

# NHAHPERD NEWS

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



FALL EDITION

October 2023

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

Jarrold Brooks, President  
brooksjarroldnh@gmail.com

We offer up to four \$500 Dianne L. Rappa Scholarships for NHAHPERD members each year to be used for professional development. Please read more about this great opportunity in this edition of NHAHPERD News and apply today!

Enjoy a great start of the school year along with the cooler weather that Autumn brings. We look forward to seeing you November 16 & 17 in Waterville Valley!

Hello NHAHPERD Family and happy Fall. Just as we gear up for the changing of the seasons and preparing for cooler weather, we are gearing up our academic programs for the new students we have this year. While many of us prepare activities and lessons during the summer, change must happen once the year begins, and we really begin to understand our students. The pacing of our units may change, our behavior management may need to be tweaked, and even the way we present our lessons might evolve to meet our students’ needs. During this time of change, we should be looking to incorporate Best Teaching Strategies along with new and innovative lessons that will captivate our students.

The Annual NHAHPERD Fall Conference is a great opportunity to learn new lessons and units, ways to incorporate technology, strategies to adapt your lessons, and how to incorporate SEL into your teaching. This year’s conference, “Be Extraordinary in 2023!” is sure to offer up a wide variety of sessions to meet the various needs of our members. Currently, we have sessions on Pickle Ball, Vaping 101, Intro to Rugby, Suicide Prevention, Adaptive PE, How to Make PE Equipment, Nutrition for the Student Athlete, numerous activities at the Sports Center, and much more! As we continue to work on filling up each hour of the conference, we continue to look for presenters. If you have something you would like to present and share with your colleagues, please reach out to Melody Gray (Conference Coordinator) graymelody2@gmail.com.

During COVID many schools nixed the ability for teachers to attend conferences, and workshops for professional development. They moved to an in-house or digital format, encouraging teachers to work on PD “after hours”. Numerous school districts also cut budgets for professional development, making it tough for staff to attend conferences, workshops, even graduate courses. Did you know that NHAHPERD can help with this?



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 16th, 2023 . 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 11/16—17**  
**[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 2024. 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!!



***NHDOE Excellence in Education Award Event  
Dr. Irene Cucina honored as a recipient of the  
2023 NHAHPERD Meritorious Achievement Award***

**\*\*Follows are excerpts from her 'Chosen Why Form' -**  
Irene is currently a Professor & Assistant Chair for the Health and Physical Education Teacher Certification and Graduate Program at Plymouth State University. She has worked closely with NHAHPERD to provide professional development workshops, conference presentations & Keynote for our annual conference preparing health & physical educators as they transition to deliver quality competency-based Health & Physical Education.

Her work is highlighted by a high standard of excellence and an authentic investment in the successes of her students. This is exemplified by her leadership roles, scholarly work in presentations and publications, as well as her service to our profession as a role model, mentor and highly respected resource amongst her colleagues, peers, and her students and in extension their families and communities.

**NHAHPERD 11/16 – 17 Conference Gear Swap!**

We all know our school budgets are tight.... join us this year in our gear swap at the NHAHPERD Conference November 16th & 17th! There will be a dedicated room for donated physical education equipment to be displayed and taken. Look for signs upon arrival at the conference for where to drop off donated equipment. We will be using the back of the Drakes Room located on the lower level near the bathrooms.

All items taken need to be removed from the room in order to be claimed (no tagging items to pick up later). Ideas for gear swap are: balls (of all varieties, please make sure they have no holes), bags, cones, floor tape, nets, racquets, clipboards... the ideas are endless.

Think of the unit that you haven't taught in a few years. Or those old ping pong paddles that you don't need anymore because you just received a new set. Or that set of flags for flag football that just don't work well with your students.

Please do not bring items that belong in the trash, everything leftover will be donated.

Email Sarah Yandow – [sarah.flaherty610@gmail.com](mailto:sarah.flaherty610@gmail.com) with any questions regarding the swap.

