

# NHAHPERD NEWS

NEWSLETTER OF THE NEW HAMPSHIRE ASSOCIATION FOR  
HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE



FALL EDITION

October 2022

**“Sharing our knowledge— a resource by our members for our members”**

Jarrood Brooks, President  
brooksjarroodnh@gmail.com

Happy Fall NHAHPERD, and welcome back to another school year! Last spring, I wrote about the importance of taking time to revitalize yourself & your program. This was in relation to our Fall Conference theme “Revitalizing You in 2022.” I challenged you to take a step back & do something for yourself. Take the time to read that book you have been putting off, go for that beach vacation you have wanted to do for so long, start a new routine that allows for more self-care. I am hoping you heeded this advice & took care of yourself, that is the only way we can truly take care of our students & give them the best experience in our programs.

Speaking of programs, part of my challenge was to revitalize what you are teaching and how you are reaching your students. Did you take time to really look into your program? Did you find areas that you can improve upon? Did you come up with new units and lessons that allow students an experience that is educational, fun, and relevant to our curriculums? I know that this is often hard to do, as it is never easy to critique ourselves. With that said, it is an important part of being a great teacher and offering a quality program.

The importance of a quality health and physical education program can be seen in the results of a recent myOptions/SHAPEAmerica research study that included over 32,000 high school students. This study showed that almost 60% of the students felt that healthy and physical education is important to their future health. Almost 50% of the students said that it helped them learn to work with others, while 43% said it helped relieve stress. Seventy percent of the students said they gained the skills necessary to play sports or be physically active, while 65% of students have a strong understanding of being physically active. (<https://issuu.com/shapeamerica/docs/students>). These results are fantastic to see and read. However, it is even better to know that we are a part of this positivity in peoples’ lives. I honestly think we can improve on these numbers the more we self-asses and reflect on our programs and “revitalize” them on a regular basis to keep them relevant. With all that said, I am impressed day-in and day-out with what I see going on in New Hampshire related to Health and Physical Education. Due to the pandemic, I have had the unique experience to serve as your President for two years. This has allowed me to really see what is happening in our state along with national trends, and I am very proud to say that you guys are rocking it! When I share some

of what is happening here in NH, people from around the country are not only impressed, but envious of our programs and the variety of offerings in our schools.

As this is my last article as President of NHAHPERD, I have one last challenge for you. I am going to challenge you to get involved and not only push to be your best, but push your colleagues to be their best. I honestly believe the most effective way to do this is by getting involved in NHAHPERD and being part of the process. This can be done by being part of the executive board, presenting at the conference, or sharing through the newsletter. You all are doing amazing stuff and should be proud to share it!



Amber McLane, Awards Chair;  
amclane@sau73.org



With the NHAHPERD conference fast approaching, it is time to think about registering for the annual conference. When you register, I would like to invite you to the NHAHPERD Awards Banquet to be held Thursday, November 17th, 2022 . Please register for the banquet on the conference form. If you have already registered for the conference and forgot to buy a ticket for the banquet just contact Executive Director Dianne Rappa and let her know you want to attend this prestigious event (\$40 now/\$45 onsite) This banquet is a time to socialize, honor and congratulate the award recipients that have been chosen as NHAHPERD’s Teacher of the Year, Outstanding Future Professionals, and dedicated service to the profession. The banquet is one of the highlights of the conference.

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**REGISTER NOW for NHAHPERD 11/17—18**  
**[www.nhahperd.org/conference](http://www.nhahperd.org/conference)**

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**Attention NHAHPERD members!** Do you know of a colleague who is deserving of recognition for all they have done for their students, school, community, and colleagues? Please consider nominating them for a NHAHPERD Award for 2023. A listing and description of awards can be found on the NHAHPERD website, [www.nhahperd.org](http://www.nhahperd.org). You can send your nominations to me: [amclane@sau73.org](mailto:amclane@sau73.org). We have amazing individuals doing wonderful work in our beautiful state of New Hampshire who need to be recognized.

Don't wait...Nominate!!

Amber McLane, Past President; amclane@sau73.org

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([https://issuu.com/shapeamerica/docs/students\\_value\\_health\\_and\\_pe\\_infographic.final?fr=sYjRhMjUyMjAzNjM](https://issuu.com/shapeamerica/docs/students_value_health_and_pe_infographic.final?fr=sYjRhMjUyMjAzNjM)).

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### **‘Revitalizing YOU in 2022!’ Annual NHAHPERD Conference November 17—18, 2022**



Start your 2022 conference off with our Keynote Address by Pam Garramone, M.Ed., Thursday morning November 17th. Pam is an award-winning speaker who presents positive psychology - the science of happiness - to students, educators, and corporate and community employees. Through professional training and meaningful personal practices, Pam has found that the smallest changes make the biggest difference. You *can* truly become happier through the development of a new mindset and simple yet powerful exercises. Pam has shared her insights with thousands of stressed out and over-burdened youth and adults who have learned that feeling happier is simple when you practice happiness habits. In addition to being an in-demand speaker, Pam is a positive psychology life coach and author of *Be, Happier*.

