



Newsletter MARCH 2015

MAHPERD's 2nd Annual **Leadership Conference for Directors and Lead Teachers**

June 22-23, 2015

Hilton Garden Inn, Worcester, MA



Keynote Speaker: Judy LoBianco

*Supervisor of Health, Physical Education and Nursing Services
South Orange-Maplewood School District, New Jersey
2013 National PE Supervisor of the Year
Past-President-Eastern District, SHAPE America*

***Schedule Details and Registration
will be available April 1, 2015
via E-blast and MAHPERD website.***

MAHPERD E-Board President

Michelle Moosbrugger
mmoosbrugger@springfieldcollege.edu

President Elect

Constantine Psimopoulos
cpsimopoulos@fas.harvard.edu

Executive Director

Maria Melchionda
maria@ma-hperd.org

Business Manager

Bill Riley
riley@ma-hperd.org

Secretary

Dr. Deb Sheehy
deborah.sheehy@bridgew.edu

The entire MAHPERD Board
and Leadership/Committee list can
be viewed by [clicking here](#).

MAHPERD Mission Statement

The Massachusetts Association for Health, Physical Education, Recreation and Dance (MAHPERD) is a non-profit organization for professionals and students dedicated to:

- Promoting healthy active lifestyles
- Advocating for quality programs
- Providing quality Professional Development opportunities
- Promoting leadership in each of the disciplines
- Recognizing outstanding professionals and quality programs
- Supporting research initiatives
- Disseminating research findings – MAHPERD promotes liaisons with allied organizations and memberships in Eastern District Association (EDA) and the American Alliance for Health, Physical Education, Recreation and Dance.

President's Message

Michelle Moosbrugger, Ph.D.

Winter Greetings! My thoughts are with all of you as we continue to try to stay warm during this blustery, snowy season! Despite the weather, MAHPERD members have been just as productive and successful as usual in the past several months. It was a great pleasure to see over 1200 engaged attendees at our Fall Convention in November! Through the convention evaluations, we received helpful feedback compiled by President-elect Constantine Psimopoulos. The comments are aiding the MAHPERD Executive Board in shaping upcoming events, including our first webinar series to be presented by the MAHPERD Assessment/District Determined Measures Task Force led by Dr. Ann Marie Gallo.



February is American Heart Month. I appreciate all of the good work MAHPERD members do in promoting heart health all year round! In particular, I'd like to express my appreciation for all who are hosting American Heart Association (AHA) Jump Rope for Heart and Hoops for Heart events. Our AHA liaison, Mary Blake, and her team work tirelessly to support these events all over the state. I'd encourage all members to consider hosting an event at your school or community setting! If you're interested, contact Mary Blake at mary.blake@heart.org

In February, MAHPERD co-hosted the SHAPE America: Eastern District Convention in Springfield. It was fabulous to see MAHPERD members attending, presenting, and receiving awards. I also would like to extend appreciation to Gopher and FlagHouse equipment companies. At the convention, Gopher representative Jesse Stapp heard about Elias Brookings School in Springfield, which was torn apart by the 2011 tornado. In late February, Brookings staff and students moved into their newly constructed school building complete with a gymnasium. This is an exciting time for the Brookings community! Jesse supported their celebration by donating a car-full of new physical education equipment! Thanks, Jesse and Gopher! FlagHouse, represented by John Smith, supported one of the MAHPERD member-presented sessions at the convention. A group of 4th and 5th grade students from Arthur T. Talmadge School in Springfield accompanied by physical and health educator Mary Tuomey participated in a session showcasing creative movement-based health and fitness-related physical education activities. John sent each student home with a pedometer, and Mrs. Tuomey left with a class-sized set of scooters! Thank you, John and FlagHouse!

Best wishes to all as you continue to brave the winter weather! I look forward to seeing you at upcoming MAHPERD events!

