



The GAME

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

Fall, 2016

GAHPERD Annual Convention in Savannah, GA

The Georgia AHPERD annual convention is right around the corner. We anticipate an exciting time of professional development, networking, and physical activity as we participate in two full days of valuable health, physical education, dance, and related physical activity sessions. The convention is to be held at the Savannah International Trade and Convention Center in Savannah, GA. The Convention begins at 10 am on Sunday, November 6 and continues through 1 pm on Tuesday, November 8. Special guests include **Dr. Joanne Owens-Nausler** (keynote speaker), who has spent nearly 44 years promoting healthy, active living, and the following featured presenters:

Susan Flynn - specialist in the areas of adapted physical education, rhythms and dance in the PE curriculum, and elementary methods;

Paul Moore - 2011-2012 Outstanding Dietitian of Year award, the highest award given by the organization, and the 2012-2013 Young Dietitian of the Year;

Jessica Shawley – 2012 SHAPE America National Middle School Physical Education TOY;

John Smith - nationally recognized presenter and educational consultant for FlagHouse Inc.; and

Scott Williams - winner of the 2011 Golden Apple Award at his school, the 2013 Virginia AHPERD Elementary PE TOY, and the 2015-2016 Virginia AHPERD and SHAPE Southern District Dance TOY.

See the next several pages of this newsletter for more information, beginning with five pages of the Convention at a Glance!

We hope to see you in Savannah!



Highlights in this Newsletter:

Featured Focus
Convention (1-9)

Special Content
Basketball Activity
Hunter Williams (10)
What is ESSA?
Anne Merrem (11-12)

Sponsor Messages and Advertisements
SPARK/Sportime (13)
Graduate Programs
(15-16)

Advocacy
50 Million Strong!
(16-18)
Alliance for a Healthier
Generation (19)
Let's Move! Active
Schools (20-21)
Jump and Hoops for
Heart (22-24)

Convention Speakers
(25-30)

Southern District (31)

Future Dates (32-33)

Sunday, November 6

10:00 AM – 11:50 AM

11:00 AM – 12:50 PM

12:00 PM – 12:50 PM

1:00 PM – 1:50 PM



2:00 PM – 2:50 PM



3:00 PM – 3:50 PM



Day of Dance! PETE/HETE Day!

Fast and Furious Fun Fitness, John Smith, Chatham Ballroom B

USG RAC Physical Education, Health Education, Recreation Meeting
(Invitation Only), Room 200

Mix Master Madness, Scott Williams, Chatham Ballroom A

Put a Smile on their FACE! (Fun Activities Children Enjoy), Joe Weaver,
Chatham Ballroom C

Health and Fitness 101, John Asanga, Room 201

CrossFit in an Afterschool Program: Lessons Learned, Christina Gipson,
C.H. Wilson & Trey Burdette, Room 203

Brain Bursts: Having a BLAST While Moving in Class! Scott Williams,
Chatham Ballroom A

STEM-ify PE (Dance Differentiation), Winter Frost-Roundtree &
Diana Tuten, Chatham Ballroom B

Inclusive Physical Education Strategies and Activities, Anna Roberts,
Chatham Ballroom C

Break Your Sugar Addiction, Nancy Storey & Melody Durrenberger,
Room 200

The Cognitive-Motor Link: Be the Catalyst, Mark Anderson, Room 202

SHAPE America & Southern District Updates, Brian Devore, Room 203

PETE Meeting, Brent Heidorn, Room 204

Dudes Don't Dance?!?! Creating a Dance Culture at Your School,
Scott Williams, Chatham Ballroom A

PE Reads: Quick & Easy Literacy Activities for PE Lessons,
Kennedra Tucker, Chatham Ballroom B

What Moves Your Reluctant Movers? Patty Lanier, Chatham Ballroom C

The Ultimate Tool for edTPA Success: URLP, Andy Smith, Room 201

Diamonds from the Digital Mines, Brian Devore, Room 203

What Every Teacher and Parent Needs to Know About Opiods,
Mike Tenoschok & Therese McGuire, Room 205

Cooperative Activities with Giant Games, John Smith, Chatham Ballroom A

Sustaining Power Up for 30: Motivating Staff and Students, Emily Anne Vall &
Katie Smith, Chatham Ballroom B

Maximizing Performance in Track and Field Jumping and Throwing
Activities, Jeff Johnson, Room 200

Sunday, November 6

3:00 PM—3:50 PM

Day of Dance! PETE/HETE Day!