***'Be Extraordinary in 2023!' Conference Keynote November 16, 2023***



Start your 2023 conference off with our Keynote Address by Jim Davis, Thursday morning November 16th. JIM DAVIS is a former professional football player and champion powerlifter turned nationally recognized coach, author, and speaker. Jim is a graduate of Harvard University, Northwestern University and Knox College. In addition to his work as the Director of the Good Athlete Project, he is proud to be the Staff & Student Wellness Coordinator at New Trier High School. At New Trier, Jim leads one of the largest and most successful strength programs in the nation. He is also the Founding Director of the Illinois High School Powerlifting Association. Jim has been honored as a 2020 Semper Fidelis All-American Mentor, 2018 NASA National Coach of the Year, Team Buildr Strong Leader of the Year, and S&C Education's National Community Impact Coach of the Year. Jim has presented keynote addresses all over the world including Chicago, Boston, L.A., Ireland, and Haiti. His written work has been published in *the Harvard Crimson*, *the Globe Post*, *the Orlando Sentinel*, *World of Psychology*, and *Olympic and Paralympic Coaching Magazine*, among other locations. More of his writing can be found on one of the Good Athlete Project blogs, [BeyondStrength.net](http://BeyondStrength.net), which was recently named one of the Top 20 Sports Psychology blogs by [Feedspot.com](http://Feedspot.com). While Jim's research focuses on human development & psychology through sport, it is the human connection that keeps him coaching.

**2023 NHAHPERD ANNUAL FALL CONFERENCE - "Be Extraordinary in 2023!"  
NOVEMBER 16-17 WATERVILLE VALLEY, NH**

**Highlights: Registration & Exhibits/Refreshments open Thursday & Friday 7:30 a.m.**

**Welcome Keynote Thursday a.m. – Jim Davis, @coachforkindness – Be Extraordinary in 2023!**  
**8:00 am start with 30+ sessions per day including titles:** 2022 Teacher of the Year Favorite warmups, How to Be a Heart Hero; Protecting What we Value Most: Our Children; Frisbee; Jump Rope: Beyond the Playground!; Rugby; Bullying: How using Multi-tiered Systems of Support for Behavioral Health & Wellness; Important Health Issues for All Grades; Adapted PE to Empower Change; Beyond Strength: SEL Strategies in Strength & Conditioning; Bedrock Edu: the Foundation of Living, Leading, & Loving Well; Coaching; Martial Arts for Your Classroom; Puberty, It's not that bad!; Tennis in Your School; Easy, Nutrition Recommendations for the Student Athlete; Social/Emotional Development Through Physical Roleplaying; How to make PE Equipment; Games that Create Connection; Disc Golf; Teaching Pickle Ball in PE; Assessing Game Play in PE; Overview on Digital Learning in PE; This Ball Can Do It All; Beyond get On Board – STEAM in PE with skateboards; Public Health Approach to Suicide Prevention; Building stronger PE Policies in NH; Moving with Maupball; Benji Ball; Today's mental health & trauma crisis; Promoting Health & Fitness for Students with Disabilities; Unions, Drugs & Money- making Progress in PE; Speed Stacks; ACTION! Team Games; Fitness Research Lab Escape Room; Yoga in PE; Connect with COMCH!; What's in your PE SEL Toolbox?; Health on the Go!; Maximize Movement & Learning through Innovative Games & Activities; Vaping 101; Making Moves with Health Education; Omniken; Kinball; Lacrosse; Bag of Tricks; Practicum/Cooperating Teacher Panel; Technology in PE: 2023 Teacher of the Year Q & A; & one room dedicated to prerecorded sessions from: Carrie Ekins–Drums Alive, + & Exhibitors, Silent Auction, Awards Ceremony, Spikeball – (\*Back this year - 10 sessions IN the Sport Center Thursday.)

**!!!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 (\$219: sleep 1-8); Silver Fox 603-236-3699 (\$125: sleep 1 – 4); Valley Inn 603-236-8425 (\$119: sleep 1-4); Black Bear Lodge 603-236-4501 (\$125: sleep 1-4); Snowy Owl 603-236-8383 (\$142: Sleep 1-4) (Rates +8.5% R&M Tax)

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

Ashley Laufenberg, VP Dance - [alaufenberg@pemibkaer.org](mailto:alaufenberg@pemibkaer.org)

What a busy start to the school year I'm sure we have all had! Plus through Mother Nature with her heat wave, Hurricanes, and oh goodie-more rain! But at least with the change of the season we have our Fall Conference to look forward to.

The NHAHPERD Fall Conference is a great opportunity for college students to get some presentations under their belt and build up their networking connections. Teachers have the chance to share their best practices and attend sessions for some new ideas. And let us not forget, the great organizations that will be exhibiting and presenting as well as veteran professionals in the field coming back to share their wisdom.

The NHAHPERD Executive Board looks forward to seeing everyone in attendance and we hope you consider presenting in the future and consider serving on the board as well. See you in November!

