

UAHPERD News

President's message—Frank Wojtech

Just a reminder about the upcoming 5K Fun Run. Don't forget to register...

Pump Your Legs-Work Your Brains! As part of the *FITNESS MATTERS, WELLNESS WORKS Superintendent's Fitness Challenge* we would like to invite you to participate in a 5K fun run for all interested Utah educators and staff members. This event is to recognize the importance of proper nutrition and physical activity to the physical, emotional and intellectual well-being of people of all ages. Superintendent Shumway is challenging members of Utah's educational community to increase their fitness levels during the 2011-2012 school year with the goal of increasing effectiveness and making permanent lifestyle changes.

When: Saturday, May 5, 2012
 Time: 8:30 am
 Where: Wheeler Farm
 6351 South 900 East
 Salt Lake City, UT

Registration: [\\$20.00 in-advance online registration](#), \$35.00 on-site registration ***Medals to all finishers of the 5K Run*** Bonus Run: FREE 1500 Meter Race for children 12 and under directly after the 5K race

Ribbons to all finishers of the 1500 Meter Race

We would also like to encourage educators to have fun and collaborate with other staff members at their schools. We prompt you to wear matching t-shirts or even celebrate Cinco de Mayo (the race is on May 5th) with festive running attire. For participating in the race you will also receive a cool *5K Fun Run for Educators* t-shirt.

Here's to finding your happy pace, and see you on May 5th!

Frank "Why are all These People Following me?" Wojtech
 USOE Health and PE Specialist
 UAHPERD President

Jamie "If found on the Ground, Please Drag to Finish Line" Ney
 USOE Health and PE Assistant
 UAHPERD Treasurer

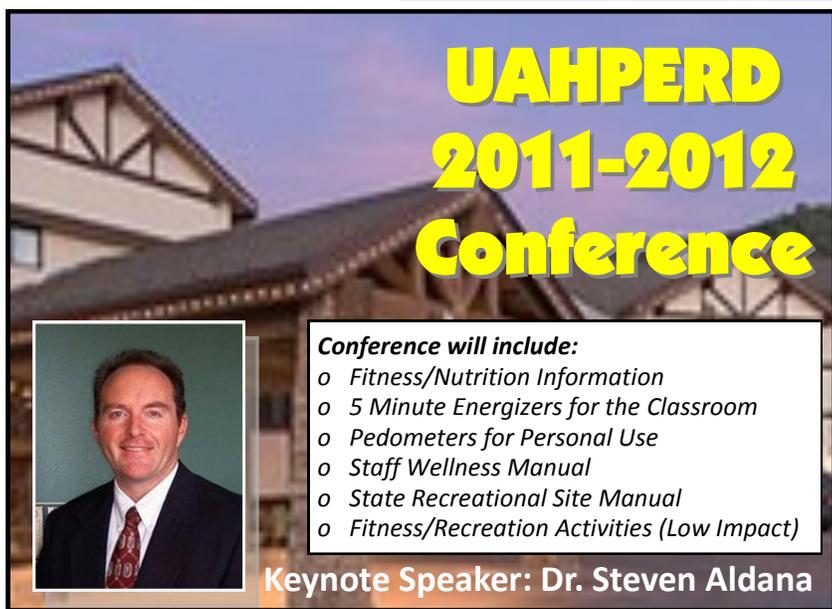
Apply today for the **2012 ING Run For Something Better Grant** to receive up to \$2,500 for your school to start a new running program OR expand your existing one! <http://www.aahperd.org/naspe/>

Attention physical education teachers! Would you like to participate in a research study about Exergaming Technology in PE for a chance to win a Wii package? Click on the link below to access the survey link. It should take you approximately 10-15 minutes to complete.