Activities for Health, Myss Jelks, Room 202

Group Work: Teaching Professionalism, Cooperation and Soft Skills, Bridgette Melton & Steven Patterson, Room 204

Slow Motion Soccer, Pamela Skogstad, Room 205

4:00 PM – 4:50 PM

My Plate in Motion: Action-packed Nutrition & Literacy Activities, Jessica Shawley, Chatham Ballroom A

Including Skill Development with Fitness Activities in K-12 PE, Brent Heidorn, Brian Mosier, & UWG Students, Chatham Ballroom B

GA edTPA: Where are we now? Susan Hagood, Room 200

That's a Crime? Laws Every Teen (and Parent) Needs to Know, Mike Tenoschok & Therese McGuire, Room 202

Take Walking and Running to the Billionth Level: The New Balance Foundation Billion Mile Race, Daniel Hatfield & Sarah Lange, Room 204



5:00 PM – 5:50 PM

GAHPERD TOWN HALL MEETING featuring Carly Wright, Senior Advocacy Manager for SHAPE America, discussing ESSA and the impact on health and physical education, Chatham Ballroom C

6:00 PM – 8:00 PM

EXHIBITS GALA with Free Food!



Monday, November 7

8:00 AM – 9:15 AM

Future Professional Day!

GENERAL SESSION 1 – Keynote Dr. JoAnne Owens-Nausler and GAHPERD Awards, Theater

11:00 AM – 3:30 PM

GAHPERD ELECTIONS! Please vote!

9:30 AM – 10:20 AM

Classroom Set-Up “Prep” Talk: Start of Class Routines, Warm-Ups, Pedometers & Technology, Jessica Shawley, Chatham Ballroom A

Not Ordinary, But Extraordinary PE Activities, Gabe Ervin, Chatham Ballroom C

Sharing Strategies for the Classroom Teachers Implementation of Health and Physical Education, Susan Flynn, Room 201

Beyond the Surface: Developing Higher Order Thinking Skills in Health Education, Kandice Porter & KSU HPE P-12 Teacher Candidates, Room 203

Comprehensive School Physical Activity Programs: Strategies for Success, Brent Heidorn, Room 205



Monday, November 7

10:30 AM -11:20 AM



11:30 AM – 1:20 PM

11:30 AM – 12:20 PM



12:30 PM – 1:20 PM



1:30 PM – 2:20 PM

Future Professional Day!

Let's KORF It Up! Sonya Sanderson & Eugene Asola, Chatham Ballroom A
Connected Solutions For Your PE Program, Ali Young & Brian Devore, Chatham Ballroom B

I Love Dance, Adrienne Tatum, Chatham Ballroom C

Beyond Assessment - Driving Health Decisions Through Quality Data, Katelin Anderson & Claire Kinzy, Room 200

From Recommendation to Application: Putting Sports Nutrition Guidelines into Play! Paul Moore, Room 202

edTPA: You Got This! Susan Hagood, Room 204

Using Sustainable Health Initiatives to Achieve a Positive School Climate (*110-minute session*), Anne-Marie Coleman, Kathleen Smith, Mosi Bayo, Kelsey McDavid, Bridgette Massey Blowe, & Joyce Eskridge, Room 203

Small Sided Games Maximize Play & MVPA: Ultimate Handball Series, Jessica Shawley, Chatham Ballroom A

Revolutionizing the Classroom: Student Self Managing Fitness Program, Michael Cordier, Chatham Ballroom B

Fun Times in K-2 PE, Emily Adams & Nancy Janas, Chatham Ballroom C

Middle School Outdoor Education Activities, Mike Tenoschok, Room 201

Integrating and Sustaining an Evidenced-based CSPAP Model in Georgia Schools, Brian Mosier, Jennifer Heidorn, Emily Anne Vall & Christi Kay, Room 205

Past President's Luncheon (*Invitation Only*)

Let It Foam, Let It Foam, John Smith, Chatham Ballroom A

Charleston Line revisited - High Energy Swing Style, Kitty Pruitt, Chatham Ballroom C

Health and PE Certification in Georgia, Andy Smith, Kandice Porter, Peter St. Pierre & Brian Culp, Room 200

Running Clubs as a Catalyst for Change, Nurrie Wilson & Laura Clarke, Room 204

Playout Exercise Card Games: Fun Fitness for PE, Eddie Kovel, Chatham Ballroom B

My Students Don't Look Like Me: What Does a Culturally Proficient Physical Educator Look Like? Kennedra Tucker, Chatham Ballroom A

FITGO, Maureen McLaughlin, Megan Lankes, Natalie Cornwell, Duane Perrozzi & Drew Starnes, Chatham Ballroom B

Monday, November 7

1:30 PM—2:20 PM

Future Professional Day!