For more information, visit [www.pamgarramone.com](http://www.pamgarramone.com).

Register for conference with the form on last page of this newsletter or visit our website: [www.nhahperd.orggifts](http://www.nhahperd.orggifts), Silent Auction, morning refreshments, lunch, digital handouts, gifts, door prizes, exhibits, membership — ALL included in your registration fee.



## **APE Toolbox: Best Practices**

Brown Center, UNH, Durham, NH  
Presenters: Michelle Grenier, PhD  
Nancy Miller, Newmarket School



**Wednesday, October 26<sup>th</sup> 9:00-3:00pm**

**\$75 early bird if registered by October 1st | Regular pricing \$85 - Limited to 35 participants so register early.**

**Click here to register or go to:** Registration link:

[https://learnforlife.unh.edu/portal/events/reg/](https://learnforlife.unh.edu/portal/events/reg/participantTypeSelection.do?method=load&entityId=263274560)

[participantTypeSelection.do?method=load&entityId=263274560](https://learnforlife.unh.edu/portal/events/reg/participantTypeSelection.do?method=load&entityId=263274560)

\*Hand's On Learning that Identifies Differing Learning Outcomes

\*Collaboration Skills Between General and Special Educatio

\*Learning the lingo of inclusion and wrap-around strategies

\*Utilizing the Lieberman-Brian Inclusion Rating Scale

\*Applying Universal Design for Learning Principles in your Gymnasium

*This is a great opportunity to share and work with educators in a dynamic setting!*

For questions: [Michelle.grenier@unh.edu](mailto:Michelle.grenier@unh.edu)

Scan QR code to register:



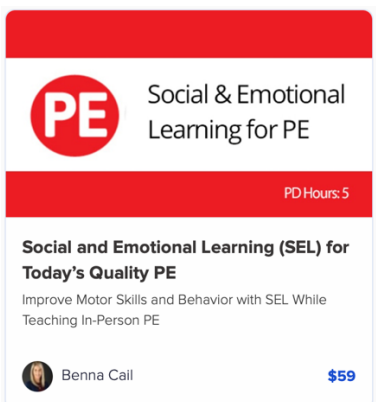

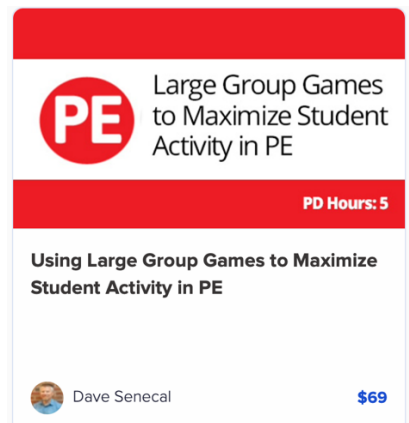


**Earn Physical Education PD Hours Online at the PE Central Online School**

Browse through the [PE Central Online School](#) Now!

There are hundreds of courses to choose from!

**"Featured Courses:**

<p><a href="#">Social and Emotional Learning in Physical Education</a></p> <p>5 PD hours, \$59</p>  <p><b>PE</b> Social &amp; Emotional Learning for PE</p> <p>PD Hours: 5</p> <p><b>Social and Emotional Learning (SEL) for Today's Quality PE</b></p> <p>Improve Motor Skills and Behavior with SEL While Teaching In-Person PE</p> <p> Benna Call <span style="float: right;">\$59</span></p>	<p><a href="#">Phyzed Hacks: Tips &amp; Strategies for Classroom Management in PE</a></p> <p>\$139, 15 PD Hours, 1.5 CEU</p>  <p><b>PE</b> PE Hacks: Strategies &amp; Tips for Classroom Management</p> <p>PD Hours: 15 + 1.5 CEU</p> <p><b>Phys Ed Hacks: Tips &amp; Strategies for Classroom Management</b></p> <p> Ben Landers <span style="float: right;">\$139</span></p>	<p><a href="#">Large Group Games to Maximize Student Activity in Physical Activity</a></p> <p>5 PD Hours, \$69</p>  <p><b>PE</b> Large Group Games to Maximize Student Activity in PE</p> <p>PD Hours: 5</p> <p><b>Using Large Group Games to Maximize Student Activity in PE</b></p> <p> Dave Senecal <span style="float: right;">\$69</span></p>
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**PE Central Online School—<http://pecentral.teachable.com>**

**Got Sneakers? Got Athletic Cleats?**

At GotSneakers by participating, you'll help keep sneakers out of landfills while also putting shoes on the feet of less fortunate people across the world in places such as the Caribbean, Central America, South America, West Africa, & Europe. Shipping: FREE!! Request FedEx postage paid bags that hold 15–20 **pairs** of sneakers & athletic cleats per bag from Dianne Rappa: [drappa@roadrunner.com](mailto:drappa@roadrunner.com) (Please - no singles—only sneakers & cleats—new, slightly used, used—no street shoes) Thank You!