<https://www.surveymonkey.com/s/>

Sign up for Summer conference at: <http://uahperd.weebly.com/annual-conference.html>

Volume 2012, Issue 2



UAHPERD 2011-2012 Conference

Conference will include:

- o Fitness/Nutrition Information
- o 5 Minute Energizers for the Classroom
- o Pedometers for Personal Use
- o Staff Wellness Manual
- o State Recreational Site Manual
- o Fitness/Recreation Activities (Low Impact)

Keynote Speaker: Dr. Steven Aldana

SHOUT OUT!

Congratulations Kim McIntire

At the annual AAHPERD national conference this year, UAHPERD dance educator of the year for the Southwest Conference was recognized as one of the top four dance educators in the nation. Presenting the award was DTOY committee chair Teresa Olson. Due to the uncharacteristic scheduling problems with the power outage in Boston at that time, the presentation of the award was presented in concert with the Girls and Women in Sports meeting held in a hotel with available electricity.

Kim has taught dance to all ages, from kindergarten to adult, for the last 21 years, with a majority of the time spent in middle school. It has been both challenging and rewarding for him to help dancers of several levels improve flexibility, cardio fitness, social awareness and confidence as they progress through his ballroom dance program.

Kim currently teaches a multiple level program at Centennial Middle school in Provo, where he works in concert with the PE, administration and performing arts programs in improving student fitness and performing talents. Visit his program online at web.me.com/dancemac for a larger glimpse of his program.



Health

Governor Herbert Vetoes Sex-Ed Bill

Frank Wjotech

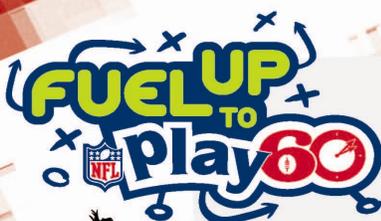
Gov. Herbert vetoed HB363, the controversial bill that would have allowed school districts to drop sex education and required abstinence-only instruction in those districts that kept it. The bill was sponsored by Representative Wright. Under the vetoed law local educational agencies would choose to either offer abstinence only sex education or no sex education at all, taking away a parent's choice of an abstinence-based curriculum where contraception may be taught but not advocated for or encouraged. Abstinence-based sex education that is currently the choice of more than 90% of Utah's school districts with 99% of parents choosing to opt their children into the sex education unit. The governor felt that the current law works well and that the vetoed law would have been too restrictive to the power of parents to choose instruction for their children.

The current sex education law requires parents to sign a permission form before their students may participate in a sex education unit. The form empowers parents to decide (1) to allow students to participate in all scheduled activities/discussions (2) to participate in some but not all activities/discussions (3) request a meeting with the teacher to preview curriculum and materials used before making a decision or (4) not to allow students to participate in any aspect of the human sexuality unit. In addition under current law local educational agencies may choose to limit sex education to an abstinence only curriculum where contraception is not covered.

Reminder to Teachers:

- You must send the parent permission form home to parents at least two weeks prior to the start of instruction.
- For those students **NOT** opted in- you must provide a safe and supervised location for them to go while you conduct the sex education unit.
- An alternate assignment may not include any subject matter related to human sexuality.
- Students may not be tested on any information a teacher covers in a human sexuality unit of instruction.
- Annually each school district and charter school shall require all newly hired or newly assigned Utah educators with responsibility for any aspect of human sexuality instruction to attend state-sponsored professional development outlining the human sexuality curriculum and the criteria for human sexuality instruction in any courses offered in the public education system.
- Each school district and charter school shall provide training consistent with State Law at least once during every three years of employment for Utah educators.

Elementary PE



Eat Healthy. Get Active. Make a Difference!

Fuel Up to Play 60, the in-school nutrition and physical activity program launched by National Dairy Council, local Dairy Councils and the National Football League, in collaboration with United States Department of Agriculture (USDA), is helping to make wellness part of the game plan in more than 70,000 schools across the country.

