

PHYSICAL EDUCATION

YOUR QUARTERLY @OPENPHYSED MAGAZINE

OPEN MUSIC CITY: SHAPE NASHVILLE 2018

Aaron Hart reflects on the OPEN experience at the 2018 SHAPE America National Convention in Nashville, TN.

OPEN IMPACT AWARD WINNERS

Aaron Hart lists the winners of the OPEN Impact Awards, which honor those who made the biggest impact on OPEN's success this year.

BOOK REVIEWS

Kevin Tiller and Rich Wiles review their favorite books for physical educators.

LARGE-SCREEN DISPLAY: A GAME-CHANGER IN THE GYM

Ross Chakrian explains how large-screen displays can have a huge impact on student achievement in your gym.

SUMMER PROFESSIONAL DEVELOPMENT

Rich Wiles describes several exciting professional development events coming up this summer.

PHYSICAL EDUCATION

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LETTER FROM THE EDITOR

Who is OPEN?

I remember when US Games launched OPEN in 2014. At first, there were a lot of questions coming from the community of educators on social media; many didn't believe that the curriculum was truly free, and others thought it was just a marketing tool meant to sell equipment. At the time, I was working for a company that produced health and physical activity publications, so I had many questions, too. Then I started researching more about the concept, and I talked with Aaron, OPEN's creator and Director of Educational Programs. My doubts quickly melted away.

OPEN has one mission: to improve the effectiveness of physical education for every child.

I believe in the mission of OPEN. We are teachers helping teachers by providing all educators with the tools and support they need to effect change in their classrooms and communities. It's an extended family made up of like-minded, dedicated professionals who are all passionate about improving our field.

OPEN isn't an exclusive group, either. Each project is a collaborative effort between friends and fellow educators who want to make a difference. We all donate our time and experience to help grow the movement toward quality instruction for students in a global learning environment. We all have wonderful ideas that need to be shared.

We are OPEN, and we can impact change for the betterment of our field.

Come join us this summer at one of the professional development events featured in this issue or connect with us on social media. And if you want to contribute to the magazine for a future issue, feel free to shoot me an email at rich@physedresource.com.

We are an #OPENFamily!!!!



Rich

OPEN National Trainer

Physical Educator at Severna Park Elementary School

For this issue, the magazine team asked me to write a short reflection on the OPEN experience at the 2018 SHAPE America National Convention in Nashville, Tennessee. I quickly realized that what seemed like a simple request was actually a nearly impossible task. It was a monumental week for OPEN, so forgive me in advance if I forget any important details or condense events that deserve more head space.

To start, thank you to the SHAPE America team for organizing and running an amazing conference. The sessions were outstanding, the extracurriculars were legendary, and the exhibit hall was a true destination. Hats off to SHAPE America.

OPEN MUSIC CITY

SHAPE NASHVILLE 2018

BY **AARON HART**, @NYAARONHART

Now, on to the reflection. At this conference, our goal was to interact with as many OPEN members as possible in four main ways. First, we supported the participation of more than 30 OPEN National Trainers. Having that many trainers together created a massive sphere of positive energy with an intense gravity, and our entire training team enjoyed spending time with OPEN members from across the country. If you'd like a small glimpse into our time in Nashville, listen to the [OPEN Forum Podcast](#), recorded on site in the US Games exhibit booth.

Second, we provided a free professional development experience on the Sunday prior to the conference. This was hosted by Metro Nashville Public Schools and allowed a group of physical educators to benefit from the fact that the conference was held in their backyard. Joe Weaver and Gabe Ervin led that workshop and enjoyed every minute of it. Thank you to MNPS! Look for more free opportunities like this in 2018 and 2019.

Third, this marked the first year of the OPEN Impact Awards. (You can read more about our award winners on [page 16](#).) The objective of the evening was to express our gratitude to all OPEN National Trainers, content contributors, and OPEN advocates. The spirit of service and love was in abundance that night in the Country Music Hall of Fame. Thank you to BSN Sports for making the entire evening come alive.