The MAHPERD Executive Board cordially invites you to attend our annual Honors & Awards Banquet which will be held on Sunday, May 3, 2015 at the DoubleTree Hotel in Milford, MA. The banquet pays tribute to our colleagues from around the state who have made great accomplishments in the fields of physical education, recreation, sports and dance. We hope you will join us to celebrate the wonderful achievements of our 2015 award recipients. Reservations can be made by using the following form or online at: www.ma-hperd.org

Annual MAHPERD Honors/Awards Banquet

Sunday, May 3, 2015 – 10:15 am

DoubleTree Hotel, Milford, Massachusetts

Advance Reservations Only \$25.00 each

You may use the form below to make reservations for our 2015 Honors/Awards Banquet.
Or go to our website to register on-line: www.ma-hperd.org

Reservations must be postmarked by April 18, 2015.

After that date, please email Banquet Chair Sheryl Hall: halls@sps.springfield.ma.us to inquire if reservations are still available.

Name: _____

Home Phone: _____

Person of Honor you are supporting: _____

Other guests names if you are purchasing more than one ticket:

Please reserve _____ tickets at \$25.00 each. My check is enclosed for \$_____

Payment by check must be made out to MAHPERD and must be enclosed with order form.
Please mail to: Sheryl Hall, 97 Marian Street , Northampton, MA 01060

Directions to the DoubleTree Hotel:

East: Follow Interstate 90 west to I-495 south. Take Exit 11a to Exit number 19. Turn right at the end of the ramp, then take the first right onto Beaver street. The hotel is on the left - approximately .25 miles. North: Proceed on Interstate 495 south to Exit 19. Take a right at the end of the ramp, then take the first right onto Beaver street. The hotel is on the left - approximately .25 miles. West: Follow Interstate 90 east to I-495 south (Exit #19). Turn right at the end of the ramp, then take the first right onto Beaver street. The hotel is on the left - approximately .25 miles. South: Proceed on Interstate 495 north to Exit 19. Take a left at the end of the ramp, then take the first right onto Beaver street. The hotel is on the left - approximately .25

President-Elect Message

Constantine Psimopoulos



For the 7th time in consecutive years (2009-2015) I proudly participated in the National Speak Out! Day, on February 10 & 11, on Capitol Hill in Washington, DC. I represented you and all members of MAPHERD once more by visiting the offices of our elected officials in the U.S. Senate and U.S. Congress to advocate for Quality Physical Education! This year the goal was to seek sponsors and co-sponsors for the Physical Act, (Promoting Health as Youth Skills in Classrooms and Life Act), S.392, with a provision to establish Health and Physical Education as core academic subjects upon the ESEA re-authorization.

Before going to SPEAK Out Day this year, I had written the following upon SHAPE America's request for a testimonial: "For the past 7 years I have devoted myself to this cause, which is close to a professional pilgrimage for me. As President-elect of Massachusetts

AHPERD, I have pledged to lead by example within my state leadership and continue to bring students to advocate with me at SPEAK Out! Day. "

And I (or rather, we) did it! This year I travelled with a doctoral student from Springfield College and a new MAHPERD and SHAPE America member, Mr. Shane Staats. He also happens to be one of our dear President's (Dr. Moosbrugger as he calls her) advisees! Although she might not admit, she was instrumental in encouraging him to join me.

Together we visited Sen. Markey's and Sen. Warren's offices and advocated for quality health and physical education! In the words of Shane Staats, we "walked over 11 kilometers engaging in meetings with Senator Markey's and Senator Warren's staff, both of which were positive and give us optimism that BOTH senators will co-sponsor the PHYSICAL Act in the Senate, but their official decisions will be made in the coming weeks. We also met with Congressman Neal's staff, and are hoping for his support as well as that of other Representatives in Congress we left information with once the bill is also introduced in the House.

We were invited to visit in person with Senator Warren, and upon reminding her that she has a 'sacred' responsibility to do more for health and physical education since the Senator has received an honorary doctorate from Springfield College, Shane shared a story about what brought him to Massachusetts and Springfield college, and urged her to support the PHYSICAL Act in Congress. Shane added that: "I have to admit, she struck me as a person genuinely interested in listening to the voice of the people and making good policy based on that voice and her own principles.