**2022 NHAHPERD ANNUAL FALL CONFERENCE - “Revitalizing YOU in 2022!”  
NOVEMBER 17-18 WATERVILLE VALLEY, NH**

**Highlights: Registration & Exhibits/Refreshments open Thursday & Friday 7:30 a.m.  
Welcome Keynote Thursday a.m. – Pam Garramone – Positive Psychology – Be. Happier!**

**8:00 am start with 30+ sessions per day including titles:** 2021 Teacher of the Year Favorite warmups, Skills-based Health Education for Every Student, Mindset Coaching for Athletes, Move With a Good Book, Fun & Active Lead-Up Games for Lacrosse & Floor Hockey, Feel Happier (even in tough times), Grunts & Stumbling – Physical Theater Intro, Heath & PE Software That Makes Sense, Rhythm: The Grease of Human Movement, DCS Survival School, Promoting LGBTQ Allyship, Wellness and Inclusivity in a Diverse World, Get On Board – skateboarding, TPSR or SEL, Integrated Health Assessment, Let’s Talk about Puberty, A Bag of Games, Yoga/Mindfulness, Teach Alongside your Students, Engaging the Masses in PE Class, Inclusions through Cooperation, Expanding Upon the Capacity to Learn through Educator Self-Care, Covid 19 2022 Survey, Recognizing Trends in Mental Health Wellness & Building Resilience through Developmental Assets, What’s Happening in NH – NHDOE, ACTION! Team Games to Boost Engagement, Q&A Adapted PE, Lesser Known Lawn Games, BRAINball – Teaching Math & Literacy through Movement, Moving to Skills-Based Health Education: A College Student Perspective, Therapeutic elements of Tai Chi & Qi Gong, Lighthouse project, Inclusions through Kin-Ball, The Power of Play, Boot Camp, Assessing Student Learning, Mindful Mornings, Beyond Strength: Incorporating the Science of SEL in the Weight Room, Making Circus Equipment, Stations Stations & more Stations!, Tools for Learning Roundnet, H & PE Software That Makes Sense, Incorporation SEL through Yoga, ‘Follow the Leader’ – Teaching good followership, Learning Through Pure Power, Practicum Experiences, Circus Arts are for Everyone & one room dedicated to prerecorded sessions from: Carrie Ekins–Drums Alive; Eric Driscoll–USTA, + Exhibitors, Silent Auction, Spikeball **AND new NHAHPERD Wear to purchase!**

*Register with form on page 16 or website (Pay by check or online payment option):  
[www.nhahperd.org](http://www.nhahperd.org)*

**!!!MAKE YOUR OWN ROOM RESERVATIONS AT THE WATERVILLE INNS!!!**

Please Call Each Lodge & ask for NHAHPERD Conference Room Rates Before November 1<sup>st</sup>.  
**Town Square 603-236-8175 (\$214: sleep 1-8); Silver Fox 603-236-3699 (\$125: sleep 1 – 4);  
Valley Inn 603-236-8425 (\$109: sleep 1-4); Black Bear Lodge 603-236-4501 (\$179: sleep 1-4);  
Snowy Owl 603-236-8383 (\$139/\$152: Sleep 1-4 (Rates +8.5% R&M Tax)**

Ashley Laufenberg  
Past VP of Dance; [alaufenberg@pemibaker.org](mailto:alaufenberg@pemibaker.org)

ATTENTION! ATTENTION! New NHAHPERD Wear to be released soon!!  
Be on the lookout in your email inboxes as well on social media for the link to order some **NEW** NHAHPERD Wear! We’ve listened to your feedback about what styles you’d like to see offered and I think you will like what we have for tops this first round. The products are all great for the active lifestyles we tend to live. Products will be available to order and ship directly to you or bulk ship and pick up at this year’s conference.  
So go ahead and treat yourself to an early holiday gift (or two) and update that wardrobe with some NHAHPERD representation!

I hope everyone has had a great start to the new school year. Below are some variations of Rock, Paper, Scissors games that are great ice breaker or warm up activities that has the students interacting with different peers.

### **Rock, Paper, Scissors Team Tag**

For this game you'll need a center line and two end lines on each side of the center line. Divide your class in half and have each team stand about 5 feet back from the center line on their side. As a team they need to choose either rock, paper or scissors, every person on the team needs to show the choice that the team made. The teacher will have both teams rock, paper, scissors, shoot together the winning team will then try to tag members of the losing team before they run back behind their end line. If a member of the losing team makes it to the end line before being tagged they are safe but if they are tagged before the end line they then join the other team. This game can be played until there are no members left on a team.

### **Rock Paper Scissors Ladder**

The ladder in this game will be lines on your floor, choose 4-5 lines to make up your ladder. All students will start at the bottom of the ladder on the first line, here they will play rock, paper, scissors with a partner. Whomever wins 2 out of 3 rounds of rock, paper, scissors moves up to the next line and plays against another opponent at this line. You do not move to the next line until you win 2 out of 3 rounds of rock, paper, scissors. The game can end when the first person makes it to the top of the ladder, or you can play the top of the ladder for points. This means that you only earn points for winning 2 out of 3 on the top rung but if you lose while on the top rung you have to go back to the bottom rung of the ladder and work your way back up but you keep the points you earned while you were at the top.

