

NASP Comes to LA



Louisiana is a participating state of the National Archery in the Schools Program (NASP). LaNASP teaches kids in grades 4-12 Olympic-style archery during physical education class. This exciting program has improved academic performance and participation in the shooting sports for over 4.6 million students worldwide. Students have fun, gain confidence, and learn skills that can be enjoyed the rest of their lives. At the in-service training at Convention on November 3, teachers will earn Basic Archery Instructor (BAI) certification. This will enable those trained to teach NASP to students at their respective schools. Equipment to conduct the training will be provided, and teachers will be given a training packet at no cost. See you at Convention.

Tailgating at the Lakes

Calling all parishes, colleges, and universities! Be at the LSU Lakes on November 3 from 4 p.m. – 6 p.m. for a cookoff. Bring your favorite tailgating dish!



Ready to register?
Visit
<http://www.lahperd.org>
today!



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Newsletter of the Louisiana Association for Health, Physical Education, Recreation, and Dance

Convention Preview Issue



“Measure Up”



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...and a special tribute to a LAHPERD friend!

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From President Rachel Andrus

I hope you are planning to attend our Convention, "Measure Up," November 3-5 at the Crowne Plaza in Baton Rouge. We have been working very hard to provide you with sessions you will enjoy and hopefully gain professional knowledge to bring back to your schools. For our Pre-Convention workshops on November 3, we are excited to offer a physical education workshop by Bonnie Hopper, "HOT Ideas for KOOL K-12 Physical Education!" and an archery workshop by Wildlife and Fisheries. Teachers will have the opportunity to become certified to teach archery. We will conclude the day with a cook-off between parishes and/or universities at the LSU Lakes. Get a team together, pick your favorite tailgating food item, and show it off at the lake.

Thursday, November 4, starts the actual convention with 70+ sessions. The General Session Keynote Speaker, Vicki Worrell, our AAHPERD President, will speak on our new Physical Activity Plan. Also at the General Session, you will be informed of the individuals running for the elect positions and pertinent issues on which we need your vote. Sessions will conclude at 5 p.m. followed by Kaleidoscope and the Tailgating Social. At the Tailgating Social, you will have the opportunity to wear your school's or university's colors while participating in games, enjoying food, and possibly winning prizes. At the Friday Awards Luncheon, you will meet the members who will receive the awards LAHPERD has to offer while enjoying a great meal.

If you are receiving emails through our Action Network, watch for an agenda the week before Convention, which will include times of the sessions. If you are not on our Action Network list, contact me at randrus@lsue.edu, and I'll be glad to add you!

Hope to see you at Convention! You can go to our website, www.lahperd.org, to access membership and Convention registration.



Andrus

Don't Miss the Pre-Convention Workshops

"HOT Ideas for KOOL K-12 Physical Education!"

By Bonnie Hopper, M.Ed.

1992 NASPE National Teacher of the Year

Experience: K-12 grades (17 years); Teacher Trainer (21+ years)



Bonnie Hopper

This dynamic workshop will cover standards-based physical education activities and related concepts, as well as best practice teaching strategies. Specific content will include:

- "KNOW-brainer" activities,
- MVP activities,
- Full-proof, non-traditional dances,
- Pedometer-based physical education lessons that reinforce cross-curricular concepts,
- "Seconds/Minute 2 Win It!" challenges, and
- Quality physical education in the form of "head to toe" physical education that will include effective program PR.

At the end of this workshop, participants will be able to:

- Demonstrate novel/challenging and midline-crossing brain-based physical activities and cite the supportive research,
- List four MVP activities that "move" students and explain physiological benefits and other related concepts,
- Perform three 3 non-traditional dances,
- Explain how pedometers can be utilized in physical education to reinforce cross-curricular concepts, and
- State how PR can be effectively promoted through student- family conversations.

Questions? Contact Bonnie at 877-685-9059 or hopperbb@aol.com.