Attending SPEAK OUT Day is a transformational experience; it can generate a set of competencies that aside from their targeted context can come in handy in the future at the state level, when talking to parents, running for office (state / national executive boards) or simply talking to colleagues in the K-12 system who might not know what quality physical education is or ought to be. I look forward to continuing the pilgrimage next year hopefully with more students following me down to our Nation's Capital in DC!

Here is a link to an article that was written about SPEAK Out! Day 2015:

<http://connectivity.cqrollcall.com/on-lobby-days-constituents-are-your-best-advocates/>

Respectfully submitted by
Prof. Constantine Psimopoulos
MAHPERD President-Elect

Executive Director's Message

Maria Melchionda

Dear Members,

There is so much positive going on behind the scenes. MAHPERD has written a proposal to the Department of Elementary and Secondary Education to revise the frameworks. It is our hope that they agree. (They have not been updated for sixteen years.) If so, MAHPERD will present an up-to-date document within a year (depending upon Board of Education approval) which will guide each of you in encouraging the highest level of achievement of every student. These frameworks will define the knowledge, concepts, and skills that students should acquire at each grade level. The MAHPERD Assessment Task Force is working with DESE to define DDM's for physical education. This has been ongoing and they have been working hard on your behalf.

In the area of advocacy, we continue to monitor bills at the state house for physical education and health. Our President-elect Constantine Psimopoulos went to National SPEAK Out Day in Washington, DC to speak to US Congress and US Senate elected officials about the importance of health and physical education in the core! To help advocate more . . . we want you all to be thinking about the convention this fall . . . we are going to ask **YOU** to invite your principal and superintendent. It is important that we get them to see what quality is all about in our health and physical education programs and why we should be in the core. More details to follow! Speaking about the Convention, how about presenting a session yourself or with a colleague? Everyone has something to share! The Call for Proposals is on the MAHPERD website!

We have three dynamic professional development opportunities that will happen from May-June. On May 8th, 2015 our **Annual Adapted Physical Education Conference** themed, "*Achieve, Play, Execute...the APE Way!*" will be at the Massachusetts Hospital School in Canton, MA. Keynote Speaker will be Dr. Tim Davis, Associate Professor, SUNY Cortland and Chair of the Adapted Physical Education National Standards (APENS).

The **2nd Annual MAHPERD Leadership Conference** will be held at the Hilton Garden Inn in Worcester on June 22-23, 2015 for all Directors and Lead Teachers of Health and Physical Education. Our Keynote Speaker will be **Judy LoBianco, Supervisor of Health, Physical Education and Nursing Services** in the South Orange-Maplewood School District, New Jersey. She was awarded the **2013 National PE Supervisor of the Year** and is **Past-President-Eastern District, SHAPE America**

MAHPERD will host its first **School Health Education Institute August 3-4, 2015 at the Sturbridge Host Hotel in Sturbridge, MA**. You will not want to miss this opportunity to dialogue and engage with experts in the field and gain insight, knowledge and practical ideas you can implement within your own curriculum. Details for all of these professional development opportunities will be forthcoming in e-blasts and on the website!

Lastly, I urge you to come to our **MAHPERD Awards Banquet on May 3rd at the Double Tree Hilton in Milford, MA** to celebrate all that is great within our allied fields! This year, we have changed from a luncheon to a brunch and tickets are only \$25.00 . . . so come and support all of our awardees!

MAHPERD Needs YOU on the Team!

We are looking for members who want to become part of the MAHPERD Board for 2015-2018! Our team has always had individual people who have to come together to function as one solid unit. The various talents and skills that each team member has contributed, has made MAHPERD what it is today, a viable, visible and effective organization not only in the state but also in the nation! Please contact Past President, Sheryl Hall: halls11@comcast.net if you are interested in giving your time and talent!

ADVOCATE!

Get Involved! Share your passion!

1st Annual MAHPERD Advocacy Video Contest!

We are pleased to announce the 1st annual advocacy video contest! We are asking members from ALL divisions to submit 5-10 minute videos advocating for the importance of the work you do! Tell your story! Share your passion! Take a stand for what you believe in! Let's bring attention to the vital work we all do to support the health, wellbeing and success

of the members of our communities!