Welcome Back to school everyone! As much as I love summertime, I always get excited to start a new year. At the end of last year my school district held a two day workshop around the Kagan Model. (<https://www.kaganonline.com>) I had heard about this revolutionary approach to teaching, but I hadn't had the proper training until now. Each year I focus on creating a positive, safe learning environment with specific classroom norms. This is so vital to implement at the beginning of each school year because it sets the pace and expectation for learners. With a continued focus on Social Emotional Learning. I am excited to implement some of these structures into my daily and weekly lesson plans. If you are not familiar with Kagan, please watch this short video clip ([https://www.kaganonline.com/what\\_is\\_kagan/](https://www.kaganonline.com/what_is_kagan/)) explaining that the "Kagan Structures are instructional strategies designed to promote cooperation and communication in the classroom, boost students' confidence and retain their interest in classroom interaction. With the Kagan method, all students face each other and have a chance to share. All students are engaged simultaneously within just a minute or two. Students develop self-esteem, social skills, leadership skills, and communication skills."

In our workshop our leader explained, Dr. Kagan's seven key concepts for success. The seven keys work together to create an ideal learning environment conducive to cooperative learning. The seven keys include structures, teams, management, class building, team building, social skills, and basic principles (PIES). Each of these may be adapted to suit any classroom setting, including Physical and Health Education. *(Holloway, Kristin)*

Here are the definitions and ideas on how to implement these key concepts into your classroom: *(Holloway, Kristin)*

Structures- "Allow students to communicate while respecting one another's thoughts and feelings. Consensus seeking could take place when choosing a team name or a dance to present to the class. Structures to use RallyRobin, Timed Pair Share, RoundRobin, RallyCoach, Stand Up, and Hand Up/Pair Up."

Team- "Heterogeneous, random, interest (student selected), and homogeneous. These four teams are different in how they are chosen, which are based upon language levels, achievement level, different topics, and even student selected teams. Students within the teams work together toward a common goal, learn about one another, and cooperate together."

Management- "Classroom management is key, including having quiet, start/stop signals, establishing class rules, seating arrangements or defined space per group, and the role of the teacher. In PE class, music can signal the beginning or stopping of an activity. The students may begin the activity when the music begins, and they should stop and sit down when the music ends. Seating arrangements such as rows, on the floor lines, in teams, at cones or on spots on the floor can allow for easy roll calling, quick grouping, or dividing of skill or achievement level."

Class Building- "Allows students to understand that their actions or work affect those of others. Building a sense of community within the classroom would involve the students becoming acquainted with one another, valuing differences and different opinions, and mutual support the students share for one another. In an environment where physical skills are exposed for all students to see, it is important to establish core class values. Students should respect one another and each other's skill level. Some students will be more advanced than others at certain activities."

Team Building- "Getting acquainted with teammates, and ultimately classmates, in addition to a mutual support system, synergy amongst the students, and valuing differences. Students often choose team names and set team goals during cooperative learning times in physical education. Team building allows the students to work within a group and feel comfortable."

Social Skills- "Encourages educators to allow the students to discuss and debate back and forth. Once students learn socially acceptable behavior within a group activity, they will be more prepared to enter other social settings as well. Often students can even help teach their peers, much like peer tutoring. A peer checklist on motor skills could be help with social skill development."





Basic Principles (PIES). “PIES is an acronym for Positive Interdependence, Individual Accountability, Equal Participation, and Simultaneous Interaction. PIES allows students to take responsibility for his or her own learning and achievement. The group gains from this because students are held accountable for their own achievement, which in turn improves the overall group achievement. Students help their teammates or group members and they contribute during the activities. PIES can be used in the physical education setting in multiple ways. Students in teams are assigned roles or choose roles within their teams, and they are accountable for the work they need to accomplish on their own. This can be seen when a team of students is assigned to create a fitness plan project.”

~Resources for this article were found on the Kagan Website, and through Halloway, Kristen Education Experiences. I hope everyone has a wonderful fall and I look forward to seeing you at our annual NHAHPERD conference.

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### **The SEL That is already Happening in your Classroom** JJ Tinney, VP Elect Recreation – [jtinney@bancroftschool.org](mailto:jtinney@bancroftschool.org)

In recent years there has been a massive push to bring more social emotional learning into schools. As a PE teacher it almost seems silly to hear people say that, after all we spend a lot of time directly and indirectly teaching SEL in almost every lesson. Social emotional well being is an area of focus in my classroom however before I fully understood what SEL was I had a hard time explaining to parents, admin, and even colleagues exactly how I was addressing it. This article will hopefully explain the basics of SEL and where it can be found with your classes.