YOU BET! US Games will be furnishing equipment which will be sold at reduced prices at the conclusion of the workshop. Cash, checks, and PO's accepted; sorry, no credit cards.

LAHPERD Acknowledgement Awards

LAHPERD will begin a new tradition at this year's convention. You can honor a colleague, outstanding professional or family member in front of his/her peers with a LAHPERD Acknowledgement Award. This award will allow you to show appreciation for someone's contribution to the profession or thank someone who has made a difference in your life or career. Each award costs \$20 and you will present it to the awardee during the 1st General Session (Thursday, November 4, 2010).

Complete the form below and mail it with your payment (\$20 per award) to:

Bill Dickens, LAHPERD Executive Director
NSU HHP Department
Natchitoches, LA 71497

(postmark deadline is October 20, 2010)

PLEASE PRINT

Award to: _____

Address: _____

Awardee E-mail: _____

Words you would like printed on the certificate: (limited to 10-20 words)

Acknowledged by: _____

Address: _____

E-mail address _____

Amount Paid = \$ _____

Crawfish Corner

To get you warmed up and thinking about Convention and Pre-Convention, Bonnie Hopper has provided some of the activities to look forward to in her presentation. Bonnie will be sharing "Quick Hitters" that are not only physically challenging, but are activities to challenge the brain as well.



1. Keep a balloon in the air while cup stacking up, then down.
2. Keep a scarf in the air only using your right hand/left hand.
3. Two scarves of different colors (each hand has a designated color of scarf to toss). Toss the scarves and keep in the air for 21 seconds.

For 14 years, JiJi and Joanna have attended the Elementary Physical Education Workshop in California and come away with great new ideas. This year, they presented at the Middle School Physical Education Conference in Fullerton, California and, again, came away with great ideas to share with you. Here are a few your students might enjoy.

From Kristen Okura, Don Juan Avila Middle School in California

Instant Replay: Students form a circle. Each member of the circle introduces himself or herself by saying his or her name and performing an appropriate physical motion/movement. The entire circle imitates exactly what each person does, noting vocal tone and body movement. Movement must be safe for all and appropriate. It helps if the movement goes along with the sound of the name. The more you say and do = muscle memory. The teacher should start the activity with a movement.
Me, You, You, Me: Starting in a circle, one member of the circle steps in and goes to the person on his or her right, shakes hands, and says his or her name (ME). In response, the partner replies with his or her name (YOU). Each person repeats the other's

name in turn. Then, the partner repeats this activity with the person on his or her right. It is a quick way to introduce. Have six or seven students making introductions at a time.

From Holly Guntermann, Idyllwild School

Adelante Ball (Adelante means to move forward in Spanish.):

No. of players: Eight or less per team

Equipment: Medium size foam ball, nine cones for each team, poly spots, and a way to differentiate teams.

Object of the game: To knock down the opponent's cones by rolling or throwing the ball

The game is similar to Ultimate Frisbee. One team starts off the game by throwing the ball off to the other team. The other team may either catch the ball or pick it up. The person with the ball may only take three steps before passing the ball or trying to score. A pass must be attempted within five seconds; failure to pass results in a turnover. The ball may not be handed off to a teammate. The opposing team may guard as in basketball and try to intercept the ball. As in Ultimate Frisbee, failure to complete a pass results in a turnover to the other team. Every student must have the ball passed to him or her, and he or she must pass the ball to a teammate before a score can be attempted. Failure to follow this rule results in two consequences: (1) Ball goes to other team and (2) Other team receives one point. If the rule is broken again, a penalty shot is awarded to the opposing team. The penalty shot is a non-defended opportunity from a 10-foot distance. If the ball goes out of bounds, it becomes the other team's ball at that spot.

Scoring: A score is made when the offensive team either throws or rolls the ball at the three cones placed side by side in three different locations along the end line and successfully knocks down a cone or cones. Each cone knocked down equals a point scored. Once a score is made, the scoring team throws off to the other team.

Convention Session Topics

Wondering what's being presented at Convention? Here's your answer. Make notes of the sessions of most interest to you, then look for more information on those sessions in the program you receive at Convention.