A winner will be chosen for *each* division.

Please submit all videos to Sarah Benes (ssparrow@bu.edu) by Friday, March 27th, 2015.

Winners will receive a cash prize *and* will be invited to attend the Spring Banquet where the videos will be showcased!



Award Winners Announced

Joseph McKenney Award

Patricia Degon



Patricia Degon completed 36 years of service as a physical education and health professional educator. She recently retired as the director of Health/Physical Education/Family and Consumer Science for the Shrewsbury Public Schools. Pat served as a teacher, director, professional development provider, at the local, state, and national levels. She was responsible for facilitating curriculum revision by collecting data in the form of exit exams at periodic grade levels and through analysis of Youth Risk Behavior Survey results. She worked collaboratively with colleagues to design and implement a standards-based program for both Health and Physical Education that engages and inspires students. Pat has been a recipient of the MAHPERD Honors Award '08 and the EDA AAHE Health Education Administrator of the Year.

Pat continues to advocate for Physical Education and Health as a member of many state committees and is an active participant in organizations including MAHPERD as a Past VP, MA Action for Health Kids as a member of the State Steering Committee, the Interdisciplinary Health Education and Human Services Advisory Council to the Board of Elementary and Secondary Education, and Captain for the Cure for American Heart Association. She is a training consultant for the Michigan Model for Comprehensive Health. She is also currently consulting and supervising pre-service student teacher candidates and the project director for the *GET FIT ADVENTURE* Carol M. White PEP Grant.

When not fulfilling all of her present commitments, Pat enjoys spending as much time as possible at her summer home in Scarborough, Maine.

MAHPERD Honor Award

Dr. Deborah Sheehy



Dr. Deborah "Deb" Sheehy began her career as an elementary physical education teacher in Leverett, MA. She earned her Ed.D. at the University of Massachusetts, Amherst and accepted her first full-time faculty position at Minot State University in Minot, ND. After 5 years in North Dakota, Deb returned to New England to work at Springfield College for 10 years. For the past 8 years, Deb has served as Associate Professor and is currently the Chairperson of the Movement Arts, Health Promotion, and Leisure Studies Department at Bridgewater State University in Bridgewater, MA.

Often on the move, with little time to ponder her accomplishments, here are some of the highlights of her 23 year career. She has: been a member of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD, now SHAPE America) since 1984, regularly attending and presenting; served on the AAHPERD Local Arrangements Committee several times to organize and gather volunteers for convention; annually reviewed proposals for the Research Consortium and NASPE; been a Test Administrator to the NASPE Assessment Project; worked with public school teachers to provide suggestions for improvement on these assessments described (now PE Metrics); presented at the Physical Education Teacher Education Conferences; served on various appointed, elected, & invited Eastern District Committees. Here in Massachusetts, Deb has been a continuous member of MAHPERD since 1987, has frequently conducted workshops for teachers, serves on the MAHPERD Executive Board as the secretary, has presented at numerous MAHPERD Conferences and participated in advocacy events.

Deb currently serves on the International Association for Physical Education in Higher Education (AIESEP) Teaching Games for Understanding (TGfU) SIG International Advisory Board. She has presented research internationally in Spain, England, and New Zealand. Her research interests include: examining physical education teacher education candidates' learning and implementation of TGfU; using complexity thinking to understand student learning during game play; understanding communities of practice; and academic peer mentoring.

MAHPERD Award Winners Announced

Amelia Riou Award



Matt LaCortiglia M.Ed. ACSM- CIFT, CSCS

A resourceful, innovative teacher with 20 years professional experience in the field of Adapted Physical Education as a teacher, coach, and trainer, Matt strives to provide safe and enriching movement, fitness, and athletic experiences to enhance the life of children and young adults who are blind, deafblind or multi-impaired. Matt is dedicated to leading and cooperatively working with colleagues to provide opportunities for students to access and participate in activities that promote health, wellness and lifelong fitness.