Social Emotional learning can be broken up into 5 competencies: self management, self awareness, social awareness, relationship building, and responsible decision making. Many of these skills can be seen regularly addressed in an average class in PE. SHAPE America has a document called Crosswalk for SHAPE America National Standards and CASEL SEL Core Competencies, outlines where SHAPE standards connect with SEL competencies. I have been able to create a document for my PE department on the goals and expected outcomes for each grade level pertaining to the social emotional competencies with using this.

Many commonly used teaching strategies that us as PE teachers use can connect directly to developmentally appropriate social emotional learning. Asking students to reflect on performance during closing discussion can be tied into making better decisions and self awareness. Teaching a skill or activity where a student becomes frustrated and then working with the student to manage their emotions by giving coping strategies and or words of encouragement connects to both self awareness and self management. Team based activities where communication is required for success directly connects to social awareness and relationship building.

There will always be ways to improve the ways we incorporate SEL into our classroom but it is important to recognize that you are not starting from scratch. There is a strong connection between SHAPE standards and the SEL competencies so if you find yourself struggling to answer questions surrounding SEL, you may just need to learn more about the competencies themselves.

[https://www.shapeamerica.org/Common/Uploaded%20files/document\\_manager/standards/guidelines/PE-SEL-Crosswalk.pdf](https://www.shapeamerica.org/Common/Uploaded%20files/document_manager/standards/guidelines/PE-SEL-Crosswalk.pdf)

<https://www.wallacefoundation.org/knowledge-center/Documents/navigating-social-and-emotional-learning-from-the-inside-out-2ed.pdf>

# Quaver Health•PE™

QuaverHealth•PE offers an innovative school-wide approach to Health and Physical Education for grades K–5. Fully accessible, QuaverHealth•PE supports every student as they learn and practice the four dimensions of health.

QuaverHealth•PE has an extensive amount of resources to meet all of your teaching needs. Bring your lessons to life through interactive elements, games, and 90 original, upbeat songs. QuaverHealth•PE’s browser-based application allows you access to resources from anywhere with an Internet connection. Our standards-aligned, online curriculum is ready to use, easy to learn, and seriously fun!

QuaverHealth•PE helps you plan lessons with ease! Our curriculum is packed with 196 Health lessons and 12 PE units for grades K-5. Lessons are filled with interactive games, movement-based activities, and assessments. QuaverHealth•PE supports English Language Learners with interactive screens, songs, and community resources in Spanish.

More than a curriculum, QuaverHealth•PE involves the whole community. QuaverHealth•PE invites parents and families into their children’s education. Built-in, link-sharing functionality allows families to access resources with no login needed. It’s full of ways to involve the school community in activities, projects, and more.

Ready to *Grow Stronger Bodies and Minds*? Try QuaverHealth•PE for free with a [30-day Preview](#). [Attend a Demo](#) to see it in action.

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## ***Bring Sneakers/Cleats to NHAHPERD &/or Pick Up Bags to Collect at School***

### **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!



## ***“Building a Middle School Soccer Program”***

Kevin Parsons, VP PE - [kparsons@sau8.org](mailto:kparsons@sau8.org)

Starting a middle school soccer program from the ground up is a rewarding endeavor that demands careful planning and commitment. It all begins with assessing the level of interest among students, parents, and school administrators. This initial step helps determine the feasibility of the program and assesses whether you have access to essential resources, such as playing fields and soccer equipment. Defining a clear vision and mission for your program is crucial, outlining your objectives and values that will guide your efforts throughout the journey.

Recruitment plays a pivotal role in the success of your program. Find experienced coaches who are passionate about nurturing young talent and consider enlisting volunteers to assist with various tasks. Financial support is essential for securing equipment, uniforms, field maintenance, and potential travel expenses. Explore fundraising opportunities, seek sponsorships, and collaborate with the school or local community to ensure you have the necessary financial resources.

Once these foundational elements are in place, create a comprehensive development plan. This plan should focus on skill enhancement, fitness, and fostering a deep understanding of the game. Safety should always be a top priority, requiring trained staff and clear safety guidelines to protect young athletes. As you promote the program and recruit players within the school and community, create an inclusive and welcoming environment. Organize friendly matches and events to foster team spirit and encourage parental and community involvement.

Finally, maintain a culture of continuous evaluation and adaptation to ensure your program remains relevant and effective as it grows, providing a rewarding experience for both students and the community. Building a middle school soccer program is a journey that, when executed thoughtfully, can have a lasting positive impact on the lives of young athletes.