- National Archery in the Schools Program
- Zumba
- Making Connections through Visual Strategies
- Movement Activities for the Halfpint Size
- Paralympics & Sports Opportunities for Kids with Physical Disabilities
- Project UNIFY – Special Olympics
- Holiday Hoopla!
- Kin-Ball and Cooperative Games
- Dynabands
- Skillastics – Large Group Games and Instant Activities
- APE Roundtable
- Stick It!
- Stump to Ironman to Beyond!
- Maximum Fun, Maximum Participation, Maximum PE
- Steppin' and Tappin' to the Beat
- I'm Amazen – Cat Paws
- Teaching Jump Rope for Teachers
- Fitness Stacking: Sport Stacking with a Twist...a Run and a Jump!
- Jump Rope for Heart/ Hoops for Heart
- Let's Move It, Move It, Move It. Meaningful Movement & School Success
- Students with Autism
- Nordic Walking
- Yolo Boarding
- Hand Strength Development & Dexterity
- Wii – P.E.
- A Guide to Sports Nutrition Practices for Student Athletes
- Understanding and Identifying Eating Disorders on our Student Athletes
- Interactive Health for Elementary School
- Worksite Wellness
- University Partnerships: Working Together to Combat Childhood Obesity
- Effects of Fitness on Academic Performance Among Children
- The Greatest Concerns of People Living in Developing World Regions
- Clinical Experiences in Health Promotion
- Teaching Resources for Health Educators
- HLC Middle School Program Builds on Individual Strengths and Learning Styles
- Instructional Strategies for Teaching Human Sexuality in the Classroom
- "INDICATE Model" for Culture-based Community Health Promotion
- Exercise is Medicine: A Global Initiative
- CPR/First Aid Certification
- Move it!!! Motivational orientations for Activity in Sports and Physical Education
- The (Lost) Art of Officiating
- Internship as a Practicum
- Super Stars
- Student Roundtable Forum
- "You Can Go Home Again"
- "Did You See That?" How to Build a Better Athlete in Your Weightroom
- Stay in the Game: The Role of Strength and Conditioning in the Prevention of Athletic Injuries
- Teachers' Retirement System of LA – Facts and Myths
- Pickleball
- Soccer
- The First Tee and SWAG Golf Program
- Geocaching
- Bicyclin More Than a Child's Toy
- Cross-Curricular P.E.
- Skill and Technique of a Strength and Conditioning Curriculum
- Tennis
- Dietary Supplement Use in High School Athletes
- Outdoor Games/Recreational Games: Making Them Work in P.E.

LAHPERD

75 years and counting!

"Fi" Brister Dill Celebrates 90

A former physical educator, LAHPERD award recipient, and LAHPERD president turns 90

"I want to live, not just exist." These words were taken from Ophelia "Fi" Brister Dill's retirement article dated July 9, 1978. For the next 32 years, she has traveled all over the world, including Alaska, New Zealand, Canada, and across the U.S. at least twice. Cruises are her passion, having sailed from ports in Norway, Alaska, and Hawaii. If she does not have a trip on the docket, something is wrong. The secret to staying young is to be involved, she believes.



Some retirees want their lives to be simplistic, but, according to Fi, age is just a number, so "get off your chair" and contribute to your church, your community, your family, and your friends. If you act old, you are old, and at 90, she is definitely not old.

Fi's cabin in Lake City, Colorado, was the love of her life. She spent 15 years during the summer months hunting, fishing, hiking, exploring all the back roads, playing bridge, and helping out with



any organization that needed a helping hand. When there was a minute of quiet time, you could usually find her sitting on her deck talking to the hummingbirds or the Steller's Jay while she worked a crossword puzzle—never a dull moment with Fi.