Matt currently is an Adapted Physical Education teacher and Department Coordinator at the Perkins School for the Blind. He has a Masters in Education and has degrees with concentrations in Physical Education, Athletic Training and Health Education. He is a Certified Strength and Conditioning Specialist by the NSCA and a Certified Inclusive Fitness Trainer by the American College of Sports Medicine. Matt previously served as Vice President of the Adapted Physical Education Division for MAHPERD. He has presented on numerous topics related to adapted physical education throughout New England and Nationally. He is the author of several different physical education lessons on the Perkins Elearning Activity Bank and has developed a planning model for physical education teachers in his published book and video. Run, Play, Move: A Planning Model to Create Physical Education Activities for Individuals with Disabilities. Matt has developed several successful physical activity related programs for students with visual impairments and he has been a contributor to the youth committee for United States Association for Blind Athletes and Tennis Serves Inc.

FUEL UP TO Play 60

Earn Fuel Up to Play 60 rewards for your school!

Dear Fuel Up to Play 60 Leader,

There's still time to earn fun rewards for your school's Fuel Up to Play 60 program.

It's as easy as 1-2-3 to Check Your Steps:

1. Log on to your Dashboard at FuelUpToPlay60.com.
2. Under the School tab check your steps off as you complete each one.
3. Fun rewards will arrive at your school!

Additionally, you can earn NFL autographed merchandise for your school by completing and checking off all Six Steps by April 1, 2015!

Don't delay! And remember to Eat Healthy. Play 60.

Your friends at New England Dairy & Food Council

NO PURCHASE NECESSARY. The Sweepstakes begins on September 1, 2014 and ends at 11:59pm on April 1, 2015. Open to legal U.S. residents of the 50 United States and Washington DC, 18 & older or age of majority. Void where prohibited. Employees and members of New England Dairy & Food Council are not eligible to participate. Odds of winning depend on the number of eligible entries received. Sponsor: New England Dairy & Food Council. For details & Official Rules go to NewEnglandDairyCouncil.org. The NFL Entities (as defined in the Official Rules) have not offered or sponsored this sweepstakes in any way. © 2015 New England Dairy & Food Council. Fuel Up is a service mark of National Dairy Council.

High School Physical Education Teacher of the Year Award

Kathleen M. Brophy



Kathy has been teaching Health and Physical Education for 23 years and is currently teaching at Wellesley High School. She received her AB in Human Development from Boston College where she was also a member of the women's soccer team and captain her senior year. She completed a Post Baccalaureate program in teacher preparation from Bridgewater State College, and her Masters Degree in Education from Cambridge College. Kathy has coached for over 25 years at the high school and collegiate level. Her coaching highlight would be winning a 2000 Division I State Championship at Brockton High and receiving the Regional Coaching Staff of the Year Award by the NFCA (National Fastpitch Coaches Association). She was also a recipient of the MAHPERD Pathfinder Award in 1997.

Kathy currently teaches Dance, Yoga, Power- Up, Sport Education and Health. She believes that "all students should have access to programming that is developmentally appropriate, engaging, and meets students where they are." She also believes that "we have an obligation to help make connections with our students to help them discover their own strengths and self worth. "

Kathy has been presenting at MAHPERD for the past 15 years and most recently presented at their summer leadership conference for directors and lead teachers, as well as the Maine AHPERD conference. A recent project was completing the documentary; "Embracing Our Strength" which highlighted one of her Power Up classes and shared the journey of the class for the semester.

She is also very much involved with the community of the school and shares the role of co-advisor to two clubs GLoW and MVP club. She has taught her Power Up class to faculty as a part of their professional development. Her volunteer work consists of teaching ballroom dancing at Out Metrowest which is a program for LGBTQIA youth. She also volunteers at Milford Regional Hospital as a compassionate companion, which is a program that provides companionship for people at the end of life.

Elementary Physical Education Teacher of the Year Award

Kevin Tiller

Kevin Tiller is a Physical Education teacher at the Shawsheen School in Andover. Kevin has been teaching for over 20 years, both in Massachusetts and New Hampshire. He graduated from Plymouth State University with a Bachelor of Science degree in Physical Education and from the University Of New Hampshire with a Master of Science degree in Kinesiology.