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### **“Staying positive”**

Kevin Parsons, Elect VP P.E., Elementary P.E. - kparsons@sau8.org

I am super excited to start this school year off running. For the first time in a few years, we are back to full class sizes and schedules. With our busy schedule back it's a great time to talk about staying positive. In a class like Physical Education controlled chaos can become a norm. Stress can be a result of this controlled chaos and it's important to stay positive, so you do not get burnt out.

Some things that have helped me stay positive while teaching have been celebrating student success and interacting with students outside of my own class. These are just some of the few day-to-day things that help me stay positive throughout the school year.

Celebrating students' success can instantly change a teacher's mood and a class's mood. During any lesson there are little moments of success even if it does not seem that way. Finding these moments and sharing them with your students has had a positive impact on everyone. At the end of each class, we talk about a negative and two positives. This has helped us recognize what needs to be fixed but also what we want to continue doing.

Interacting with students outside of my class has been a favorite of mine. Connecting with students in the hallway, on the playground, or in the cafeteria has helped me build better relationships with them. During these interactions outside of class I have been able to learn so much more about my students and see them in a different setting. I have also noticed that because I am not teaching them at that moment it helps them open up more and feel more comfortable to share with me how they are feeling.

In the end of the day, it is what works best for you and that may be different for all of us. But staying positive and being able to keep that level of energy needed to teach physical education is super important for a successful year.

## A Call for Help in Recruitment Strategies for Future Health & Physical Education Teachers

Fitni Destani, President Elect – fdestani@keene.edu

Hello again! I hope we feel rejuvenated after the summer break and ready for the new academic year! I am the President Elect for NHAHPERD, I am currently an Associate Professor at Keene State College (KSC) in the Human Performance & Movement Science Department (HP&MS).

More and more media outlets are firing the alarms for a growing teacher shortage in the U.S. Much of this shortage can be attributed to pandemic-induced teacher exhaustion, low pay, and little perceived respect by local, state, and federal politicians as well as parents. Additionally, many teachers are experiencing increases in workload, time spent dealing with social emotional or mental health concerns, class interruptions due to student behaviors, reduced budgets, changing curriculums, school or district policy changes, and even changes in teaching load and assignments. As a result, many states are seeing dramatic teacher shortages.

**Any solutions to teacher shortage?** Below are a number of attempted solutions across the states experiencing teacher shortages:

- Hire low to even non-qualified teachers at lesser pay
- Raise starting teacher salaries
- Raise substitute teacher pay and convert them to full time pay
- Retention bonus for current teachers to stay
- Arizona legalized college students to teach
- Florida legalized military vets without degrees but minimum 40 college credits at minimum 2.5 GPA to teach
- Hire virtual teachers

Due to these above strategies, sometimes teacher shortages are not reported, or the statistics can be misleading.

**Why should we care?** There are growing student needs since the pandemic that resulted in learning loss, social skills deterioration, and mental health concerns. As a result, more emphasis is being placed in school districts and schools to develop social emotional learning curriculum and programs. Students are also facing workload increases due to these deficit areas but with less qualified teachers and staff.

**How does this teacher shortage concern Health and Physical Education (HPE)?** As I mentioned in my Spring 2022 newsletter entry, Physical Education Teacher Education (PETE) and Health Education Teacher Education (HETE) programs and in-school health and physical education are heavily tied to one another. COVID amplified our presence in schools and in the community. There is a pressing priority now to reengage children with physical activity in a manner that promotes skill development, knowledge, success and enjoyment but also social emotional well-being. However, prior to and as a result of the pandemic, higher education has seen a sharp decline in enrollment in PETE/HETE programs resulting in a shortage of qualified future HPE teachers in the job market. SHAPE America also recognizes this concern and larger impact and has provided a resource on their website for how key stakeholders can help recruit more education majors and PETE/HETE majors. Please take a look to see how you can help and be a part of the solution.

[https://www.shapeamerica.org/career/PETE-HETE\\_Recruitment.aspx?hkey=cef49bf9-1574-49c2-af02-62b1aac14753](https://www.shapeamerica.org/career/PETE-HETE_Recruitment.aspx?hkey=cef49bf9-1574-49c2-af02-62b1aac14753)

Below I briefly summarize the link that lists each stakeholder strategies as follows:

- **Federal policy makers:** legislation emphasizing importance on “qualified” HPE teachers)
- **State policy makers:** support for qualified HPE teachers in schools and strengthen support for PETE programs in our state
- **K-12 Teachers:** develop high quality HPE programs; develop a future teachers leadership club; recruit students interested in HPE teaching careers; serve as a cooperating teacher
- **State Associations:** promote the profession with high school students, counselors, HPE teachers, parents, and legislators; encourage members to promote HPE to their students as a career; lobby for highly qualified certified teachers to fill teaching positions
- **SHAPE America:** provide up-to-date information on teaching demand for HPE teachers; lobby against alternative pathways to teaching; lobby for incentives for individuals to enter PETE/HETE programs
- **PETE/HETE:** educate university admission officers on demand for HPE teachers in the state; engage in recruitment efforts with high school students and undecided students

Final note: All hands-on deck! We all have a role to play to cope with this teacher shortage and what it will mean to our children in our communities. Inspire future HPE teachers in your school and local community. Let’s be proactive in building healthy individuals and communities this year!