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## **Getting Back in Gear**

Brandt O’Hara, VP Elect PE - [bohara@sau73.org](mailto:bohara@sau73.org)

Welcome back to school everyone! I hope your year has gotten off to a terrific start. Students are starting to get back into the swing of things and I know at my high school, freshmen are finally not getting lost in between classes. Things are rolling, but are you struggling to get back in gear?

New year, new schedule, and new students can always be a lot to manage at the start of a school year. I find myself slowly getting use to my schedule although my summer day to day was doing just fine if you know what I mean. Stress can quickly start to overcome us all when change happens even when we anticipate it. It’s important to remember to put yourself in a position to overcome your stress and take the time for yourself.

Now as PE and Health teachers we know how important it is to manage stress, we even promote new ways to our students. Sometimes we even need reminders for ourselves. So here it is.

1. Take a break when you need it. Easier said than done, but step away from that computer when you can. 2. Go for a walk inside or out if you can. 3. Play some music. 4. Eat/prepare a good healthy lunch. 5. Simplify lesson plans.

Those are just a few reminders as we get back to a new school year. Hopefully you take the time to better yourself when you can. Have a great school year!

## Motivate, Teach, Inspire, and Support!!

Fitni Destani, President Elect – fdestani@keene.edu

Schools are back in session, even though summer seems to be hanging on for a bit longer. I am writing to you as your President Elect of NHAHPERD. I hope you all had a chance to rejuvenate your minds and bodies over the summer break! For those that do not know me, I am currently an Associate Professor at Keene State College (KSC) in the Human Performance & Movement Sciences Department (HP&MS).

As you begin your new school year, read the quote below to help motivate you to teach, inspire and support the needs of your students in this new academic year.

“They may forget what you said but they will not forget how you made them feel.” – Carl Buechner

I chose this quote because sometimes we get so focused on school-wide competencies, benchmarks, or course outcomes that we forget to care about how we made them feel in our learning environments. Instructors play a critical role in the psychological, sociological, academic, and behavioral development of the student before, during and in after-school programs. Depth in learning goes beyond observing, listening, reading, writing, and discussing so don't forget to help them experience and share their experiences as well. Health and Physical Education settings can go beyond rudimentary learning and has the capability to go to experiential learning. Be mindful not only what you do or say but what you are not doing or saying to help motivate, inspire, and support your students. Knowledge and information are power and below are some valuable resources that can help to motivate, inspire, and support you as a teacher to guide your students to experience and to help them feel the type of learning you want them to achieve. Each link below has a breakdown of some valuable resources. There are many more in social media groups (Facebook) or forums and other web-based sites (e.g., Twitter). Explore the links provided but also consider joining those online groups for additional support and allow yourself to be inspired and to inspire others for the new year!

**SHAPEamerica.org** (<https://www.shapeamerica.org/events/teachers.aspx>) All of the activities you will find in this link are examples K-12 for “get to know you” resources. These just reiterates the importance of helping your students build or develop positive relationships. Instead of beginning with fitness units, consider team building activities or back yard games that have lower skill and fitness requirements.

**Bennett, Wahl-Alexander, & Jacobs (2023). Developing positive relationships: Strategies for building strong teacher/student relationships. *Strategies*, 36(4), 22-26.** The authors discussed developing closeness by setting high expectations, fostering distinctiveness and avoiding conflict by paying attention to the language you use and developing a distinctive but inclusive psychologically safe environments.

**Openphysed.org.** <https://openphysed.org/best-practices/backtoschool> (this site is free to register, and it provides terrific resources designed to help students build relationships, routines, and a love of health-enhancing physical activities).

**Social Media links.** Facebook groups search (Everything Elementary P.E.; Physical Education e-learning; Physical/Fitness Education for Middle and High School; PE Teacher Community Resources, Ideas, Networking; Standards-based Physical Education; PE Teachers Who Coach; “I Tweet Physical Education).

Final note: Seek out the resources you need to motivate, teach, inspire and support your students for the new academic year. Listen to or create your own podcasts and webinars or join professional learning communities. Offer file-sharing through these online tools as many of your colleagues could use your support. Lastly, consider presenting at our annual conference in November. I hope the teaching links and tools will help inspire you to be extraordinary for your students, school, and local community. Once again, let's be proactive in building healthy individuals and communities this year!



# HEALTH EDUCATION NEWS

Sarah Yandow, VP Health – syandow@windhamsd.org

Hello and happy start to the school year, NHAHPERD members!