Nutrition Do's and Don'ts To Increase Performance in Middle and High School Athletes, Paul Moore, Room 201

GA Department of Education Update, Mike Tenoschok & Therese McGuire, Room 203

Acculturation and Our Opportunity, Anne Merrem, Room 205

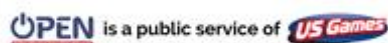
2:30 PM – 4:00 PM

Superstars for Future Professionals! Chatham Ballroom C, Free Food!

2:30 PM – 3:20 PM

Rock This Party: Practical Dances for PE, Susan Flynn, Chatham Ballroom A

OPENing the Potential! New Tools in the OPEN Physical Education Curriculum, Brian Devore, Chatham Ballroom B



Current Trends in Adapted Physical Education, Dave Martinez & Amy Aenchbacher, Room 200

PBL and Health, Diana Tuten, Room 202

Connecting ALL Data: PE's Largest Assessment Platform, Michael Cordier, Room 204

Tuesday, November 8

Election Day! Coaching Day!



7:30 AM – 8:50 AM

Jump Rope for Heart and Hoops for Heart Breakfast, Westin Hotel
(Invitation Only)

8:00 AM – 9:50 AM

Tennis in PE, Amanda Boudreau, Jane Trinkle & Fiona Hatton,
(110-minute session) Chatham Ballroom C

8:00 AM – 8:50 AM

Team Handball for All Ages: No Longer A Spectator Sport, Eugene Asola & Sonya Sanderson, Chatham Ballroom A

Performance Nutrition for Students on the Field and in the Classroom,
Paul Moore, Room 200



Developing a True Middle School Physical Education Program,
Mike Tenoschok, Room 201

Effective Coaching Practices of State Championship Winning Team Sport Coaches, Graeme Connolly, Jordan Bickett, Roderick Bolden & Collin Oliver, Room 204

9:00 AM – 9:50 AM

Facilitating P.L.A.Y. - Physical Literacy and You, Susan Flynn,
Chatham Ballroom A

Transforming Teaching Through Technology, Patty Lanier,
Chatham Ballroom B

Tuesday, November

Election Day! Coaching Day!

9:00 AM — 9:50 AM

Sport Specialization Trends in High School Coaches: The case of the GHSA, C.H. Wilson, Drew Zwald, Trey Burdette, Room 200

Moving Feedback, Annie Johnson, Room 201

The Collaboration Continues: A Collaborative Effort between Armstrong and Hesse K-8, Lynn Roberts, Jane Lynes, Lauren Lord, & Armstrong Students, Room 203

Above the Influence: Analyzing a Student's Internal and External Influences, Kandice Porter & HPE P-12 Teacher Candidates, Room 204

GAHPERD 101 (for newly elected GAHPERD Executive Board members), Kim Thompson, Room 205



Fired Up Fitness, Pete Charette, Chatham Ballroom A

Autism, Success, and Physical Education, Anna Roberts, Chatham Ballroom B

Live Heart Rate Your Way - You Decide, Wrist or Chest Based Heart Rate? Ali Young, Chatham Ballroom C

Gender Equity in Sports: How is Georgia doing? Therese McGuire, Room 200

Biomechanical Teaching Cues for Throwing and Hitting, Jeff Johnson, Room 202

Create a Custom Health Lesson Plan Using the HealthSmart Lesson Planning Tool. Erin McCarthy, Room 204

Large Group Games: Active, Fun and DAP, Starla McCollum, Gavin Colquitt & Tony Pritchard, Chatham Ballroom A

Set the Tone! Michael Bergeron & Kaiti Meade, Chatham Ballroom C

Practical Application of Holistic, Athlete-Centered Coaching in Middle and High Schools, C. H. Wilson, Trey Burdette & Drew Zwald, Room 200