# HEALTH EDUCATION NEWS

## **Incorporating Health Topics into Elementary Curriculum**

Nichole Treadway- VP Elect Health- ntreadway@londonderry.org

Recently I took on a new role as the Elementary Curriculum Coordinator of the Londonderry School District. It has been a pretty big transition from my teaching position in high school health and PE. With this new role, I hope to be able to work with the unified arts teachers in developing their elementary curriculums, including the health and PE teachers. For PE, I think this will be an easy transition and something that I will find I am able to contribute to, where health will be a different story. I think the problem we will always run into is the lack of designated health teachers at the elementary level. The teaching of health is generally a joint effort between PE teachers and classroom teachers. For this article I thought it might be helpful to start this conversation with some tips on how to incorporate health topics into the everyday elementary curriculum.

1. Use writing prompts that ask students to write about healthy behaviors and safety. Maybe students write up an idea of a new healthy club for their school or write steps on how to perform a certain healthy behavior, like brushing their teeth.
  2. Use healthy foods as the items in math problems. You could even use plastic fruits and vegetables as tangible items for students to sort or count.
  3. Create lists of safety behaviors and expectations for their classroom and school and then discuss safety behaviors outside of school such as wearing your helmet or seatbelt.
- Find books that are health themed for classroom read alouds. Create healthy themes for the month or week and connect them to the books in your classroom library.

These are just a few ways that you can find opportunities in the general education classroom to incorporate health curriculum. As health and PE teachers we can continue to support our elementary classroom teachers with ideas of how to bring these topics into their classrooms and how to address them appropriately with students. In an ideal world we would all have certified elementary health teachers as we know that the early we being these conversations with our kids the better chance we have at laying a foundation for a healthy happy life for our students.

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## **5 Ways to Sneak Mindfulness into your Day**

Shauna Preble – Past VP Dance – spreble@sau.net

1. Breathing : We always hear about different breathing techniques, making sure to take deep breaths in and out counting to 10. You can do this anytime you find a moment of quiet when you are alone in your classroom, closing your eyes and just exist in the moment. The papers to grade can wait, the lesson to set up can be done in a few minutes. It also could help your students to integrate breathing into their daily routine during movement breaks of yoga. Yoga is a fun way to link mindfulness and breathing to the curriculum as well, using the poses to link to spelling words, or even poses like triangle pose to math!
2. Ground Yourself : Stand up straight with your arms relaxed at your sides. Feet are flat on the floor, shoulders width apart. Feel your feet on the floor, keep your head back and your spine aligned. Focus on being there and in the moment and then shake our your arms and legs. Try it with the kids!
3. Focus on your senses : What do you hear, what do you see, what do you feel, what do you smell (maybe leave out taste until lunch) and try it with different sounds, videos, or objects. In the classroom are there different sounds, if everyone has their eyes closed can they identify different sounds around the room and what part of the room they are coming from. A fun circle activity is to lead the group in an exercise like a wave. Start with one movement and the students will copy you, like tapping your thighs. Then once everyone is going to the same rhythm, switch to snapping, or rubbing your hands together, or tapping. As the kids see or hear your change your sound they change their sound.
4. Change it up: find a different classroom for the lesson, whether it is an empty room in the building that is free or outside. Schedule a “field trip” to another classroom so the students can prepare and learn in a new environment. Mix it up, and keep things light.



5. Make a connection: Teaching is hard. Don't be too hard on yourself. Sometimes it is easy to get caught up in the day, and lose track of time, and become frustrated. There are many activities, sharing opportunities, or just conversations to be had. Share about your life, mistakes you might make, or things you like to do. One of my groups of middle school students created silly debate presentations with photos on why their pet was the best. In the end, they were researching, writing, talking and making connections all at the same time!

At the end of the day – sit and find at least one positive to take home. Find 5 if you can! And then remember to breathe, because if you didn't get to it that day, there is always another day!

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### Happy Back to School!

Lauren Manteau, Past VP PE; [lmanteau@aemseagles.org](mailto:lmanteau@aemseagles.org)

I don't know about everyone else, but I was so excited for a school year that just feels more normal. The students in my building are buzzing and seem happy to be back. One of my students said the first week of school, "Mrs. M this just feels right." I hope you are feeling this way as you all settle into the 2022-2023 school year.

One thing I have certainly noticed (and anticipate) in these early weeks of school is student stamina is lower than usual, and students in younger grades have very low attention spans. This instantaneously creates the Can I get water; I need a rest and my favorite so far; I am sweaty, we need to stop this game. I have been jogging my brain for some awesome ideas to keep them moving with an appropriate level of water break. These classes are going to thrive, on station work, or quick and multiple activities and a good cool down.

This does seem like a lot more work, however, to start off the year in this format will hopefully begin to build student stamina for longer games. I have previously stacked stations to then small-sided games and large sided games if able. Repeating the quick activities, will help students know the rules and allow you to drag the time frame of the games longer to the time you need activities to be.