This year's program includes:

- Funding opportunities (up to \$4,000 per school!)
- An easy-to-follow online Game Plan with the "Six Steps to **Fuel Up to Play 60**"
- Playbook with more than 60 Healthy Eating and Physical Activity strategies
- Student Ambassador program and fun Youth Challenges to get students involved
- A chance to earn recognition and NFL rewards

Go to FuelUpToPlay60.com to join.
Make a difference for the students at your school!



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What an ACTIVE or Structured Recess Does for your School and Some Easy Steps to Start!

With the latest research showing kids are getting larger and physical education and recess times are getting smaller, what can schools do to promote fitness to meet the national and state daily requirements of 60 minutes of physical activity each day? The playground is the place to start.

Students spend at least 30 minutes a day at recess and all elementary schools do have recess, but is recess used effectively? There are many hopscotch, four-square, basketball and tetherball courts, but are the kids using them?

As a PE specialist, I have observed, on many occasions the courts empty on a continual basis and wondered, "Why aren't the kids playing these games?" The main reasons I have heard are: "I don't know how to play," "I don't know the rules," "I don't have the equipment to play," or, "No one will play with me." All of these problems can be solved if your school chooses to have an active and structured recess.

How can you set one up at your school? Just follow these simple steps:

- First, map out your playground for students and teachers and set up activity zones. Show students where the zones are and what they should be doing while in that activity zone. For example, where hopscotch courts are painted on the ground, that is the hopscotch zone and only hopscotch should be done in that area.



- Second, have all equipment necessary readily available to check out on the playground. Equipment should be in a central location where it can be checked out and returned after use by students. Any lost or damaged equipment needs to be noted and replaced.
- Third, teach students the basic rules of the game and that they need to be followed. Students need to follow the standard rules of the game, not rules they make up.
- Fourth, everyone must be able to participate in any activity at recess; no one can be left out.
- Finally, add variety to recess. A mile course could be marked out on the playground or around the perimeter of the grass field. During lunch, you could have a walking or running club going to keep kids active. You could offer different weekly games or activities on the grass field such as parachute, kickball, soccer drills, etc.

I have seen schools implementing active recess over the past ten years and asked the principals of those schools why they support it. They told me that active recess keeps kids engaged and active, more kids seem to be participating at recess because they have something to do, when all students follow the basic rules; there are no arguments during the games about made-up rules. And the biggest reason principals like structured recess is that discipline problems on the playground have reduced since the active recess was implemented at their schools.

Jennifer A. Grosh, Vice President Elementary Physical Education

NATIONAL PE I N S T I T U T E

What is It? The National PE Institute is a new “grassroots” conference for K-12 PE teachers with a strong focus on linking State PE Standards to student assessment.

Who is Presenting? We have secured the foremost K-12 physical education experts, noted researchers, and distinguished authorities for this unique event!

When is It? July 30 - August 3, 2012.

Where is It? The National PE Institute will take place at the Sherrill Center on the campus of the University of North Carolina Asheville, 227 Campus Drive, Asheville, North Carolina 28804.

Lodging? Individuals are responsible for their own lodging needs. A listing of recommended hotels can be found on the website: www.NationalPEInstitute.com.

How Do We Register? There are three ways to register:
1) Mail or fax in the registration found in this flyer,
2) Visit the website: www.NationalPEInstitute.com, or
3) Call us at (800) 927-0682.

Fees: \$250/person; \$200/person for groups of 4 or more.
Save \$25/person off the above price when you register before June 30, 2012.

Certificate of Completion: All attendees will receive a “Certificate of Completion” stating they participated in 30 contact hours of physical education professional growth.

PHYSICAL EDUCATION'S MOST RESOUNDING EVENT

NATIONAL PE
I N S T I T U T E
JULY 30 – AUGUST 3, 2012



This registration form can be used by individuals and/or school districts interested in attending the 2012 National Physical Education Institute to be held July 30 – August 3, 2012.

Fees: \$250/participant; \$200 if sending a team of 4 or more. **Save \$25/participant if this form is received with a check or purchase order before June 30, 2012.** If received after June 30, 2012, the full registration amount will be billed.