I hope everyone had a relaxing and refreshing summer vacation. I feel lucky to have spent my summer gardening, going to the beach, hiking some of New Hampshire's 4000fters, running volleyball camps for middle schoolers, and cooking. The school year crept up faster than I expected it to, but has so far been a good first few weeks.

With a new school year comes new ideas and new goals. This year marks the start of year eight as a physical education teacher at Windham Middle School in Windham, NH and I am looking forward to continuing to make connections with my students and my colleagues. One way our school is building connections is through advisory. I share an advisory group of 12 eighth graders with another teacher and we meet with them every day for fifteen minutes. Even though we are in the gymnasium, we work on building connections through themed days such as "Mindful Monday" where we take time to set a goal, reflect, or check in with grades and "Team Challenge Thursday" where we do a silly team challenge and have a chance to win prizes. It has been a blast so far, and great to see the students outside of the physical education class setting (and probably good for them to see me in that way too!). While I have a list of activities, games, and challenges that I'm looking forward to completing this year, I'm curious if any other NHAHPERD members also have advisory groups and have suggestions for activities that have worked well for them. Please share any ideas with me at syandow@windhamsd.org.

Cheers to a new school year, looking forward to meeting you at the annual NHAHPERD conference!

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Ghillie McCall, VP Elect Health - gfinemore@sau53.org

As a teacher who mainly teaches Health Education, I often struggle deciding what to begin the year with in physical education for my middle school students. I work at a small elementary/ middle school with students through the eighth grade. I tend to think of myself as more of a health teacher who happens to teach two physical education classes a day. I grew up dancing on a competitive dance team and transitioned into a cross country runner and alpine race skier later in life. I believe I gravitated towards individual sports on account of my hearing loss and inability to hear other teammates, and my own preference to seek adventure and speed with fewer rules and guidelines. However, team sports are an important part of our PE curriculum and despite my lack of preference for them, we include them. This year our sixth grade classes are larger than most. The transition between fifth and sixth grade is a challenge for everyone. Bodies are changing, expectations are higher and everyone is trying to find out what makes them who they are. Energy with this group is high, so I knew whatever I chose, I needed to hype up as much as possible. In the end, I chose volleyball.....which was out of my comfort zone for sure. To my surprise, this class of over-energized, not so coordinated kiddos took it and ran. This sport involves body control, awareness, communication and cooperation. Trying something new alongside my students has not only helped me grow as a teacher, but build a stronger relationship with our students. Watching them grow as individuals and work as a collective group has made the start of my year more fun, and overall more meaningful. I look forward to many more classes with my middle school kiddos.

# SET YOUR SITES!

Hi all!!

“Don’t use social media to impress people, use it to impact people.” Dave Willis

As we embark on a new academic year, this is a reminder of the social media platforms that we have to keep you informed. Our platforms are meant to keep you up to date on some of the most recent happenings in our fields. For example, but not limited to:

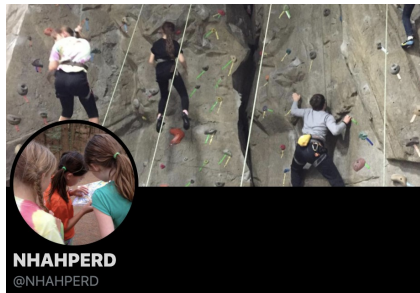
- Professional Development
- SHAPE America Updates and Announcements
- Advocacy Efforts
- Lesson Plan Opportunities
- Announcements

NEW: The Facebook Page has been deleted. We did this so our Facebook GROUP could be used for you all to interact via discussion, questions, ideas to be put out there to NHAHPERD members, etc.

Please be sure to follow all three of our social media platforms as pictured below:

## **Facebook:**

Our Facebook page has been deleted. We will only be using the GROUP; please be sure to join us here: <https://www.facebook.com/groups/356947944331830>



Twitter: @NHAHPERD; Instagram: nhahperd



Laura Short, NHAHPERD Public Relations Advocacy Chair— [professor.laura.short@gmail.com](mailto: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.

For the health. moves. minds. Program—as an elementary physical/health educator, we are constantly looking for resources to help us. Our students more than ever need guidance with their SEL and mental health skills. While there are monetary incentives for your program to fundraise, you can sign up for FREE and NOT have to fundraise! I do it every year. Hint, hint: looking for a goal for recertification? SEL and mental health and use these FREE resources. That is why I am doing for this cycle. If you are interested in fundraising, there are incentives for you and your program, should you choose to take that route as well. The choice is yours! Choose wisely.