We all know the positive benefits of a good cool down. I won't be going into that, however I will be going into what it can look like. The cool down can be a short stretching routine that goes with muscle groups you worked on. Can be a short yoga video (if you have that kind time), Cosmic Kids Yoga has some great 5 min breathing exercises and meditations. This will give you time to get the kids water, but also settle them back down for class.

I hope this is helpful! If you want to learn more about how I run elementary and middle school stations, I will be presenting this year at NHAHPERD! I hope to see you there!



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# SET YOUR SITES!

Karyn Misenheimer, kmisenheimer@sau81.org

## Active Arcade (free)

by NEX team Inc.

Active Arcade is a simple, natural way to get active just by playing fun games that use your body movement. Like the casual sports games that we play on the playground as kids, there is no better way to have fun and get your body moving than by playing and competing in physical games. Active Arcade is built for anyone to get moving with only their mobile device—no expensive equipment, no hardcore routines, no wearables.

## Plaicise: AR Fitness Game (Free; offers in-app purchases)

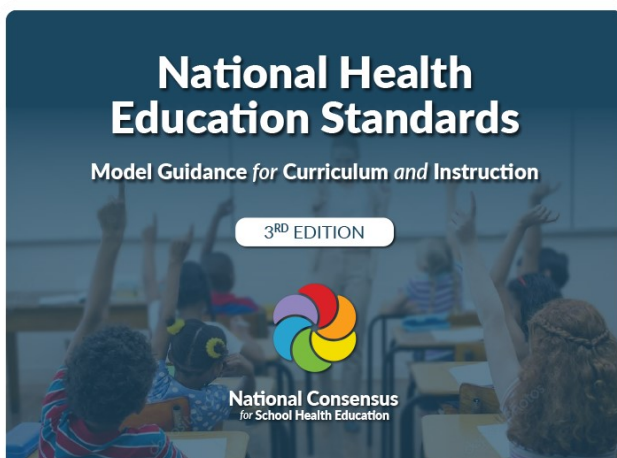
By Plaifit UG (haftungsbeschaenkt)

Just place your device in front of you and the AI translates your body movements into game controls on your screen. You can choose from an ever-expanding variety of games for all kinds of exercises to play alone or online against your friends.



Laura Short, NHAHPERD Public Relations Advocacy Chair  
professor.laura.short@gmail.com

As we embark on a new school year, we re-evaluate past practice and seek opportunities in new practices. Professional development is a large part of that, and districts don't always acknowledge our unique practices in teaching. What can we do? SHAPE America has your back with professional development. Whether you are seeking free PD or can invest in your PD, they offer various opportunities. More information on what PD opportunities are available through SHAPE America can be found at the QR code provided below.



## Standards - National Consensus for School Health Education

The National Health Education Standards 3rd Edition is an initiative of the National Consensus for School Health Education (NCSHE). The National Consensus is a collaborative that was created to address the need to update health education standards for schools. It was important for key organizations to work together on this task.

[www.schoolhealtheducation.org](http://www.schoolhealtheducation.org)

## Circus Equipment

Jeff Hastings, VP Recreation – [jhastings11@gmail.com](mailto:jhastings11@gmail.com)

Welcome back, everyone! I hope the summer allowed you to recharge and prepare for the new school year. Last spring, I wrote about the benefits of teaching a unit in the Circus Arts. One of the areas that can make or break your circus unit is the equipment you purchase. If you are beginning, you'll need to decide what you want for equipment. Here are my top five must have items to begin your circus unit?

1. Diabolos: The students love diabolos! There are three different types of diabolos—fixed centers, single and triple bearing. I would suggest using <http://www.dube.com/>
  - a. If you purchase a fixed center, you buy a comprehensive center or center extender. This allows for better finger and stick grinds, making the string less likely to become tangled.
  - b. Single and triple-bearing diabolos mean that the diabolo spins independently of the center. That extra spin allows time for diabolists to perform tricks without constantly up the revolutions, as there's no friction from the string. Great for your advanced students.
2. Juggling equipment can be purchased through <http://www.renegadejuggling.com/> or <https://www.firetoys.com/>. Both companies have fantastic equipment. For beginners, I would suggest purchasing any bean bag-style ball or square. They are durable, and students won't get discouraged whenever they drop them because the bean bags won't roll away. If they are more advanced (they know multiple patterns and can juggle continuously without making a mistake), look into purchasing some stage balls or acrylic balls for their performance.
3. Spinning plates can be purchased through <http://www.renegadejuggling.com/>. They have a variety of high-quality spinning plates that aren't tough on your budget.
4. Unicycles. As for brands, there isn't *one brand* to avoid, though if you want to get the most you can out of a unicycle, you might want to pay a little more. Nimbus is a tried and true brand that makes high-quality unicycles for a high price. I purchased the mid-tier Torker for about \$150, and they have lasted me for years. The unicycles from GOPHER have also been durable and reliable.
5. Balancing Feathers have been a staple item in my program for years. I love them because you can easily teach balancing skills, and anyone can use them. The quality of feathers doesn't change amongst vendors, so you can bargain shop for the best price.