Technology's Impact on Physical Activity Levels in High Schools, Jackson Green & Sonya Sanderson, Room 202

Coaching Boys Into Men (CBIM), Mosi Bayo, Room 202

"I Need Money!" Grant Writing 101 for Health & PE Teachers, Debra Kibbe & Shannon Williams, Room 203

Optimizing Peer Involvement: Chronicling the Journey of a Personal Training Cohort, Natalie Stickney, Room 205

General Session 2 – GRAND FINALE in the Theater! This is your chance to win prizes and meet the new GAHPERD Executive Board

10:00 AM – 10:50 AM

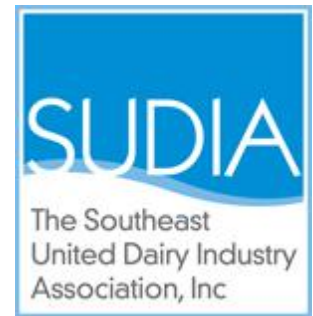


11:00 AM – 11:50 AM



12:00 PM – 12:50 PM

Check out the Exhibitors offering great products and services at the Convention!



Check out the Exhibitors offering great products
and services at the Convention!



SISM
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Advancing Science • Reducing Risk • Improving Lives

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Superstars Competition



Attention Students!

It's time! Just three weeks away and we'll be right in the middle of the **2016 GAHPERD Superstars Competition**. Last year's event was a big success, with lasting memories for all participants. The 2015 Superstars event included unique, team-oriented, sweat-inducing, spirit-generating, fun-filled and plenty of "safe" events, resulting in only minor injuries! Seven universities participated in the annual Superstars showdown, with the ultimate prize going to students from Kennesaw State University.

After one hour of vigorous competition including the obstacle course, football frenzy, bean bag bonanza, and scooter relay, all participants were invited to enjoy free food at the Convention in downtown Savannah. This year promises to be even more exhilarating, as many undergraduates will aim to earn the title as Superstars champions.

Health and physical education programs from all over the state should begin organizing their teams for the event. The Superstars Competition takes place on Monday afternoon, November 7 beginning at 2:30 pm. For more information, contact Dr. Sonya Sanderson (slsanderson@valdosta.edu).

Sample Pre-Season Shot Chart

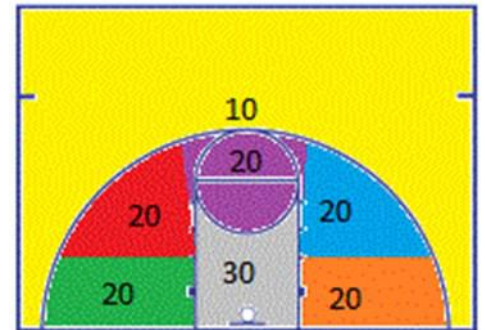
By Hunter Williams, Pepperell Middle School

Purpose:

This is a pre-season shooting program. It is used to see how much you improve over time. The most important aspect of this program is seeing how much time you spend towards improving. Keep in mind as you struggle, perfection or giving up are not your only options. Embrace the challenge of improving and be grateful for progress in the right direction.

Instructions:

1. Write the date that you attempt each specific color section in the "Date" column.
2. Record makes in the "Makes" column.
3. A good shooting percentage in a game is 40%. For example, 8 for 20 is 40%, but I would try to make over half before moving to the next color section.
4. Once your date is written and your makes are recorded you can begin to time how long you shoot each day.
5. Write your times down and add them together by the end of the week to figure out how much time you practiced basketball. Record your time on the hours practiced line at the bottom of the page.
6. When you have logged all of your shots and hours you can return your form to Coach to have your name placed in a drawing.
7. If your name is pulled from the drawing you will receive a reward for your effort.
8. If you do not have a basketball goal at home, you can still participate by logging how many hours you spend dribbling throughout the week.



Date	Color Section	Attempts	Makes	%
	Purple	20		
	Blue	20		
	Orange	20		
	Green	20		
	Red	20		
	Grey	30		
	Yellow	10		

_____ Minutes/Hours Practiced

Rules:

Character—This is a chance to prove your character to yourself. What do you write when no one is watching?

Honesty—Give an honest effort and record your answers honestly. Times get tough for people who are dishonest.

