about Dr. Moses, visit his website: <http://www.edwinmoses.com/>

For more information pertaining to this event, contact Dr. Brent Heidorn (bheidorn@westga.edu)



DAG FOLGER SPEAKER SERIES: CRITICAL TOPICS IN EDUCATION

# Edwin Moses

The Power of Quantum Performance



- Two-time Olympic gold medalist in the 400m hurdle event
- 122 consecutive victories spanning 9 years, 9 months, and 9 days
- 1984 Sports Illustrated Co-Sportsman of the Year
- MBA from Pepperdine University, BS in Physics from Morehouse College
- Chairman of The Laureus World Sport for Good Foundation, which uses sports to bring about social change worldwide
- Inspirational speaker on topics in leadership, determination, and diligence to achieve personal excellence

**Tuesday, March 6 • 7:00 pm**

University of West Georgia  
Coliseum

**Register for free at:**  
[westga.edu/education/dag-folger](http://westga.edu/education/dag-folger)

UNIVERSITY of   
West Georgia | College of Education

For more information: [westga.edu/coe](http://westga.edu/coe)

**DAG FOLGER SPEAKER SERIES:** CRITICAL TOPICS IN EDUCATION

# Edwin Moses

The Power of Quantum Performance



**Tuesday, March 6**

- Two-time Olympic gold medalist in the 400m hurdle event
- 122 consecutive victories spanning 9 years, 9 months, and 9 days
- 1984 Sports Illustrated Co-Sportsman of the Year
- MBA from Pepperdine University, BS in Physics from Morehouse College
- Chairman of The Laureus World Sport for Good Foundation, which uses sports to bring about social change worldwide
- Inspirational speaker on topics in leadership, determination, and diligence to achieve personal excellence

## Workshops

**The Business of Sport**

Coliseum Floor • 2:00pm

**The Kinesiology of Sports**

Coliseum Floor • 4:00pm

**Both sessions will include Q&A**

**Main Session • 7:00pm • Coliseum Floor**

**Register for free at: [westga.edu/education/dag-folger](http://westga.edu/education/dag-folger)**

UNIVERSITY of  
**West Georgia**

College of  
**Education**

For more information: [westga.edu/coe](http://westga.edu/coe)



## Call for Proposals

### 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.

Presentations should reflect current best practices, provide solutions, or offer ideas relating to the following topics:

- Professional Preparation for Whole-of-School Approaches
- Collegiality and Collaboration in PETE/HETE
- Preparing Culturally Relevant and Inclusive Professionals
- Securing a Place for HPE in Today's Educational Landscape
- Advocacy and Policy Change

[Visit the Call for Proposals web page](#) to learn more about the conference and the five session topics, and to find a link to the online proposal form. Session proposals are due:

**February 23, 2018.**

# 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 **S**pecific, **M**easurable, **A**ttainable, **R**esults-Oriented, and **T**imely.

## **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*



# 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

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

SHAPE America  
**50** MILLION STRONG  
2029

# Should We Play Dodgeball?

---

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/>

# SHAPE America—Southern District

Dear Southern District Member,

I hope you are making plans to attend the [2018 SHAPE America National Convention & Expo](#) in Nashville, TN, March 20-24. Since the national convention is being held in a Southern District state, we will not hold a separate Southern District Conference. This year we are all in this together and will be co-hosting the national convention.

As president of Southern District, I encourage you to take advantage of the exceptional professional development opportunities that will be provided. Also, please join us at the Southern District Awards Luncheon honoring the 2018 Southern District award recipients, including Milton Wilder, Bonnie Richardson, Angela Stark, Amy Wheeler, Keith Young, Rebecca Acosta, Shana Classen, Yu Chun “Jean” Chen, Darrien Watson, Tecca Kilmer, and the Tobacco Settlement Endowment Trust, Oklahoma.

You can purchase tickets when you register for the convention. If you have already registered, it’s possible to go back to your registration information and add the luncheon.

