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Technology Here to Stay

Executive Director Message
Vicki J. Worrell



Yipee! A new school year!!! Check out the following websites to help plan your year! Make it the best year ever.

Presidential Youth Fitness Program (PYFP) Monthly webinars and all are archived on UTube

www.youtube.com/user/PYFPlive/videos

Subscribe to the President's Council on Fitness, Sport and Nutrition news-List serv

<http://www.fitness.gov/>

Let's Move – www.letsmove.gov

Let's Move Active Schools - <http://www.letsmoveschools.org/>

Alliance for a Healthier Generation www.healthiergeneration.org for fantastic resources

Jump Rope for Heart/Hoops for Heart - <http://www.aahperd.org/jump/>

American Alliance for Health, Physical Education, Recreation and Dance – www.aahperd.org

World Wide Day of Play – Sept. 21, 2013 –

<http://www.nick.com/thebighelp/worldwide-day-of-play-information/>

World JAM Day, Sept. 26, 2013 – www.jamworldrecord.org

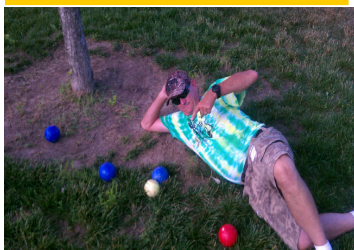
AAHPERD Facebook group

KAHPERD Facebook group

AAHPERD Twitter - [AAHPERD @NTAAHPERD](https://twitter.com/NTAAHPERD)

KAHPERD Twitter – Vicki Worrell@vjworrell

Also, watch for future communications regarding signing up for LMAS...you may win a prize!!!



Scott Gorman called this winning Bocce shot: around the tree, down the incline, kiss the cue ball! What a shot! KAHPERD Retreat 2013

President's Message

Damon Leiss



Stay In Shape

We should model the behavior we are trying to promote. As professionals who deal with the health of our population, young and old alike, it is important that we stay in shape. Let's be serious, we should have people do as we say and do as we do. But, more importantly, it could save your life! Or in my case, yes **my** case, make life a lot easier!

I live with Atrial Fibrillation. I have had "AFib" for over 20 years. AFib is a type of irregular heartbeat caused by an abnormal electrical impulse to the upper chambers of the heart causing the upper chambers to flutter disrupting the rhythm of the heart. It is the most common heart arrhythmia, and the disruptions in the beats can cause clots leading to strokes and even heart failure. I have what is referred to as "intermittent", which according to [emedicinehealth](#) is where "the heart develops atrial fibrillation and typically converts back again spontaneously to normal (sinus) rhythm. The episodes may last anywhere from seconds to days". This is also known as "lone Atrial Fibrillation."

I became aware of my situation some 20 years ago, which was fortunate for me because a large number of people have no idea they even have AFib. My first "major" episode lasted a few days. At the age of 32 I was hospitalized. It took 3 days for my heart to go back to normal and at that time the cardiologist informed me the next time I experience AFib for over 24 hours I need to seek medical attention. I was put on beta blockers, which at the time I didn't like so the cardiologist said change my lifestyle, so we moved to Kansas. Well three weeks ago I did go over 24 hours. After visiting with the cardiologist this time, I am technically fine and one of the reasons is that I'm in shape.

What I found interesting is the cardiologist informed me that when my heart is in AFib, I am only using 60% which for me is fine because I am in great shape. And because of being in great shape I have a zero percent chance of clots and stroke. What's scary to me is that a lot of people don't even know they have this and being out of shape could lead to difficulties and even death. Just another reason to model what we believe, not just to promote but to prevent our own difficulties, so keep working out everyone, because you aren't just modeling a great behavior, you could be saving your own life!



Change Starts With You! Be A Champion!



Kids Have Stopped Moving. Nationwide.

- Only 6 states require physical education in every grade
- Only 20% of school districts require daily recess
- Only 1 in 3 kids is active every day

Active Kids Perform Better.

- Up to 40% higher test scores
- Increased attention and concentration
- Improved attendance and discipline

Let's Move! Active Schools
www.letsmoveschools.org

Join Today!

Help your school create an active environment by accessing funding, support and training.

Let's Move! Active Schools empowers school champions to create active environments that enable all students to get moving and reach their full potential.

Join the Let's Move! Active Schools Physical Education/Physical Activity Advisor for an introduction to the tools school champions need to make their school an Active School and gain an understanding of how quality physical education and physical activity programs are powerful tools to help unlock our students' greatest potential!