Number of Total Participants: _____ Total Amount Enclosed: \$ _____

Name of Contact Person:		E-Mail:
School/School District:		Phone:
Address #1:		
City:	State:	Zip:

DISTRICT TEAM MEMBERS		
Name:	Email:	Ph:
School:	Address:	
City:	State:	Zip:
Name:	Email:	Ph:
School:	Address:	
City:	State:	Zip:
Name:	Email:	Ph:
School:	Address:	
City:	State:	Zip:
Name:	Email:	Ph:
School:	Address:	
City:	State:	Zip:

* Please attach additional sheet, if needed.

Payment (Please Check): I am using a Credit Card (Please fill out section below)
 I am using a Purchase Order (Please attach)
 I am using a School/Personal Check (Please attach)

Type of Credit Card (Mastercard, VISA, Discover):	
Credit Card Number:	
Expiration Date (Month/Year):	3-Digit Code (On Back of Card):

Make Checks Payable:
“National PE Institute”
 PO Box 51158
 Durham, NC 27717
 Fax: (919) 490-3062

Please call us at (800) 927-0682, if you have any questions!

Friendly Reminder: You can save \$25/participant if this form is received with a check or purchase order before 6/30/2012.

“Golf is a good walk spoiled.”

So says the witty Mark Twain. I consider myself a regular golfer; I golf once every two or three years. A few years ago, I was getting ready for my regular round of chasing the white ball and went through this conversation with myself:

Me: Why am I doing this?

Self: Well, it's fun and a good way to get exercise.

Me: Okay, I agree; it's a good way to get exercise. Usually in 15-30 yard spurts. And almost always diagonal to the direction of the green.

Self: If you would go more often, maybe you would improve?

Me: What, and break my streak? No, I think I need to come up with something new.

Self: Something new? Where else can you do an activity that is low-impact, has beautiful scenery, and (gulp) fun?

Me: Well there is a game I used to play as a kid. It's called Frisbee Golf, and I was pretty good.

And so began my new venture of Frisbee Golf (aka Disc Golf, or even Frolf, which sounds like a character from Lord of the Rings). I went and sold my clubs and used the money to purchase the basics needed for Disc Golf, a driver, mid-range, and a putter (about \$20 total). Disc Golf is becoming a more and more popular sport. It is easy to learn, (how hard is it to throw a Frisbee?), inexpensive (most courses are free), and yes, FUN! So what is it? In this article I would like to show and tell you about how easy and fun it is.

What is Disc Golf?

The object of disc golf is to complete each hole in as few throws as possible, much like ball golf. Holes usually consist of metal baskets that “catch” the disc. Sometimes they can be light poles or any other larger target. Tee boxes range from concrete slabs to dirt area. Most of the rules of disc golf correspond to rules in ball golf. One can play disc golf with only one disc, but many use several discs depending on the situation (driving, putting, etc).



Aren't Hippies the Only Ones Who Play Disc Golf?

Go to a course and you will see young children, older adults, men and women. It is a great lifetime sport. There are many articles that have reported on the popularity and benefits of disc golf for a wide range of individuals. The start-up is generally inexpensive, usually around \$10 for a decent beginner disc, and as mentioned previously, most disc golf courses are free.

I Don't Know Where to Play!

According to Disc Golf Course Review (www.dgcoursereview.com) there are over 4300 disc golf courses worldwide, with 29 courses in the state of Utah alone. Idaho has 55 courses, Colorado 114, Arizona 41, and almost 200 in California. Many, including myself, have planned family vacations around disc golf courses. Most courses are in public city parks and are free. There are a few that do charge a fee, but it is usually worth it (think about dropping \$500 to play at Pebble Beach). Many businesses also host special events at various courses including tournaments, playoffs, and clinics.



What's the Benefit for Me?