## **Four Elements to Make Practice Fun!**

Jeff Hastings, VP Recreation: jeffhastings11@gmail.com

How do I make practice fun? As a coach and educator of over 30 years, this is a question I've often been asked. Over my career, I have seen many well-intentioned coaches at various levels, myself included, struggle to create productive, fun practices that meet all the player's needs. So, how does anyone make a practice fun? Finding the winning formula took me a while, but I found four critical elements essential to our athletes enjoying practice while helping them improve.

### **#1. Make drills Meaningful**

The activities you choose for your practices should have meaning. Conjure up your inner Simon Sinek. The Why of the drill is far more critical than the How. Every drill I run with my players has a tie-in to gameplay. And they know this because I tell them Why we're doing it. Batting practice isn't about mindless swings or how far you can drive the ball. It serves a purpose; the hitter will have a count, baserunners, and possibly a score. Instead of layup drills to warm up, give them a target they need to hit in a certain amount of time. An example would be to make 25 consecutive layups in two minutes. By providing your players with accurate game correlations, they understand how to use the skills they are building and will be much more motivated to work on them.

### **#2. Create a Competition” The winner gets the Prize.”**

Make drills into competitive games! Nothing will motivate your players more than some healthy competition. Keeping score adds focus to your drills and urgency to make the play. Incentivizing practice is always great! Whether it's a Gatorade on a hot day, a pack of sports cards, sunflower seeds, or a special t-shirt created by the team, give your players some short-term rewards to play for in addition to the long-term practice/team goals.

### **#3. Keep practice engaging.**

The pace of your practices is essential. Young players are drawn to up-tempo, action, and energy. For teachers and coaches, I remind them to keep practices moving. Run drills within the drills.

Add music to your practice. My classes and practices always include music. You will see an uptick in tempo just from adding some background noise. Another good way to keep the pace quick is to divide your players into smaller groups. Even a slower activity can feel fast. Take infield ground balls. Instead of hitting to one position at a time, have multiple coaches or players hitting to the infielders simultaneously.

### **#4. Keep it positive.**

I grew up in the '80s. Coaches tore you down so they could build you up. Sometimes, athletes that were torn down never made it back. There's nothing wrong with some constructive criticism. However, positive reinforcement goes a long way with the players. Catch them doing the right thing. Simon Sinek often says, "They don't care how much you know until they know how much you care." Encouraging exemplary character and excellence on the field and off will let them know you care. You will see a shift in the kids. They will become more positive with their teammates, leading to a positive team culture.

I challenge you to sit down every week and evaluate your practices based on these four qualities. It won't be easy to break the habits of the past. But I promise you if you stick with it, you will love the results. Plus, shouldn't practices be fun for us as well? Have a great Fall!

I look forward to seeing everyone at the November conference.

## RECIPE CORNER

### Cranberry-Almond Energy Balls



These energy balls are the perfect make-ahead snack. Filled with cranberries, almonds, oats and dates, these energy balls come together in minutes. Maple syrup and tahini help bind everything together while adding a touch of sweetness and bitterness.

#### Ingredients:

- ¾ cup raw whole almonds
- ½ cup sweetened dried cranberries
- ¼ cup pitted dates
- ¾ cup old-fashioned rolled oats (see Tip)
- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1 tablespoon pure maple syrup

**Directions:** Add almonds, cranberries and dates to a large food processor; process on High until the ingredients are broken into smaller pieces, 10 to 15 seconds. Add oats, tahini, lemon juice and maple syrup. Continue processing until a thick paste forms, 40 to 60 seconds. With your hands, roll the mixture into 25 balls, about 1 tablespoon per ball.

#### To make ahead:

Refrigerate in an airtight container for up to 2 weeks.



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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. Children need movement, engagement & support. NHDI enables children to imagine the unimaginable and to creatively connect to the past, the present and the future.



*Join PSU Faculty and Alumni at the  
Thursday Afternoon Gathering  
4:30—5:30 p.m.—Town Square (TBD)*

## Elementary Parkour

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

Over the summer, I work for an Elementary Summer Program. This is a great opportunity to try new things that I might want to try during the school year in my PE class. This summer I tried a “parkour” lesson. We started the lesson by watching a small clip from The Office (the one with the workers “parkouring” around the office in silly ways... just search “The Office Parkour on YouTube) and the clip does explain what parkour is in a simple way... “the goal is to get from point A to point B as creatively as possible...”