Let's Move! Active Schools focuses on five key areas:

- Physical Education
- Physical Activity during school
- Physical Activity before/after school
- Staff Involvement
- Family and Community Engagement

Participating schools gain access to:

- Professional Development Opportunities
- Activation Grants
- Resource Database

www.letsmoveschools.org

Let's Active Move Schools

Christa McAuliffe Elementary Leads By Example

Here are some of the highlights at Christa McAuliffe Elementary in the Shawnee Mission School District. In addition to physical education, we are finding numerous ways to keep our students active throughout the school day.

Two years ago we started a fitness room for our school in one of the classrooms downstairs. We were able to fill the room with equipment such as elliptical machines, stationary bikes, mini trampolines, balance boards, medicine balls, and bosu balls. Since then we have added a rowing machine and some resistance bands. The room also has 3 flat screen TVs with the options of playing "Just Dance" on the Wii and Xbox Kinect. Initially, teachers would sign up for the room and take their classes in there for a fitness break throughout the day. Now the room is also being used right before state testing since it is next to the commuter lab. It is also used with the learning center to give certain students breaks during the day. It has been a huge success!

Another program we have is called the "Walk, Jog, and Run Club". Every morning for the first quarter of school we meet at the neighborhood park trail that is by our school. Students can come between 7:30-8am and move anyway they like around the trail. This program has been in place for 3 years and we have a culminating 5K event at the end of October as a whole community celebration.

We were also lucky enough to receive a PE 4 Life grant and they helped us implement classroom brain breaks. We were able to download the "Brain Break 1 and 2" books to each teacher's desktop. By doing that all they have to do is open an activity on their computer and have students follow the videos on the projector. Many teachers use this and have told me how big of a difference they see in their students focus and readiness to learn.

Making these changes didn't happen overnight or without buy-in from administrators and teachers but now that they are in place, it's exciting to see the positive impact that providing opportunities for physical activity is making for making with our students.

**What is your school doing to promote LMAS? Need ideas? Go to
www.letsmoveschools.org to sign your school up today!**



Presidential Youth Fitness Program

The Presidential Youth Fitness Program (PYFP) is a national program that includes fitness assessment, professional development, and recognition. While the program components are not new, the partnership is. This first-of-a-kind partnership among some of the most influential and expert organizations in health and fitness education, assessment, and promotion is what makes the program so special. By adopting the PYFP, schools will gain access to resources that help students engage in their own health and fitness, including a health-related fitness assessment, companion educational and motivational tools, training materials, and recognition awards. Many of you have previously used either the President's Challenge fitness assessment, or the Physical Best Fitnessgram assessment. The new PYFP combines the best of both of these programs into one tool which will provide teachers access to professional development and some great funding opportunities. For a sneak peek, check out the PYFP archived webinars by subscribing to PYFPLive on YouTube.com or visit <http://www.presidentialyouthfitnessprogram.org/professional-development/index.shtml>. This partnership provides some awesome funding opportunities! If you missed out this year, a free version of the program is available for use. Download the Physical Educator's Resource Guide (available at www.presidentialyouthfitnessprogram.org/resources) to get started and consider applying for the next round of funding. For more information don't miss the special PYFP session during the KAHPERD Convention at Emporia State University, November 7-8, 2013.



Jump Rope For Heart & Hoops For Heart teach students how to take care of their hearts while they experience the joy of giving back to their community. The skills the student learn and the experience of being part of a larger program all across the country will serve students for a lifetime.

In the 35 year history of Jump Rope For Heart, the American Heart Association has been able to impact many lives thanks to the support of teachers like you. Over the years, we have funded scientists who went on to win Nobel Prizes for their work! The American Heart Association has been able to work with health care providers to reduce the number of people dying from heart disease and stroke by 25% and those achievements are all because of lifesaving donations your students have raised! THANK YOU!

The American Heart Association needs you on our team! We are looking for more schools to conduct a Jump Rope or Hoops For Heart event in the 2013-2014 school year. Not only will you help AHA's campaign against heart disease and stroke, but a portion of your event's total returns to KAHPERD.

WIN \$50 US GAMES GIFT CERTIFICATE! Are you at a school that has not committed to hold an event this year? Get registered today or request more info by emailing bronson.estes@heart.org before September 30th to be eligible for the drawing!

Please include "KAHPERD Fall Newsletter Contest" in subject.