Disc golf is a lifelong activity that can be played by individuals with varying skills. The combination of upper and lower body strength, along with the cardiovascular benefits (you won't see any carts on a disc golf course) and the decreased risk of serious injury, make this sport a safe, fun, and family-friendly activity. A recent study to be presented at the 2012 AAHPERD National Conference reports that a typical 18 hole round (1.5 hours) will provide over 50% of a person's recommended steps per day. Plus, since most courses use the natural environment, it's a great excuse to get up and get out!

Disc Golf in Schools

Disc golf is a great activity to teach students from 3rd graders to college students. Educational Disc Golf Experience (edgediscgolf.org) is a great place to start. Designed by current and former teachers, EDGE has curriculum packages, along with equipment, to get you started right away with your students. Disc golf can be an excellent beginning unit to provide cross-curricular collaboration with your fellow teachers.



Okay, You've Got Me Interested, Now What?

With great weather year-long, an inexpensive start-up for equipment, and courses within 15 minutes of most everyone, grab a disc and go play. Better yet, grab a couple of friends, play and grab some more people.

Resources

Professional Disc Golf Assoc. pdga.org

edgediscgolf.org

Equipment, videos, FAQs

innovadiscs.com

discraft.com

gottagogottathrow.com



Steve is Vice President of Physical Education and a doctoral student at the University of Utah in Sport Pedagogy. He can usually be seen throwing his favorite driver, a tie-dyed Monarch at the University's course, Taylorsville, or Creekside Park. Come Play!

Get On Target For Life ~ With Archery

Archery is one of the many fun sessions that will be available at the Health and Wellness Conference, July 9 & 10, 2012, in Park City, Utah for you to participate in. One of the reasons archery is such a great sport is that just about anyone, in any age group, can participate in this lifetime sport. It is fun and can be as challenging and physical as you choose. By playing archery, you are increasing not only strength, but also focus, flexibility, upper-body workout, self-confidence and attention skills. It is an opportunity to meet new friends and be involved with other programs. You will learn safety strategies, skills, and techniques of archery. Archery is relatively inexpensive if you just want to shoot for enjoyment. The Archery session will stress the importance of and guidance on issues of fitness, archery education, equipment selection and repair and various aspects of skill levels of archery. However, if you want to shoot for competition, then the price can increase and the time needed for practice may increase.

A great advantage of the sport of archery is that it demands attention. As you begin to develop in this sport, you'll find that your focus on other things in life outside of archery will most likely become heightened. It is a sport that will give you a boost in a number of mental-aspects in your life.

The ultimate goal of an archer is to enjoy the game, not just the win-

ning. The emotional and social benefits gained from regular participation will be a positive aspect not only for your health but for your physical well being. The more you participate, the more accurate you become the better self esteem you will develop which will enhance your overall well being. This sport, is a lifetime sport, and can be an affordable family-oriented activity.

There are many Archery Clubs that are available for you to join. Many programs are opened to members and non-members and are intended for those archers of all ages, with a serious interest in learning and competing in the sport of archery. Both recurve and compound bows are used in the activities and archers are instructed in the use of one or both disciplines. Archery is a sport that can be held indoors or outdoors. Either way, it is a good chance to get outside for fresh air or on days of inclement weather, stay inside and still practice. This could prepare you for the Senior Games later on in life!

See you at the Conference!

Sherri Lindberg



Any newsletter submission: please send full article with logos to CeCie Scharman.

[CeCie Scharman](mailto:cecie.scharman@slcschools.org)

cecie.scharman@slcschools.org

Removing Physical Barriers in the Gym

As physical educators we typically enjoy physical activity and are usually very skilled in the activities we teach our students. We each have a lifetime of activity enjoyment and have developed meaningful relationships while participating with others in our favorite sport activities. Because of our backgrounds in activity and competition it may be challenging for us to see the risks some of our students may face as they enter the gym for their physical education class. In our physical education classes students are asked to participate in activities that, to them, may represent risks; physically, emotionally and socially.