Attempts—Log all of your makes for the attempts you take. Record your best score if you attempt colored shooting sections more than once.

Time—Keep track of your time. Log the minutes or hours you spent shooting the basketball.

What is ESSA?

The Every Student Succeeds Act (ESSA) of 2015 includes the following important notes for health and physical education programs:

- Health and physical education are included in the law's definition of a well-rounded education, along with 17 other subjects.
- ESSA congressional intent supports providing all students with a robust, well-rounded education experience that includes health and physical education.
- Health and physical education programs have access to funding under Titles I, II, and IV.
- Title IV, Part A Student Support and Academic Enrichment Grants, authorizes block grants to states to support: well-rounded education (min 20%), safe and healthy students (min 20%), and effective use of technology. Health and physical education programs can be funded through all three areas of the block grant.

The Georgia Department of Education recently provided multiple opportunities for stakeholder feedback sessions at various locations in Georgia. State School Superintendent Richard Woods consistently emphasized *the mission* (to offer a holistic education to each and every child in the state) and *the vision* (to educate Georgia's future by graduating students who are ready to learn, ready to live, and ready to lead). The GA DOE seeks input related to the following six key areas, each with working committees: (1) Accountability; (2) Assessment; (3) Federal Programs to Support School Improvement; (4) Education of the Whole Child; (5) Educator and Leader Development; and (6) Communications. See <http://www.gadoe.org/Pages/Home.aspx> for more info.



Special thanks to Anne Merrem, Assistant Professor in Health and Physical Education at the University of West Georgia, for providing the ESSA content on pages x and x in the GAME.

Georgia Association for Health, Physical Education, Recreation, and Dance

Dear Parents,

Research has shown that when we don't move our bodies, our minds and hearts suffer in many ways. To promote well-being, we tend to our whole being. Humans have not always considered mind and body to be separate entities. The body is the vessel for mind (and spirit); we are here, as physical beings, and this physicality is the body. To take care of the body, then, should carry the same importance as much as taking care of the mind. Learning to live and move effortlessly in our bodies engages our minds. Learning to work with our minds efficiently requires physical health (it is much harder to produce great results in an ailing body).

The *Every Student Succeeds Act* (ESSA) identifies school health and physical education as part of a student's "well-rounded education," along with other subjects such as art, music, civics, science and more. This new federal education legislation provides increased access to funds for health and physical education programs (including professional development) and allows states and school districts to set their own priorities for funding and accountability.

Title IV, Part A block grants will be distributed to states and school districts using the Title I formula. School districts must spend this money on: supporting a well-rounded education, safe and healthy students' programs, and effective use of technology. This funding offers states and school districts the opportunity to improve school health and physical education programs. While it is a work in progress, first suggestions for allocating these funds will be made by March 2017.

Our young children know intuitively that moving around and playing is their best way to learn. Research confirms that physical movement enhances learning and improves academic test results. Yet, we have "sitting classrooms" and teachers often teach by solely engaging their students' minds. Moreover, in our digitized world, we spend a lot of time sitting. As parents we have the opportunity and the responsibility to model and share healthy life-styles with our children. Asked from another perspective: How are we preparing the world for our children so that they can enjoy healthy and happy lives?

The Georgia Department of Education and State School Superintendent Richard Woods said: "For all those invested in the future of Georgia's education system – and those interested in a more holistic approach for students – whether you are a parent, a student, an educator, or a community member, I strongly encourage you to offer feedback as we develop our ESSA state plan . . . I urge you to join us as we shape the future in our state."

For more information go to: <http://www.gahperd.org/advocacy.html>





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.



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Randy Olmstead
Georgia Program Representative
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* 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

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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

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proudly supports**

 **SHAPE America[®]**

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

Count Us In!

Georgia
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Count Us In!