Already registered as a coordinator? AHA is offering a \$50 US Games Referral Bonus! Simply contact your peers who are not currently holding an event, encourage their participation, and have them list you as their referral when they register. Once they complete their event, your bonus will be sent directly to you! *Encourage them to register for the contest for their own chance at \$50 US Games!*

Meet the American Heart Association Kansas Youth Market Team

63 Years of Experience Serving the Schools of Kansas



Jenny Nixon
Regional Vice President - KS/MO
11 Years
Jenny.Nixon@heart.org



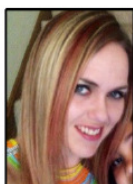
Melanie Wilgenbusch
Regional Vice President - Western KS/NE
13 Years
Melanie.Wilgenbusch@heart.org



Cindy Cook
Youth Market Specialist
13 Years
Cindy.Cook@heart.org



Martha ElShareif
Youth Market Specialist
2 Years
Martha.ElShareif@heart.org



Nikki Medina
Youth Market Director
6 Years
Nikki.Medina@heart.org



Shaun Musick
Youth Market Director
February 2013
Shaun.Musick@heart.org



Laura Taylor
Youth Market Director
January 2013
Laura.Taylor@heart.org



Jennifer Thompson
Youth Market Director
1 Year
Jennifer.Thompson@heart.org

Not sure who is YOUR school's American Heart Association representative? Need more info on Jump Rope or Hoops For Heart? Contact Bronson – he will make sure we get in touch with you ASAP!



Bronson Estes
Youth Market Associate
16 Years
Bronson.Estes@heart.org

Save-the-Date!!!

KAHPERD Convention – November 7–8, 2013
Emporia State University

Featured presenters include:

2013 National Elementary Physical Education Teacher of the Year, **Patty Kestell**
2013 National Middle School Physical Education Teacher of the Year, **Jason Busche!**



Patty Kestell was the age of her students, 5th grade, when she knew what she wanted to do when she grew up... become a physical education teacher! Patty has just completed her 23rd year as a physical education teacher in Cedarburg School District, Wisconsin. She received her BS in Health and Physical Education from UW-LaCrosse, and earned her MS in Curriculum and Instruction from UW-Whitewater. Patty has taught health and physical education at all levels throughout her career, but has had a passion for and specialized in elementary physical education for the greater part of her career. She takes great pride in providing a diverse, well-rounded and developmentally appropriate physical education curriculum in which students of all abilities can succeed, be challenged and active, as well as find enjoyment. She exposes students to many different kinds of physical activities to help develop students develop a healthy lifestyle, from rock climbing, to adventure ed,

snowshoeing, biking, health related fitness activities and beyond. Patty has integrated video analysis apps, QR Codes, Educreations and Keynote presentations, as well as other technology tools into creative lessons with her students.

The following are the presentations Patty will be providing:

Operation Impact! Using iPad Video Analysis Tools in PE

Improve your students' skill and motivation levels dramatically by teaching them how to use iPad video analysis apps to view video clips of their skill performance. Discover how to integrate video analysis as peer-related and self-directed activities. Coaches Eye and CoachMyVideo apps will be highlighted in this session.

Be a PE CHAMP! Creative Health-Related Fitness Activities integrating MyPlate

Infuse fun and developmentally appropriate Health Related Fitness component activities with MyPlate nutrition activities into your PE classroom! Use differentiated learning stations and game activities to challenge and motivate all students to succeed and know how to use MyPlate to live a healthy lifestyle!



Jason Busche
2013 NASPE National Middle School
Teacher of the Year

Jason is the 2013 NASPE National Middle School Teacher of the Year, 2013 Central District Middle School Teacher of the Year, and the Kansas Middle School Teacher of the Year in 2011. He has also received the AAHPERD National Hoops for Heart Coordinator of the Year award, Emporia State Graduate Research award, KAHPERD Young

Professional of the Year, and the KAHPERD Merit School award. He is a NASPE Director of Physical Activity, as well as a NASPE DPA trainer. He is also a basic archery instructor with the National Archery in the Schools Program.

Jason is an "Outside the Box" person, generating over \$38,000.00 in grant funds over the past 5 years to purchase cutting edge equipment to get his students moving. Examples are: Indo-Boards, Trikkes, GenMove, and Slacklines to name a few.

Jason received his undergraduate degree in Health and Physical Education from Northwestern Oklahoma State University and his master's degree in Physical Education from Emporia State University. Jason taught K-8 Physical Education in Anthony, Kansas the past 6 years and is currently teaching at Northwestern Oklahoma State University as an instructor in the Health and Sport Science Education Department.