If you have any questions, feel free to reach out to me. Please stop by and see my presentation on circus arts at our NHAHPERD Fall conference. Have a great Fall!

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## RECIPE CORNER

### Sugar-Free Baked Apples and Peaches

(My teens just discovered these and they make them themselves and don't miss the sugar)

1-2 apples or 1-2 Peaches, sliced (No need to peel unless you don't like the peel)  
1 tsp cinnamon  
1 tsp nutmeg or cardamom

Place sliced fruit in a baking dish. Sprinkle with spices and bake at 350 degrees for 20 minutes or until soft.

### One Pan Chicken Apple Sausage Pasta

From: [inspiredbycharm.com](http://inspiredbycharm.com)

1 Tbsp. Olive Oil  
1 Pound Chicken apple sausage, sliced  
½ large onion, chopped  
2 cloves garlic, minced  
1 granny smith apple, chopped  
1 (14.5 oz) can of tomatoes with green chilies  
½ cup heavy cream  
10 oz pasta (ziti, rotini, spirals, etc)  
Salt and pepper to taste  
1 cup Monterey Jack cheese, shredded  
¼ cup green onions (optional garnish)

In an oven safe pan or skillet, saute onion and sliced sausage in olive oil over medium high heat (about 5 minutes or until brown). Add garlic and apples, cook for another minute.

Add the chicken broth, tomatoes, cream, pasta, salt and pepper. Stir to combine. Bring the mixture to a boil; reduce heat to medium low. Cover and let simmer until pasta is cooked al dente.

Remove the pan from the heat and add ½ cup of cheese to the pasta. Stir to combine. Sprinkle the top with remaining cheese. Broil in the oven until the cheese is melted.\*

\*I skipped this step and it was still delicious.



The **NHDI Residency Program** gives elementary and middle school children the opportunity to participate in our performing arts outreach program during their school day. Led by a professional teaching artist, residencies are typically one week in length during which all students dance. This gives everyone exposure to the arts, while many children might not otherwise have this unique and empowering experience. Through the arts, we challenge students to develop life-long skills, such as analytical thinking clarity in expression, collaboration and creativity. All while moving their bodies and staying active. Our program is adaptable to the current learning environments that you may be faced with (hybrid) as well as adhering to current health and safety guidelines (masks and social distancing).

At its core, dance tells a story. It can help children make sense of our complex global community and broaden their experiences and understanding. In today's global pandemic environment, this is more important than ever. Children need movement, engagement and support. NHDI enables children to imagine the unimaginable and to creatively connect to the past, the present and the future. If you would like to learn more about how to bring an NHDI Residency to your school, please contact us at [nhdi@nhdi.org](mailto:nhdi@nhdi.org)



*Join PSU Faculty, Alumni and Students at the Friday 11/18 Morning Refreshment Gathering in the Speakeasy Room 7:30—8:00 a.m.*



## Challenge Days

Lisa Brace, VP Elect Dance; lbrace@sau73.org

Last year I added “Challenge Days” to my PE curriculum. These were three days where the students completed an assortment of challenges that they could record their scores on and track their progress. Where my school uses the trimester schedule, this was one challenge day per trimester. Each student gets a tracker sheet and as they complete each station, they record their score or record for that activity. Most stations are individual challenges but most students bounce from station to station with a partner. At the end of class, I collect the papers to keep for the next challenge day in the next trimester. The challenges stay the same for all three days so the students can see their previous scores and set goals to meet or beat their previous scores. There is also one reflection question to answer at the end of each challenge day. For example, “what score were you most proud of?” and the student would write their answer.

Some challenges that my elementary schoolers enjoyed were: how many laps can you run in 2 minutes, a 10 cup pyramid stack (set up and take down for time), hula hoop for time, how many jump rope jumps in a row, how many racquet bumps in a row, and how many catches with a scoop with a buddy, and balancing challenges with feathers, noodles or batons.

Even though there are only three challenge days, I make sure there are other opportunities for the students to practice these skills during other units. Sometimes the students do not meet or beat their previous score and we have the conversation about why that might be. Maybe they are just recovering from a cold, maybe they were absent when we practiced that skill during PE so they have not had additional time to practice, maybe they did not record their score honestly the first time around so beating an embellished score is very hard. These challenge days open up lots of conversations about individual goal setting and about reflecting on your performance. I set these challenges up as stations and allow the students to go through them in whatever order they want. Once they finish recording scores, they can do any of the stations again just for fun. Overall, these were a fun three days and the students were able to see improvement in an assortment of skills over the course of one year in PE.

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# ADAPTED PHYSICAL EDUCATION NEWS

## Research and Monetary Incentive Opportunity!

A team of researchers at the University of New Hampshire (UNH) are collecting information from key stakeholders to understand the status of recreational therapy AND adapted physical education in PK-12 public schools in the New England region. This research will influence current practices and understanding of these services provided to those in this region.