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

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





Back to School



Help Us Reach 50 Million Strong

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

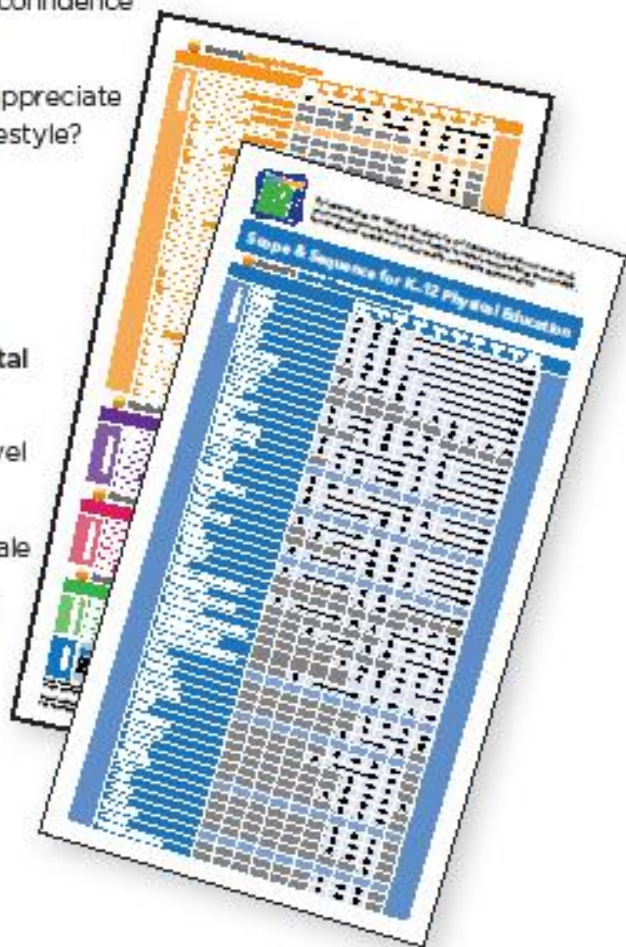
How do we plan to get today's youth to understand and appreciate the importance of living a physically active and healthy lifestyle?

One student at a time.

Say "Count Me In" today!

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

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



Visit shapeamerica.org/number for more information.

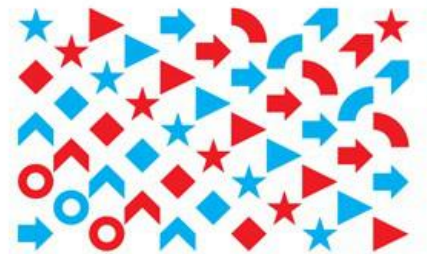
**TODAY GIRLS ARE FAR
LESS LIKELY THAN BOYS
TO BE PHYSICALLY
ACTIVE. IT'S TIME TO
CHANGE THAT.**

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

GET THE FACTS. CHANGE THE STORY.

POWERED BY





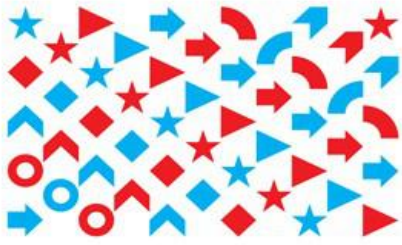
Let's Move! Active Schools

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

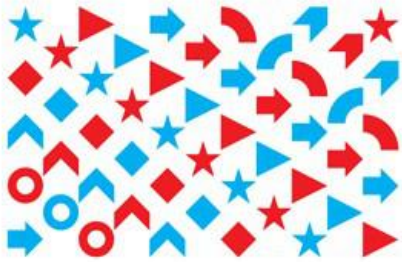


Let's Move. Active Schools

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.

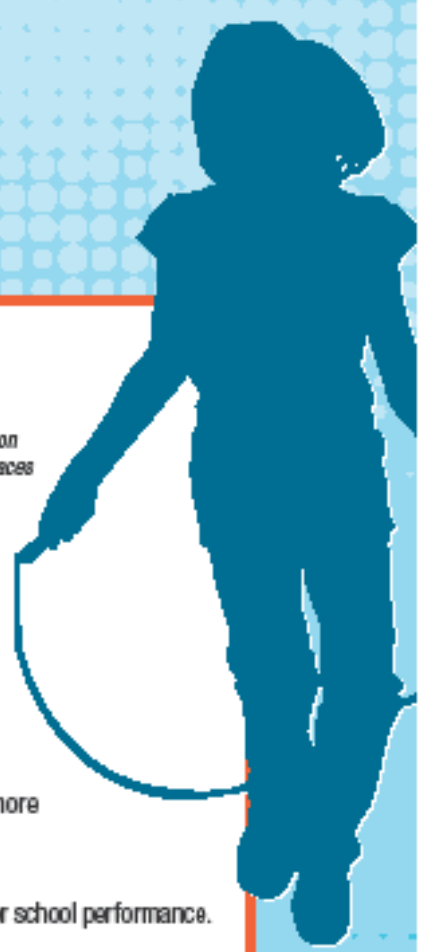
Funds raised through Jump Rope For Heart give back to children, communities and schools through the American Heart Association's work:

- 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 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.