Jason will be presenting the following sessions at the 2013 KAHPERD convention:

"PE is a Balancing Act

During this session, Jason will be using cutting edge equipment to engage all students at all levels. He will address core training, muscular endurance/strength training, and balance training using Indo Boards and accessories. Jason will have 14 Indo Boards that will be sold at a 35% discount after my session. The cost for a complete set (Indo Board, IndoFlo cushion, and Roller) will be \$114.00. He can accept check, cash, or purchase orders. Indo Boards are ideal for the whole class pairing up students per station, but can be used as a station in conjunction with alternative activities.

Recreational Sports Meet Core/Functional Strength

This session is designed for middle and high school students. Jason will be co-presenting with Bob Fitzpatrick.

These, along, with over 65 other presentations will be available at the 2013 KAHPERD convention. Get excited and prepare to register by August 15 when registration opens!

New National Standards for Physical Education

Physical education professionals across the country now have a new set of National Standards, as well as a new goal of developing “physically literate” individuals.

By unanimous vote, the NASPE Board of Directors approved and accepted the new National Standards & Grade-Level Outcomes for K-12 Physical Education during its meeting at the 2013 AAHPERD national Convention & Expo in Charlotte, NC. The standards, which took effect immediately, are similar to the standards in force since 2004, but replace the term “physically educated person” with “physically literate individual”.

“The term ‘physical literacy’ puts us more in line with other content areas, such as math and health education,” said Lynn Couturier, who chaired the NASPE Task Force on K-12 Standards and Outcomes, which developed the standards. “The task force felt that we can better influence education decision-makers by using language that core subjects use, such as ‘physical literacy’ and ‘college and career readiness.’ It’s important that we help these decision-makers understand the role of physical education in the school-wide curriculum and in preparing students for college and career.”

The task force also developed student outcomes for all five Standards in each grade from kindergarten through grade 8, and for two grade levels in high school.

Couturier, Stevie Chepko, and Shirley Holt-Hale are writing a book on the standards and outcomes which should be available from AAHPERD soon.

Reprinted from *Momentum*, Newsletter of the American Alliance for Health, Physical Education, Recreation and Dance (Summer 2013).

Standard 1

- The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2

- The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3

- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4

- The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5

- The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.





**Jason Busche Named
2013 NASPE Middle School
Teacher of the Year**

Jason Busche, Physical Education Teacher at Anthony Elementary/Middle School was named the National Association of Sport & Physical Education Middle School Physical Education Teacher of the Year at the 2013 AAHPERD Convention this past spring. Jason represented Central District and was one of six highly qualified candidates for this honor. As many of you know, Jason has been highly involved in professional development through his grant writing and innovative teaching activities and workshops. KAHPERD is very proud of Jason and his accomplishments! If you need a great presentation for you next in-service please contact Jason. He has some great ideas and activities that he would love to share with you and your staff! Congratulations Jason Busche!

Double the Physical, Double the Education Elementary PE Workshop

Ask to bring a current high school senior who is interested in becoming a physical educator free of charge to the workshop!

**Emporia State University
September 9, 2013
9:00 am - 2:30 pm**

PRESENTER: J. D. Hughes
National Board Certified and Georgia Elementary Physical Educator of the Year
Author of *No Standing Around in My Gym*

The workshop will provide activity ideas that use a combination of cognitive and physical skills to enhance the educational experience.

Workshop Fee - \$75: One hour of college credit is available
For those attending the workshop and enrolling in the one hour of college credit, the \$75 registration fee will be waived and will not need to be paid.

Registration Form

Return this form and workshop fee to: Joella Melrhof, Department of HPER, Emporia State University, Emporia, KS 66801
For more information: jmelrhof@emporia.edu or 620-341-5946
This workshop is partially funded by KAHPERD.

AAHPERD UNIFIED!

Following over 20 reports and almost three decades, the AAHPERD Alliance Assembly voted to accept new bylaws to unify the five national associations and a Research Consortium...we are finally one! These new bylaws will reduce both financial and human costs by combining governance functions. Our national association will now have one name, one logo, one board and one strategic plan. This 'rebranding' of AAHPERD will be a collective effort which welcomes member input. Discussions are already underway regarding a new name as well as a new logo. The new Board of Directors will help develop the strategic plan utilizing the new vision and mission as a guide. As AAHPERD President Gale Wiedow said, "This is an exciting time, a challenging time, and a time for reflection on our desired future". AAHPERD members are invited to be a part of the process and let the leaders know what you would like to see in the future. Connect with AAHPERD via Facebook, Twitter, and Pinterest. Support AAHPERD initiatives such as *Let's Move: Active Schools* (LMAS) and the new *Presidential Youth Fitness Program* (PYFP). These programs have put AAHPERD in the national spotlight at a time when advocacy for health education, physical education and physical activity in schools is vital to the well-being of all children and adolescents according to AAHPERD CEO Paul Roeteret. Be a part of this momentous change...if you are not currently an AAHPERD member, check out the new e-membership options at www.aahperd.org/membership!