In addition to teaching Kevin conducts workshops/graduate level courses, through the University Of New Hampshire's continuing education program, on various topics ranging from incorporating math to using technology in physical education. Kevin has presented at many workshops at state conferences in both Massachusetts and New Hampshire and at SHAPE America's Eastern District convention. He has published a book entitled: "The Great Games Handbook". Kevin has also written, illustrated, and self-published a second book titled: "Phys. Ed. Fun & Fitness".

Kevin maintains and regularly updates a free website titled "Phys.Ed.Review". He enjoys connecting and collaborating with other great physical education teachers from around the world.



Pathfinder Award

Peter Looney



Peter Looney began his teaching career at Roosevelt Jr. High School as a physical education teacher. That September he started his coaching career at New Bedford High School as x-country and indoor track coach. His first year of coaching Peter ended the season with an overall record 9-1.

In 1967 he became the head coach for the men's x-country team at Apponequet Regional High School. As head coach from 1967-1975 his overall record was 156-5, an amazing feat. The beginning of the 1968 school year at Apponequet Peter became head coach men's track & field. He coached the men's track & field for seven years winning several league titles.

He eventually retired from coaching men's x-country and track & field. He was head coach of the women's softball team from 1974-1987. The team won several league, Sectional & Eastern Massachusetts titles. Along with State titles in 1979, 1982, 1986, 1987 with an overall record 307-24. In 1980 and 1982 he was voted Boston Globe High School Women's Softball Coach of the Year. In 1981 Peter received the National High School Women's Softball Coach of the year award.

In the fall of 1982 he became head coach of women's field hockey at Apponequet and earned league championship in 1983 with an overall record 32-12-9. He coached the team until 1987. Also in 1982 he became assistant pitching coach for University of Connecticut women's fast pitch softball team. In 2011 Peter left the Huskies team after 29 years of dedication and accepted head women's softball coaching position at his local high school.

Peter served on various committees; such as, MAPHER, Southeastern MPER Executive Committee, M.I.A.A. State Softball Committee, and M.I.A.A. District "D" Sports Executive Committee. During his spare time he co-authored a book titled "101 Team Drills", published in 1989. In June, 2001 the Stoughton Athletic fields were dedicated to him upon his retirement from the Stoughton Public School System.

Peter was diagnosed with stage four melanoma in late August, 2011. Throughout his diagnosis and treatment, Peter wanted to ensure that his experience would, somehow, contribute to the advancement of research, and eventual cure, for this deadly form of cancer. His family formed the Looney Legacy Foundation to keep Peter's wishes alive. Peter succumbed to the disease in December, 2011.

Outstanding Future Professionals Winners



Adelei Bernard

Adelei is a hardworking and creative addition to the world of educators. She graduated from Springfield College Magna Cum Laude this December while raising four kids on her own and working. Her greatest accomplishments are Daniel, 13, Sasha, 11, Ashley, 9, and McKenzie, 4. Adelei completed a double major in Physical Edu-

cation and Health maintaining a 3.68 GPA and has been on the Dean's list. She is a member of National Youth Coaches Association, was Who's Who among American Colleges, a presenter at the 2013 MAHPERD Convention and nominated for SHAPE's Outstanding Future Professional Award. She has coached multiple sports for over 10 years. Adelei has recently been hired by Ludlow High School for a full teaching position in Health and Family Consumer Science, after her first interview as an educator.



Emily A. Rodgers

Emily is a senior at Springfield College double-majoring in Health and Physical Education. She has maintained a 3.68 grade point average and has regularly been on the Dean's list. She is a varsity lacrosse player and on the field hockey team for 3 years. Emily worked as a resident assistant during her junior year. During the summer of 2014

Emily worked at a summer camp called The Painted Turtle in California as a counselor on the high ropes team. This camp is a free service for campers who have chronic or terminal illnesses. During this camp experience she completed a Summer Stories blog for Springfield College. During the fall semester she completed Health and Physical Education Student Teaching Practicum at Liberty Elementary School in Springfield, MA and Longmeadow High School in Longmeadow, MA. Emily also received the 2015 EDA Outstanding Future Professional Award.