Currently, Fi lives at Toledo Bend Lake in Zwolle, Louisiana. Her

children, grandchildren, and great-grandchildren have made her long life even fuller. The party barge stays ready with fishing poles, picnic lunches, ducks to feed, crawfish to boil, fish to fry, and tales to tell. She is involved with her local Wild Flower Garden Club, and for the past 13 years, she has been program director. Playing bridge every Wednesday, along with giving bridge lessons, have kept her mind sharp. She can also be seen serving meals at Zwolle Baptist Church on Sunday. Her gardening skills are reflected in the blossoms of her azaleas and her mom's camellias. And, "oh yes, you must know that her pralines are the best," her daughters say.

She continues to be an active member of Delta Kappa Gamma and the Louisiana Retired Teachers' Association. She has been involved actively in teachers' salary and benefit discussions. She seldom misses a televised basketball game or tennis match, and has been known to put on her LSU or Saints' sweatshirt on game days.

Her "youth" can be attributed to living an active life. After teaching physical education for 24 years, she must have learned that if you exercise your body, including the brain, the body will give back many years over. "Take heed young people," she says. Step away from the computer, the sofa, the iPhone, and the fridge, and take a stroll around the block and maybe you, too, will have everything going for you when your number reaches the Big 90 because as Fi says, "Life is good. Ca c'est bon."



LAHPERD Membership Form

(print this and mail to the address below)

Please print clearly and provide all information requested for our new database. This will help LAHPERD to serve you better. LAHPERD membership runs from June 1 through May 31 of the following year. New membership cards are issued each year.

Please print legibly and include all information requested on the form.

NOTE: If you complete this form and make payment online, a fee of \$2.00 will be added to your membership category.

Last Name: _____ First Name: _____ Middle Initial or Title: _____

Classification and Membership Dues (check one)	Fee	_____ Renewal of Membership
_____ Professional (includes liability insurance)	\$ 55.00	_____ New Member of LAHPERD
_____ Student	\$ 15.00	
_____ Student w/liability insurance	\$ 40.00	Are you a member of AAHPERD?
_____ Retired (verify with Executive Director)	\$ 5.00	_____ Yes _____
_____ Honorary Life (verify with Exec Director)	\$ 0.00	_____ No _____ Membership #
_____ Institutional (publications only)	\$ 30.00	
_____ Associate (HPER not eligible)	\$ 25.00	If feasible, I prefer that my <i>LAHPERD Journal</i> and <i>Newsletter</i> to be sent to me electronically instead of a hard copy sent by U.S. Mail.
_____ 3-year Professional Membership	\$ 150.00	_____ Yes _____ No

Employer, College/University Attending, Agency _____ Address _____ City _____ State _____ Zip _____

Employment Level	Interest Areas (choose one)	
_____ Elementary School	_____ Health	_____ Administration/Higher Education
_____ Middle/Jr Hi School	_____ Physical Education	_____ Exercise Science/Physiology/Kines
_____ High School	_____ Recreation/Leisure	_____ Fitness/Strength/Conditioning
_____ University/College	_____ Dance	_____ Athletic Training/Sports Medicine
_____ Government (state, city, parish)	_____ Coaching/Athletics	_____ Jump/Hoops for Heart
_____ Agency (YMCA, hospital, etc)	_____ Sport Management	_____ NAGWS (Girls/Women's Sports)
_____ Other - list _____	_____ Adapted PE	_____ General
	_____ Advocacy	_____ Other (_____)

Preferred Mailing Address: _____ City: _____
(year-round) _____ Zip: _____

Telephone #: _____
Work _____ Home _____ Cell _____ FAX _____

E-Mail Address: _____
(print legibly) (preferred e-mail address; checked frequently) (alternate/summer e-mail address)

Make checks payable to: **LAHPERD**

If payment is by institutional purchase order, the names of ALL desired members and their membership category should be included.

You will receive your membership card and receipt soon. You should keep the card with you for verification at convention registration.

Mail to: **Dr. Bill Dickens**
LAHPERD Executive Director
c/o Health & Human Performance
Northwestern State University
Natchitoches, LA 71497

Contact me at the above address or at:
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