

aucourant

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CONVENTION 4-1-1

The What, Where, and When
November 5-7

Crowne Plaza - Baton Rouge

Visit [the Convention page on LAHPERD.org](#) for registration and hotel information.

Review our [Convention program preview](#) to see what's in store this year.

CRAWFISH CORNER



Rock, Paper, Scissors' Tower Instant Activity

Cristina Courtney, LSU Lab School

Space and equipment needs: Large playing area and three cones

Have a starting line, and then place the three cones about 15 feet apart, moving up the playing area (making a tower). The objective of this game is to see how many times one can move up the tower in a

designated time (usually three minutes, measured by playing one song).

Students pair with a partner (on the starting line). When the music starts, the students play "Rock, Paper, Scissors" with their feet (jump three times, feet together is rock, feet in straddle position is paper, feet with one in front and one in back is scissors). The student who wins moves up to the next cone (next level of the tower). Others stay on the first level and find new partners to play again. If students tie, they just play again until there is a winner. Each time a student wins, he/she moves to the next level. When one reaches the top of the tower, have students run outside the playing area and start back at the bottom of the tower. Challenge students to see how many times they can make it through the tower before time runs out.

Variations: Have students play in push-up position and move between levels bear crawling, or have students play in crab-walk position and crab walk between levels. Both variations allow muscular endurance and can be a great way to disguise fitness.

Want to share a Crawfish Corner activity? Contact [JiJi Jonas](#) and [Joanna Faerber](#).



MEMBERS TO VOTE ON CONSTITUTION AND BY-LAW REVISIONS AT 2014 CONVENTION

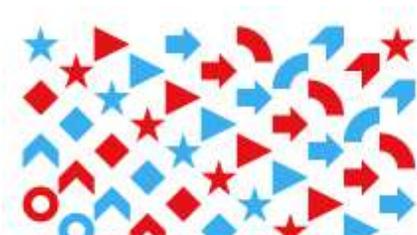
Constitution and by-law revisions are being proposed to the membership by the Board of Directors. Members will vote on these revisions at Convention. Please visit the [LAHPERD.org news archive](#) to review the proposal before Convention.

HEALTH DIVISION SPONSORS CONVENTION HEALTH & WELLNESS FAIR

Join your peers from the Health Division at the Convention Health & Wellness Fair.



Friday, November 7 | Bayou/Levee Rooms | 8 a.m. - 11:50 a.m.



SHAPE AMERICA STARTS MOVING!



SHAPE America is proud and excited to be a part of First Lady Michelle Obama's newly released Let's Move! Active Schools - an unprecedented collaboration to bring physical activity back to American schools. The program provides simple steps and tools, including monetary support and training, to help schools create active environments where students get 60 minutes of daily physical activity through quality physical education and physical activity before, during and after the school day.

Let's Move! Active Schools mobilizes "School Champions" - Physical Education teachers, classroom teachers, administrators, staff, and even parents - who are ready and willing to be leaders for their school community. Champions can go to www.LetsMoveSchools.org and follow a simple, six-step process that includes building a team, conducting a basic school assessment, and creating a customized action plan.

Participating schools will have access to: free tools and resources, in-person training, and personal assistance from certified professionals.

Most important is participating schools will have opportunities to apply for grants for equipment and other items to help improve their program.

Want to start *moving*? Contact [JiJi Jonas](#), Let's Move/Active Schools Louisiana Representative for SHAPE American Southern District

Dates to remember!

[2014 LAHPERD Convention](#)

November 5-7, 2014 | Baton Rouge, LA

[2015 SHAPE America Southern District Convention](#)

February 18-21, 2015 | Atlanta, GA

[2015 SHAPE America National Convention & Expo](#)

March 17-21, 2015 | Seattle, WA

Don't miss out on these opportunities. Start planning - and saving - today!

OUR PARTNERS



Au Courant is the official newsletter of the Louisiana Association for Health, Physical Education, Recreation, and Dance.

Dustin Hebert and Dan Denson, Editors



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