Outstanding Future Professionals Winners



Jeffrey Stephens

Jeffrey Stephens is a senior at Salem State University, graduating this May with his B.S. in Sport and Movement Science with a concentration in Physical Education. Jeffrey maintains a 3.46 GPA. He has been a member of his university's Phi Epsilon Kappa Honor Society for Sport and Movement Science for the past two years, and be-

came President of the society his senior year. He has worked since February of 2014 as a Group Leader and P.E. Specialist at Harrington Elementary School's extended day program in Lexington, MA. Jeffrey is currently student teaching at High Plain Elementary School in Andover, MA. He has greatly enjoyed learning and growing within his discipline and is looking forward to taking his knowledge and experiences into the field.



Jason Erhardt

Jason Erhardt is a junior at Westfield State University where he has received Dean's List Honor every semester and maintains a GPA of 3.50. He was also elected Co-Treasurer of the Westfield State University Physical Education Club. Outside of school he has taken on leadership roles as a substitute teacher, baseball coach and Assistant Director at a summer camp. Jason has presented and presided at MAHPERD events and is presently serving on MAHPERD's Council of Future Professionals.



Nicolette McMaster

Nicolette McMaster is a recent graduate of Bridgewater State University who received her Bachelors of Science, majoring in Physical Education, with a concentration in teaching (5-12) and a minor in psychology. Nikki has been an active member and volunteer of MAHPERD and SHAPE America for the past three years and hopes to continue her connections with both organizations throughout her life. Nikki was a member of the Gamma Phi Beta sorority where she held numerous positions within the award winning chapter. She was also very involved with giving back to the community; working closely with the Take a Break, Make a Difference Program for 3 years, spending her winter and spring breaks in various cities and states working on urban education projects and with people experiencing homelessness. As an AmeriCorp Student Leader in Service, Nikki worked with a local non-profit, Girls Inc., an all-girls after school program, developing a Mind + Body curriculum. Nikki's commitment to her academics and extracurricular involvement received her the honor of "Who's Who of American Colleges and Universities". Nikki has also received the 2015 EDA Outstanding Future Professional Award.



Call for Presenters!

86th Annual
MAHPERD STATE CONVENTION
Monday/Tuesday, November 2 & 3, 2015
Worcester DCU Convention Center
Worcester, MA

*We welcome you to present at the
2015 MAHPERD State Convention!
Below is the link for the
Call for Presenters due June 30th, 2015.*

<http://www.ma-hperd.org/Call%20for%20Presenters.htm>

Mark Your Calendar!

MAHPERD Honors & Award Brunch

Sunday, May 3, 2015, DoubleTree, Milford, MA

MAHPERD's Annual

Adapted Physical Education Conference

Friday, May 8, 2015, Mass. Hospital School, Canton, MA

MAHPERD's Second Annual

Leadership Conference for Directors and Lead Teachers

June 22-23, 2015, Hilton Garden Inn, Worcester, MA

School Health Education Institute

August 3-4, 2015, Sturbridge Host Hotel, Sturbridge, MA

MAHPERD Annual Convention

November 2 -3, 2015, DCU Center, Worcester, MA

ADAPTED PHYSICAL EDUCATION

DONNA L. MCMANUS
Vice President, Adapted Physical Education

Can you believe there is only 18 weeks left this school year? After looking at my calendar I still have many units to teach! The exciting news is our APE conference scheduled for **Friday, May 8, 2015** at Mass Hospital in Canton MA. Dick Crisafulli has offered to have our workshop here. We have many new faces presenting and hop to have you all sign up for **Achieve, Play, Execute — THE APE WAY!**

On another note, approximately 18 weeks to the end of year. I have looked at my teaching units and wanted to share with you how I will break the up to make sure all my students have had the opportunity to practice and develop their skills that are in their IEP. Here is how I have broken down my units and time.