To participate in this study you must fit one of the following descriptions:  
Parent or legal guardian of a child (or children) with a disability receiving special education services in PK-12 public school systems in the New England region;  
Physical educator working with students with disabilities in the PK-12 public school systems in the New England region;  
Recreational therapist working with students with disabilities in the PK-12 public school systems in the New England region;  
and School administrator serving students with disabilities in the PK-12 public school systems in the New England region.

All participants will be asked to out an anonymous survey that should take no more than 15 minutes to complete. If you provide your email at the completion of the survey your name will be entered into a raffle to win an Amazon gift card. **15 participants will receive \$50 gift cards and 30 will receive \$40 gift cards.** Additionally, a purposive sample of the participants will be invited to a follow-up interview will receive a \$25 Amazon gift card one week after all interviews are completed.

When you click on the link below, the informed consent will be administered, followed by the survey.

[https://unh.az1.qualtrics.com/jfe/form/SV\\_3vEdRuvvhmdF5LU](https://unh.az1.qualtrics.com/jfe/form/SV_3vEdRuvvhmdF5LU)

If you have any questions, please contact the lead investigator:

Dr. Scott McNamara at: [scott.mcnamara@unh.edu](mailto:scott.mcnamara@unh.edu)



## Bringing tennis to your school is easier than ever with resources and training available from the USTA!

With the USTA's Net Generation Schools program physical education teachers can easily add tennis to their PE curriculum at **no cost and no tennis courts are required!**

The program offers many benefits including access to the **free comprehensive Net Generation School curriculum** that meets SHAPE America Assessment standards K-12. Teachers can access the curriculum electronically via the Net Generation app and their USTA account by registering their PE class following the steps here; [usta.com/schools](http://usta.com/schools) in less than ten minutes.

To qualify for the **free Net Generation School equipment package** which includes 30 tennis rackets, 36 softer slower-moving balls, 2 rolls of barrier tape, chalk, and a roller bag to carry all the equipment, a teacher needs to submit a signed School Partnership Agreement by both the teacher and an approved Net Generation provider to Eric Driscoll [driscoll@newengland.usta.com](mailto:driscoll@newengland.usta.com) in PDF format. Signatures can be entered by typing the information into the form electronically. We at USTA New England can help connect you with an approved Net Generation provider in your area.

**NOTE:** A school partner is an approved Net Generation provider that can help interested students with additional learning and tennis playing opportunities outside of physical education class. How this relationship is utilized is up to the teacher, the school, and the school partner.

**Eric Driscoll**

**Schools & Tennis in the Parks Manager**

U.S. Tennis Association of New England

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**2022 CONFERENCE PREREGISTRATION AND MEMBERSHIP FORM**

Name \_\_\_\_\_ \*Please circle preferred address (Home/Work)  
 Home: \_\_\_\_\_ School/Business Name: \_\_\_\_\_  
 Address \_\_\_\_\_ Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Phone \_\_\_\_\_  
 Email \_\_\_\_\_ Email \_\_\_\_\_

\*Please check one interest area in each column

<u>INTEREST AREA</u>	<u>RESPONSIBILITY</u>	<u>EMPLOYMENT LEVEL</u>
<input type="checkbox"/> Health	<input type="checkbox"/> Teacher	<input type="checkbox"/> Pre to Elementary
<input type="checkbox"/> PE	<input type="checkbox"/> Student	<input type="checkbox"/> Middle
<input type="checkbox"/> Recreation	<input type="checkbox"/> Retiree	<input type="checkbox"/> Secondary
<input type="checkbox"/> Dance	<input type="checkbox"/> Administrator	<input type="checkbox"/> College/University
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Agency

Membership is required for conference attendance & is included in rates below: \$30 Professional; \$15 Student

**PREREGISTRATION FEES WITH MEMBERSHIP & HANDOUT BOOK INCLUDED: (check one)**

Professional Two Days - \$150    Professional One Day - \$120/ Th. \_\_\_ Fri. \_\_\_  
 Student Two Days - \$70    Student One Day - \$60/ Th. \_\_\_ Fri. \_\_\_  
 Retiree Two Days - \$85    Retiree One Day - \$60/ Th. \_\_\_ Fri. \_\_\_  
**\$40 for Thursday night Awards/Banquet Dinner Ticket – Chicken \_\_\_ Fish \_\_\_ Veg \_\_\_**

\*\*Any Dietary Restrictions? \_\_\_\_\_ **TOTAL ENCLOSED: \$ \_\_\_\_\_**

**(\$10 increased registration for professionals/students if postmarked after 11/5)**

**\*\*\*\$25 increased ONSITE registration fee for ALL Professionals and Students**

**PAYABLE TO: NHAHPERD, P.O. Box 123, Bath, NH 03740—?’s: www.nhahperd.org**

**\*Registration Fee includes: digital handout book, morning refreshments, buffet lunches, exhibits, door prizes, product discounts, +**

\*Would you be interested in a 2GB thumb drive w/handouts available for \$5 at conference? YES \_\_\_ NO \_\_\_

\*\*Would you like to receive the NHAHPERD Newsletter in the mail? YES \_\_\_ NO \_\_\_