Are you ready to advance your career with the best professional access and tools available?

Accelerate Your Career

Go to www.aahperd.org/membership to join now.

Membership in AAHPERD gives you access to a full spectrum of resources and services that today's health, physical education, recreation, dance and sport professionals need to meet the demands of their profession. We pioneer new programs, policies, standards, educational activities, and professional resources to help you excel in your career.



American Alliance for
Health, Physical Education,
Recreation and Dance

Just take a look at all that AAHPERD has to offer:

- A well-rounded perspective...AAHPERD is the Nation's largest resource for publications and professional development tools. Membership entitles you to priority access and discounted rates on national convention registration, products, and continuing education.
- Recognition...Programs to support the image of the professions and opportunities to apply for grants, scholarships and awards.
- Connectivity...Powerful networking and career resources, including CareerLink; special access to social networking, online forums, blogs, and webinars; and face-to-face interaction at the national convention, workshops and meetings.
- Diversified personal benefits and financial programs, including health, auto, and liability insurance; identity theft protection, and equipment discounts.

Membership options vary from \$65 to \$135. Monthly and quarterly payment options are available. Go to www.aahperd.org/membership for more information or call 800-213-7193 x 490.

Healthy Habits for Life

A grant program for Kansas schools

What is Healthy Habits for Life?



The Foundation is seeking programs that will help Kansas youth:

- Reduce their cardiovascular risk,
- Increase their physical activity, -or-
- Learn healthy eating habits

Healthy Habits for Life is a major grant-giving program of the Blue Cross and Blue Shield of Kansas Foundation. It is offered to help schools address a current major health issue in Kansas and the nation: childhood obesity.

The Healthy Habits for Life program is offering a total of \$150,000 in grants to assist schools in promoting healthy lifestyle choices to their students. School nurses, physical education teachers, principals, health or family and consumer science teachers, or other administrators are encouraged to apply.

The Foundation recognizes that schools have a unique opportunity to teach students about healthy habits through curriculum and programs that reach them where they spend so much of their time: school. As a young, captive audience, students can be more easily influenced to develop life-long healthy habits and behaviors. The Foundation hopes that curbing childhood obesity now will translate into healthy adults later, saving health care dollars for all Kansans.



BlueCross BlueShield of Kansas Foundation
An Independent Licensee of the Blue Cross and Blue Shield Association.

About the Program

1. A total of \$150,000 is being offered in the Blue Cross and Blue Shield of Kansas Foundation service area, which includes all Kansas counties except Johnson and Wyandotte.
2. The maximum grant amount is \$1,000 and grants are limited to one per school. Funds cannot be used for salary or wages of any staff or employees; all funds must directly benefit the needs of the program.
3. The funds will be distributed by Dec. 13 and can be used for programs administered during the 2014 calendar year.
4. Past grant recipients are eligible to apply again but must adequately explain how an additional grant would allow them to either expand their existing program or create a new one.



How to Apply

Written grant applications, signed by the school's principal, must be postmarked or received no later than **Oct. 10, 2013**, and must address each of the following areas:

- An overview of a program that encourages a healthy lifestyle that would address at least one of the following:
 - Reduce cardiovascular risk factors
 - Promote physical activity
 - Encourage healthy eating habits
- An outline of well-defined goals to a specific target population with appropriate activity
- An illustration that the program is appropriate within the scope of the applicant's work responsibilities
- An explanation indicating how the effectiveness of the program will be measured
- A detailed budget showing how the requested funds will be spent



For more information or to submit a grant request, contact:

Marlou Wegener, Chief Operating Officer
Blue Cross and Blue Shield of Kansas Foundation
Mailstop 529B4
1133 SW Topeka Blvd.
Topeka, KS 66629-0001
E-mail: marlou.wegener@bcbsks.com
Fax: (785) 291-8997
Telephone: 1-800-432-0216, ext. 7246 or, in Topeka, 291-7246
Web site: www.bcbsks.com/foundation



Grant applications are limited to the application form and a maximum of four additional pages (double-spaced) for the written proposal.

Kansas Association of Health, Physical Education, Recreation and Dance

Fort Hays State University
Department of HHP
600 Park Street
Hays, Kansas..67601