GYMNASTICS: Unit 1 — 8 WEEK

2 weeks working on the following:

- Jumping – two foot jumping forward, jumping backward and side to side
- Jumping down from various heights, jumping using one foot take off,
- Rope swings — teaching how to hold on and jump
- Ring swings — Using the rings to hold and swing

2-3 weeks working on Balance Beams and Ladders

- Walking low balance beams
- Walking inclined balance beams
- Walking balance beams and stepping over buckets
- Walking in between the rungs of a ladder
- Walking on the sides and on the rungs of a ladder
- Walking on an inclined ladder.

2 weeks of Climbing:

- Climbing, moving over, under and between objects
- Climb over a vaulting box
- Climb over triangle climbing towers
- Move under tunnels
- Move over objects without knocking them down
- Move between objects without touching
- Crawling under bridges

2 weeks of obstacle courses combing all of the above for motor planning and spatial awareness.

OBJECT CONTROL: UNIT 2 — 2 WEEKS

- Throwing with opposition at targets — Having dots on the floor to remind them to step forward with opposite foot.
- Rolling a ball at targets.
- Rolling a ball through a tunnel
- Rolling ball through partner's legs in straddle position

2 Weeks of Catching — using a variety of balls from extra large to small

- Sitting on a mat with a dot on the floor to bounce and catch.
- Bounce and catch a playground ball on dots.
- Bounce and catch with a partner
- Bounce a catch with a partner using a hula-hoop in between the partners to aim for the hoop.
- Bounce and catch on numbers, letters, hoop

2 weeks Striking

- Hitting balloons
- Hitting Mylar balloons
- Hitting a suspendable ball
- Using paddles to strike balloons
- Striking a beach ball of a big cone.
- Striking beach balls with hockey sticks or Pillo
- Pollo sticks

Depending on the weather:

One week playing modified kick ball to teach the students to run the bases.

One week Tee Ball to practice running the bases

2-3 weeks — Summer Games

- Balloon Badminton
- Horseshoes
- Corn Hole
- Frisbees
- Hopscotch
- Jump Roping

Happy Spring!!!

PHYSICAL EDUCATION

DEB PINTO
Vice President, Physical Education

High Stakes Testing And Physical Education

Whether your school is taking PARC or MCAS, they are both high stakes testing for our students. Occasionally there is a question that has something to do with health or wellness, but for the most part our content is not part of the assessment.

Public school districts are being managed like businesses. Tight budget constraints are putting strains on districts every day. As physical education continues to fight an uphill battle for viability are you doing everything you can to not have your program decreased or replaced with some other type of physical activity?

Your building is collecting and interpreting data and applying research yet some schools continue to see minimal growth in scores. The biggest problem I see is that districts are picking and choosing disciplines to apply research and evidence. In the process they completely ignore the evidence and research in others, ours included.

So what are you doing to advocate for your students and promote your program? How are you making Physical Education in your school indispensable?

First you must educate your building administration and staff with the latest research about physical activity and learning. Second you must have a game plan of how to incorporate physical education and physical activity on testing days. Third, you should have a plan for helping classroom teachers incorporate physical activity into their classrooms. Fourth, you should track the test scores when they come in so that you can compare to the previous year's results. Fifth, don't be afraid of the research, you are the expert.

Many districts have taken to pre-testing brain activators that involve physical activity. These schools report immediate positive changes in the stress level and focus level of students on the tests. Relaxed students will perform better and have a direct relationship testing outcomes.

Get involved with the testing process and be part of the score improvement plan. Advocate for students and your program. Create a program that is based in the evidence. Stake your claim on high stakes testing.

ATHLETICS

MOLLY BROGAN
Vice President, Adapted Physical Education

The Power of Positive Coaching by David Bornstein

*"Because there are so many opportunities to fail in sports,
it is a gold mine of teachable moments."*

This article takes a look at teachable moments and opportunities for coaches to not only develop players in skill, but also help them build character and self-esteem. Finding that balance between being competitive and "winning" and also teaching life-skills is extremely challenging for a coach/teacher. This article gives some excellent recourses and is a great read for all coaches!

http://opinionator.blogs.nytimes.com/2011/10/20/the-power-of-positive-coaching/?_r=0