Students are asked to participate in activities that challenge their physical skills and maybe, in their minds, even their physical health and wellbeing. We ask students to walk, run, gallop, slide, jump, hop, skip, leap, bend, stretch, twist, turn, push, pull, rise, collapse, swing, roll, throw, catch, kick, strike, volley, dribble with hands, dribble with feet, punt, shoot, serve, pass, sweat, breathe and extend themselves well beyond their usual physical movements.

If we make conscious efforts to remove potential physical barriers for our students they may more readily participate in the learning activities we develop in our lessons. We might remove some of these physical barriers by planning with physical safety as our greatest concern. The facility could be checked for floor hazards, items hanging from the walls or ceilings that may hinder the safe physical movement of the students and for adequate lighting in all areas of the gym. The outdoor environment contains another set of hazards that needs careful attention by the teacher; the teacher could look at the environment from the perspective of a student new to physical and/or outdoor activity.

The equipment we ask the students to use may require periodic examination for holes, humps, dents, dirt, bulges, bumps, blood, and mud

that may cause an unpredictable bounce that is difficult to avoid or may even hold dangerous health concerns. Equipment will also best serve students when it is the appropriate size for the developmental level of the students. Students may feel physically safe when they are given a choice of the equipment they will use to complete a task they are asked to perform. Some students may be more willing to attempt a challenging skill when they have a lighter or larger striking implement and they may prefer to use a more light weight ball that does not bruise the arms or legs when learning to pass to their team mates.

Another way to remove potential physical barriers to active participation may include grouping the students by their skill level. Two possibilities exist where 1) students are grouped with other students of similar skill levels or 2) students are grouped with partners of opposite skill levels. When students are grouped with students with similar skills they are less likely to be hurt by someone who can throw or kick or strike farther, harder or with more power than what they can catch or trap safely. When students are grouped with partners of opposite skill levels the more highly skilled students are instructed to be a peer teacher, to recognize the abilities of their partner and teach and act accordingly. These highly skilled students will also need their own time to develop their skills with partners of equal ability at another time.

Encouraging active and skillful participation in physical education classes requires careful and purposeful planning by the physical educator to minimize the physical risks our students may experience. See the next newsletter for ways to overcome social and emotional barriers to active participation in our physical education classes.

Geri Conlin, Vice President Elect, Physical Education

In Memorium



Lori Lynne Doerr Richards

July 16, 1956—February 4, 2012

It is with regret that we report the passing of Lori Richards. Lori served on the Board of the Utah Association of Health, Recreation and Dance (UAHPERD) for several years. In addition to her contribution of finding quality speakers for UAHPERD's Conferences, she was always willing to present, whether she was on the board or simply a member supporting her professional organization. She was an outstanding educator who offered much to her profession. She worked diligently at Utah Valley University in her profession, but, more importantly, she supervised student teachers. One of the teachers with whom she placed a student teacher commented that Lori's students teachers were always the best prepared of any she received. She was also a great asset to the Health Education field and was sought after as a speaker and a teacher to train and educate professionals in the field.

Our beautiful, amazing, inspiring mother, grandmother, wife, sister, aunt, coach and friend returned to the loving arms of her Savior on February 4, 2012. Lori was born in Long Beach, California to Bonnie Whitney and Carl Doerr. She attended Millikan High School, Long Beach City College, and later attended Brigham Young University on a volleyball scholarship. Lori married her best friend, David Richards on May 1, 1981. Together they were part of a volleyball dynasty. They created a club volleyball program and through it both taught and inspired passion for the sport to young players across the nation. Lori coached volleyball at UVCC (UVU) for nineteen years and was later inducted into both the Utah Coaches Hall of Fame and the NJCAA Hall of Fame. She was also a well-loved and passionate professor of community health and elementary education at UVU for 30 years teaching thousands of her adoring students. Lori served her Savior with love and compassion demonstrating creativity and humor as a member of The Church of Jesus Christ of Latter-day Saints in Primary, Young Women's Sunday School and Relief Society. Lori's greatest legacy is the great love she had for the gospel of Jesus Christ, her family and friends. She changed the lives of all who knew her. Her children, Lauren (Taylor Evens), Kristin, Andrew and Taylor were her greatest joy. She is survived by her husband, her children, her granddaughter Merit, her siblings, Diane Doerr Gardner (Bruce), Brent Doerr (Becky), and the thousands who have known and loved her throughout her life.