After watching this clip I let the students use: mats, cones, dots, balance beams, noodles, chairs, jump ropes, etc to build a parkour course throughout the gym. I encourage kids to “take 4 before coming back for more”... This makes it so everyone gets the chance to use equipment and stops students from taking all of one thing. At the end, this looks like a huge obstacle course that covers the entire gym. This took the students about 15 minutes to complete and they had the rest of the time to run, jump, and explore the creative ways that they could go through the course.

One safety rule I implemented was walk/jog through the course for the first time to test the obstacles before going faster. This helped students learn their limits and see how different equipment moved on the gym floor as they traveled through the course.

By the end of the 35 minutes, the kids were exhausted from the muscular and cardiovascular workout that “parkouring” provides and it was time to clean up. This was not only great exercise but a great collaborative activity that could be adapted for students of any age. Any equipment that you have that students can sit on, jump over, roll on, etc is great for this and really encourages creativity and challenge by choice in a low risk environment. I can’t wait to try this again during the school year!

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## Spencer Dragone, Student Rep to the Board—spencer.dragone@keene.edu

*If you are attending our annual NHAPERD conference, we will be holding a panel with practicum students who are involved in teaching as well as recreation sports. This could be a great opportunity to learn about ways to self improve in the classroom and ways to learn from other people's experiences working in the education field.*

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I’ve always wondered which is better for me, running inside on a treadmill or running outside on a road or trail. It’s obvious that both of these activities are good for your cardiovascular system, but there are positive and negative variables in both methods of running. It is commonly said that athletes can get the same workout whether it is on a treadmill or it is running outside, as long as they maintain the same level of effort. Effort can be measured by reading your heart rate, but it can also be measured by your perceived rate of exertion. This refers to how hard you perceive the exercise to be, based on how your body reacts to the activity. On average, your perceived rate of exertion is going to be higher if you run outside, even if you burn more calories or have a faster heart rate indoors. In other words, running up a hill outside will make you more tired than if you did it inside, at the same exact incline on a treadmill.

Running outside can be a really great way to exercise while also traveling. Hotels often suggest nearby routes, so if you are on vacation and you are worried about staying in shape while still exploring, I would recommend going on a run! One of the main reasons I love to run outside, personally, is because it allows me to breathe fresh air while keeping my heartrate up and enjoying nature. This alone can be motivating to me because I am taking care of my body in a specific and natural way. The cons of running outside compared to running on a treadmill are as follows:

1. Risk of injury; 2. Being dependent on the weather conditions; 3. It can be dangerous.

Treadmills are by far one of the most popular pieces of cardiovascular equipment at home and in gyms around the world. To most, running in inclement weather is uncomfortable even if you prepare for it. When running on a treadmill, these are one of the aspects you do not need to worry or think about when exercising indoors. Though this is true, my favorite aspect of running on a treadmill is the variability of speeds, you can manually control and measure your pace throughout the workout to help you stay on track and stay at the same speed. It's convenient and easier on your joints due to increased shock absorption because you are running on a surface that is not pavement or concrete, resulting in your knees and ankles feeling better by the end of your run. The fact about treadmills that people always forget, is that with a treadmill, you can stop whenever you want. If you are running outdoors then you will have to run all the way back to where you started. The cons to running on a treadmill are as follows:

1. Risk of injury; 2. You can not make any turns; 3. You can not run down hill (only certain expensive treadmills)



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# ADAPTED PHYSICAL EDUCATION NEWS

"What's New in Adapted Physical Education" is podcast hosted by Dr. Scott McNamara from the University of New Hampshire and is dedicated to exploring the dynamic field of adapted physical education (APE). The "What's New in APE" podcast serves as a resource for educators, parents, administrators, and special educators to gain new perspectives and knowledge around disability and physical education. Each episode features in-depth discussions with leading APE practitioners, researchers, and advocates from across the world where they delve into the latest trends, research, and innovations that are shaping the world of APE. With over 140 episodes, listeners can gain valuable insights into teaching methods, assistive technologies, disability concepts, IEPs, and APE related legislation. Check out on iTunes, Spotify, or with the QR code below and be sure to like and subscribe!

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

*To Promote and Develop the Growth of Tennis*

Direct line: 508-321-6199

**\*\*\*\*Visit Eric in the Exhibit Area**

**Thursday, November 16 and**

**at his session in the Sport Center**

**Thursday morning at 10 a.m.**

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**2023 CONFERENCE PREREGISTRATION AND MEMBERSHIP FORM**

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\*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
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<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)**

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

**\*\*Please Check if you do not wish to receive a printed newsletter in the mail \_\_\_\_\_**