Fourth, the OPEN team participated in all US Games social events at the Tin Roof on Broadway. Wow: Live music, cold beverages, and great people. We're looking forward to celebrating with US Games, the American Heart Association, and as many OPEN tribe members as possible in 2019!

If you were at SHAPE Nashville and would like to send us your feedback on the event, please use our [contact form](#) to reach out and tell us how we can improve for 2019. If you weren't able to make it to Nashville and have ideas for how we can get our members at home involved with the event, please send us those ideas as well. And look for OPEN and US Games at regional conferences this summer and state conferences in the fall!

THE DANCE DIGEST

BY **BRANDON HERWICK,**
@BROOKLYNDREAMER

There's nothing quite as empowering as doing something you didn't think you could do.

Without question, hiking a mountain or conquering other physical challenges can provide that feeling. But for me, there's nothing quite like hearing the beat of a drum, the strum of a guitar, and emotive vocals, and then rising from my seat to strut to the middle of a polished wooden floor and let my body become an instrument of human movement and the rhythm of life.

There's nothing like dancing, as long as there are no concerns about the judgments of others, no stress, no worry—just joy and blissful expression of happiness. Which reminds me of Poppy, the happiest Troll ever born.

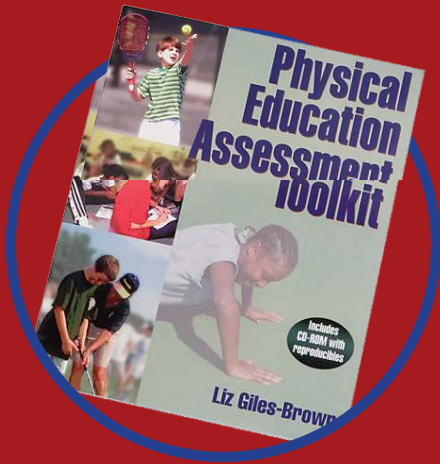
When I saw the animated movie *Trolls*, I found myself drawn to the seemingly irrepressible positivity of the Trolls community, especially in contrast to the constant downtrodden demeanor of the Bergens. (I also found myself dancing to *Can't Stop the Feeling*.) For those unfamiliar with the film, the Bergens want to eat the joyful Trolls on an annual holiday called "Trollstice," believing this will grant them at least one day of happiness. The Trolls, of course, know that happiness actually comes from following your heart, encouraging one another, and maintaining a positive mindset. Dan Tennesen, an OPEN National Trainer and physical educator from Indiana, introduced me to the game *Trolls Tag*. The first time I used it in my gym, it became my new favorite activity. In the game, the Bergens are Taggers, and the Trolls are trying to avoid being tagged. Tagged Trolls walk with their hands above their head (like Trolls' hair) to the nearest wall and dance for 8 counts.

I've played *Trolls Tag* with kindergarteners, adults, and all ages in between. What always strikes me most is that all my participants—even those who would normally hesitate to jump into a dance unit—love this game. They'll gladly perform 8 counts of rhythmic movement. Sometimes they even keep dancing at the wall for a few extra seconds instead of returning to the game! *Trolls Tag* opened my eyes to a truth that I think we all inherently know: human beings love to dance. We just don't like to be embarrassed or judged.

**“ I've played
Trolls Tag with
kindergarteners,
adults, and all
ages in between.
”**

Especially in physical education, empowerment blossoms when we give our students a safe space to do something of which they're uncertain—like dancing in a room full of people. As educators, we can use games like *Trolls Tag* to create an environment in which our students don't have to fear criticism or resign themselves to being Bergens. We can motivate, model, and mentor confidence, equity, and self-efficacy. We can empower our students to be Trolls: to follow their heart, to accept and encourage others, and to have a positive mindset.