Dates to remember

May 5

UAHPERD/USOE State Superintendent's Fitness Challenge 5K Fun Run

At Wheeler Farm in May and is intended to be the culminating experience for the Superintendent's Fitness Challenge. Have fun as a staff and train this event during the course of the school year.

for

June 13-16

Southwest District AAHPERD, Turtle Bay Resort Kahuku, HI

July 9-10

UAHPERD/USOE State Conference, Marriott Hotel, Park City

July 19-20

2012 Northwest Alcohol & Substance Abuse Conference, Boise, ID

www.northwestalcoholconference.org

September 7

You Can't Stop What You Don't Know!!

Boozing, Doping, Smoking, Clothing & Synthetics, St. George

Email: Jermaine@tallcopsaysstop.com

October 25-26

Zero Fatalities Safety Summit

UT.ZeroFatalities.com/Summit

USOE Sponsored Courses (All courses are held from 8 a.m. to 12 p.m.)

June 11-14

Human Sexuality/Sex Education, Fairfield Jr. High

June 18-21

Exercise Physiology, Kearns High—

Bob Ostberg, Debbie Dixon, Mitch Wilcox, Garth McFarland

June 18-21

Mental Health & Stress Management, Murray High—Lynn Westberg

June 25-28

Methods of Teaching Sport Nutrition, Syracuse High

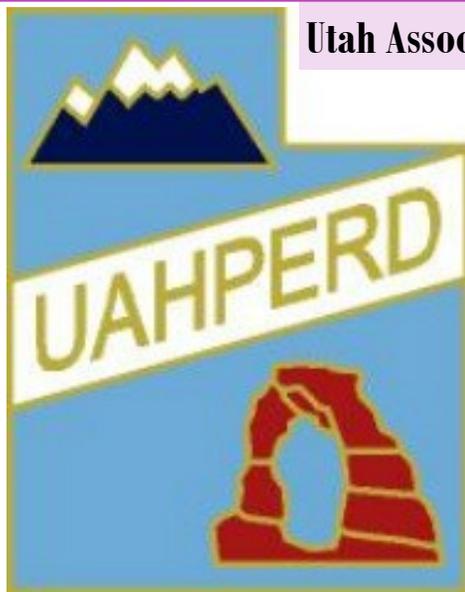
June 25-28

Care and Prevention of Injuries, West High Field House Room 115



UAHPERD/USOE State Superintendent's Fitness Challenge 5K Fun Run

On May 5 the culminating experience for the Superintendent's Fitness Challenge will be held at Wheeler Farm. Come on out, have fun as a staff and train for this event during the course of the school year. Check it out at <http://www.schools.utah.gov/CURR/healthpe/Fitness-Challenge.aspx>



Utah Association of Health, Physical Education, Recreation and Dance

Frank Wojtech, President

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frank.wojtech@schools.utah.gov 801-533-7732

Our mission, with AAHPERD, is to promote and support creative and healthy lifestyles through high quality programs in health, physical education, recreation, dance and sport, and to provide members with professional development opportunities that increase knowledge, improve skills, and encourage sound professional practice.

The Utah Association of Health, Physical Education, Recreation and Dance is dedicated to promoting physical activity and healthy lifestyles in Utah schools and community programs for Health Education, Physical Education, Recreation, and Dance by using the best philosophical, social, physiological and educational principles available and the most recent peer reviewed research in the several disciplines.

Check us out at www.uahperd.org