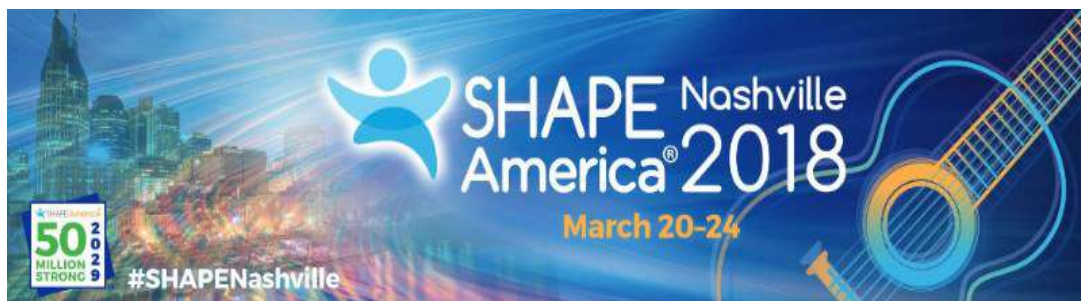
I’d also like to tell you about a wonderful opportunity to honor a colleague, outstanding professional or family member with a special Southern District Acknowledgement Award. Each award costs \$30 and the net proceeds go to support Future Professional activities. We will make the presentations during the awards luncheon, but can mail a certificate to those recipients unable to attend.

Please take a moment to learn more about [Southern District Acknowledgement Awards](#). It’s a great way to thank someone who has made a difference in your life or career — or show appreciation for someone’s contribution to the profession.

I look forward to seeing everyone in Nashville!

Dee Castelvechi

President, SHAPE America Southern District





**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



## 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).

<b>Coverage:</b>	General Liability
<b>Insurance Company:</b>	HCC Specialty (A+ A.M. Best)
<b>Policy Period:</b>	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**

 **SHAPE America<sup>®</sup>**

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

**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 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.

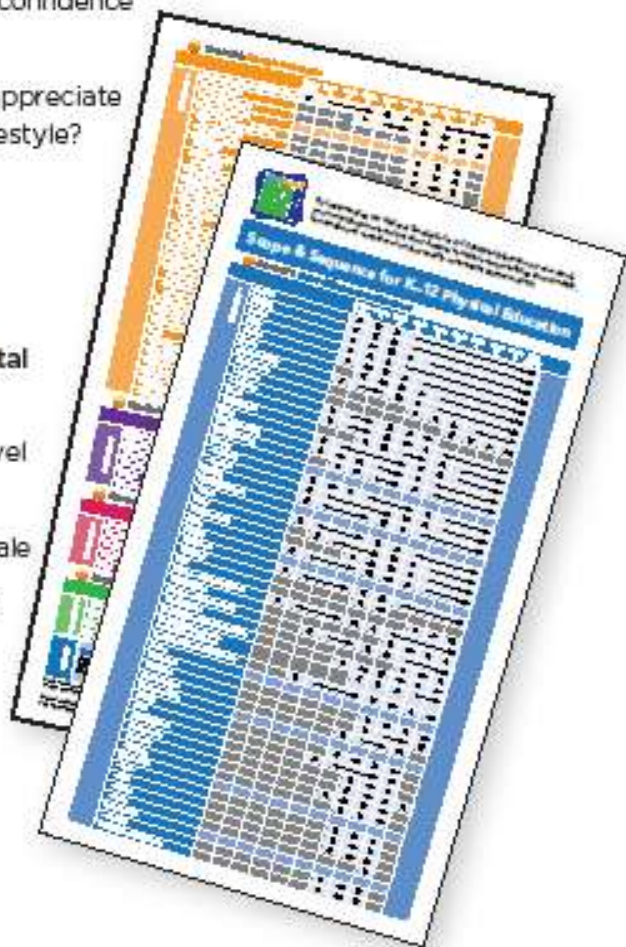
How do we plan to get today's youth to understand and appreciate the importance of living a physically active and healthy lifestyle?

One student at a time.

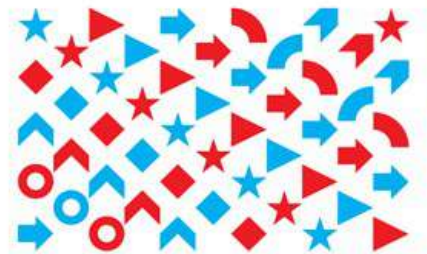
### Say "Count Me In" today!

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.



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

March 20-24, 2018	SHAPE America National Convention & Exposition Nashville, TN
Spring & Summer 2018	GAHPERD District Workshops— Coming to a city near you!
October 16-20, 2018	2018 PETE & HETE Conference Salt Lake City, UT

## 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