BOOK REVIEWS



Physical Education Assessment Toolkit

By Liz Giles-Brown

Reviewed by Kevin Tiller, @PhysEdReview

The Physical Assessment Toolkit Book was hands-down one of the best books I have ever purchased. It has a ton of great, ready-to-use assessments for grades 3–12, and everything is included. Here's a summary from the Human Kinetics website:

Assessment templates form the basis of the Physical Education Assessment Toolkit. Presented in a concise, user-friendly format, this comprehensive package contains the following features:

- Bound-in CD-ROM: PDFs of each reproducible are provided for duplication, including posters that can be printed on letter-sized or larger paper in color or in black and white.
- Reproducible templates: Generic forms may be completed easily to address the specific topic, concept, or skill at hand, allowing you to tailor assessments to your students' needs and abilities.
- Sample units: Designed using the backward design model of curriculum development, three complete units show how to transform blank reproducible into highly practical assessment tools.

Each chapter includes lesson plans with model reproducible for the following categories: written assessment, self-assessment, peer assessment, and application or performance assessment. Within each of these categories, you'll receive guidance on implementing and creating more meaningful assessments.

Make It Take It (Fitness Games)

By Hal Cramer

Reviewed by Rich Wiles, @Rich_Wiles

Are you looking for an amazing, reproducible book to meet ELA and Math Common Core standards? If you answered yes, you need to add Make It Take It to your school's professional library. This classic book from Great Activities Publishing is a gold standard on my shelf at school.

Hal Cramer found simple ways of incorporating Common Core standards into individual and group warm-up activities. These activities are also great in place of Gonoodle breaks in the classrooms. Your principal will be so impressed with your cross-curricular warm-ups that they'll share them with other administrators in your district.

The book is filled with instructions, set-up designs, and activity cards that are ready to be created with only the help of your school's Xerox machine. If you purchase some card stock and laminate the cards, they could last 10–15 years with weekly use.



DR HEALTH

BY **CRYSTAL GORWITZ**, @CLEARLYCRYSTAL

A PRESCRIPTION FOR ENGAGING STUDENTS

"If your students didn't have to be there, would you be teaching in an empty room?"

"Do you have any lessons you could sell tickets for?"

"Do you teach like your hair is on fire?"

These three questions were posed during a presentation at my school by Dave Burgess, author of the book *Teach Like a Pirate*. Take a minute to think about your teaching and answer these questions for yourself. Do your answers reflect the type of teacher you want to be? Are you engaging your students in their learning?

When I left Dave's presentation, I contemplated his questions and what I could do to engage my students more fully in my lessons. After brainstorming several ideas, I decided to dress up like a character. But what character? As I pictured myself teaching my students to live a healthy lifestyle, Dr. Health was born.

So I found a crazy, gray, "mad scientist" wig, a white doctor coat, and a toy stethoscope. I used red thread to sew my new character's name onto my coat. I practiced in the mirror at home (and my family thought I was crazy—I'm always trying out new ideas for my classes at home, but this time, my family said, "You aren't going to wear that at school...are you?"). Next, I had to decide which class I would use to try this new character out.

The answer came easily: eighth grade health, of course! If I could get eighth graders to engage in the Dr. Health lesson, then surely it would work with all of my students.

The first day, I changed into my costume in the physical education office, walked down the hall to my health classroom (I got some pretty interesting looks from the students and staff members on my way), and stood outside my door to greet my students, as I do every day. I shook the first student's hand and asked them their name. They looked at me and said, "You know my name." I said no, I didn't, because I was the substitute for the day, Dr. Health. They, like my family, thought I was crazy.

Class began. I pointed to the board—where I'd written the standard, the "I can" statement, and the lesson topic—and asked whether anyone had any questions for me, a health expert. I answered a few, but then I turned the questions back around to the students for them to answer on their own.

“Dr. Health works well for me, but what will you do to engage your students?”

Engagement was up, but I wasn't sure whether that could be attributed to Dr. Health or the lesson itself. But as my next class approached, they couldn't wait to shake my hand. They'd already heard about Dr. Health, and the first class had even told them to think of questions ahead of time.

The next time I saw that first class of students, they were so disappointed that it was me teaching the class and not Dr. Health! They begged me to have Dr. Health return. It had worked: my students were engaged and interested in what they were learning.