2016 GAHPERD Convention

Dr. JoAnne Owens-Nausler—Keynote Speaker

Dr. JoAnne Owens-Nauslar has spent 44 years promoting the benefits of healthy, active living, and is considered one of the nation's most vocal personalities and masterful motivators on issues of physical activity and how we can improve our health and academic outcomes.

She earned her B.S. from Chadron State College in 1970; her M.P.E. from the University of Nebraska-Lincoln in 1976; and her Ed.D. also from UNL, in 1992. She has been described as Past President of almost everything, including state, regional, and national health & physical activity organizations, TCC Church Council, as well as the Husker Softball “On Deck Circle” and The Husker Athletic Fund.

Dr. Jo has taught at all levels, worked for Corporate America and for non-profit organizations, delivered more than 2,000 keynotes, trainings, and workshops and is an avid Husker fan. Her primary motive is to “Get America Moving!” You will have opportunities to laugh, learn, network, and share while being reminded of the necessary ingredients for a healthier/happier you. Dr. Jo believes we must “move to improve!”



2016 GAHPERD Convention

Jessica Shawley—Guest Presenter

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



2016 GAHPERD Convention

Scott Williams—Guest Presenter

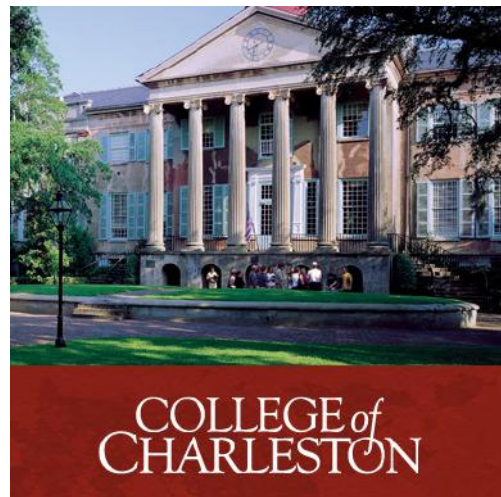
Scott Williams graduated from Fairmont State University in West Virginia in 2001 with a BA in Physical Education (K-12) and Health Education (5-12). He received his MS in Athletic Coaching from West Virginia University in 2003. Scott has been teaching elementary physical education at Meriwether Lewis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



2016 GAHPERD Convention

Susan Flynn—Guest Presenter

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



2016 GAHPERD Convention

Paul Moore—Guest Presenter

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



2016 GAHPERD Convention

John Smith—Guest Presenter

John L. Smith is a nationally recognized presenter for physical education and the Educational Consultant for FlagHouse Inc. in New Jersey. John taught 40 years in the public schools of New Jersey (Ridgewood and Ho-Ho-Kus) before retiring to work with FlagHouse as an educational consultant. He has presented workshops and conferences in 35 states and at 10 National Physical Education Conventions for the AAHPERD / SHAPE America. John has a M. A. degree in physical education from Montclair State University where he was an All-American soccer player and member of the championship basketball team. John was the 1989 NASPE National Physical Education Teacher of the Year, the 2005 National High School Basketball Coach of the Year and the 2012 New Jersey AHPERD Honor Award Recipient.



FLAGHOUSE®

Resources for Sport, Recreation, Special Needs & More Since 1954!

SHAPE America Southern District Conference Highlights

Charity Bryan, President

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

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

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

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

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



Georgia AHPERD Annual Convention

November 6-8, 2016 in Savannah, GA

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

*We look forward to seeing you
in Savannah!*





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

GAHPERD Future Dates

November 6-8, 2016	GAHPERD Annual Convention in Savannah, GA
January 26-28, 2016	Share the Wealth Physical Education Conference in Jekyll Island, GA
January 9-12, 2017	SHAPE America Southern District Conference in Baton Rouge, Louisiana
March 14-18, 2017	SHAPE America National Convention & Exposition in Boston, Massachusetts

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.