Dr. Health works well for me, but what will you do to engage your students? Start small and think of one thing you could change. Consider Dave's three questions. Put yourself in your student's shoes: would you be engaged in the lessons you teach, or would you be bored? Start teaching like your hair is on fire!





From left: Victor Spadaro, Dr. John T. Foley, Kate Darpino, Aaron Hart, Angelica Fox, Nick Kline, and Colin Arvanitakis

DAY IN THE LIFE OF AN AMP LAB STUDENT

BY **VICTOR SPADARO**, @JRV4VICTORY &
KATE DARPINO, @KATE_DARPINO

MEET THE SUNY CORTLAND AMP LAB TEAM

VICTOR SPADARO

Graduate of the Physical Education Leadership master's program. Loves to dance sporadically and take pictures of the team to post on Twitter.

KATE DARPINO

Graduate student in the Health Education master's program. Enjoys being outdoors and playing volleyball with her sisters.

COLIN ARVANITAKIS

Graduate of the Physical Education undergraduate program. Loves basketball, coaching, and working with kids.

ANGELICA FOX

Graduate of the Physical Education undergraduate program. Likes to be active and participate in all sports.

This past semester, we spent many of our days in the Activity and Movement Pedagogy (AMP) Lab developing content and aligning standards for OPEN. We worked closely alongside Aaron Hart and Nick Kline to provide a resource that is beneficial for teachers of all grade levels, checking in weekly to review progress and set goals.

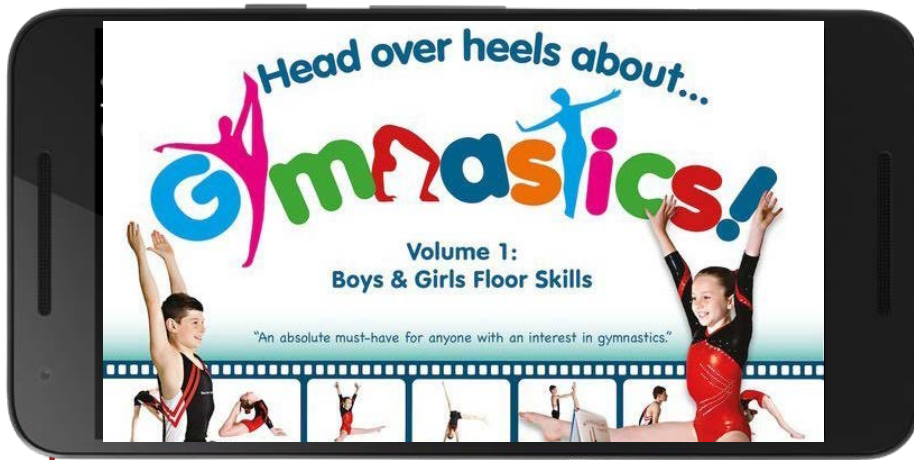
We did create games for work, but the AMP Lab job is so much more than that.

When the AMP Lab begins a module, we start by selecting focus standards and outcomes. Next, we brainstorm student objectives and possible activities. We run through the steps of each activity in the lab to make sure it's smooth. Once the activities are ready, academic language and depth of knowledge (DOK) questions are created. Finally, grade-level progressions and universal design adaptations are developed to support all students.

In the lab, our team supports one another by proofing all the work we create and making sure nothing is left out from each activity and module. Once our draft is complete, Deedi Brown and Aaron use their magic to clean up the module and get it ready to post online. Aaron often adds his own ideas, and sometimes helps us with activity names. Let me tell you: it's challenging to come up with unique names for the activities, and it's also hard work to make each activity as fun and engaging for students as we can. But the hard work is worth it.

Developing content for OPEN modules is a big part of our job, but much more is done here in the SUNY Cortland AMP Lab. For example, I often meet with the Alliance for Physical Education Majors Club to explain what OPEN can provide for pre-service and in-service teachers. Plus, writing for hours can drain our brains, so from time to time we take activity breaks to refocus. One of our favorite activities is roundnet. Just to let everyone know, Kate and I regularly beat Aaron and Colin or Aaron and Nick. We are the team to beat!

Overall, our main goal in the AMP Lab is to help support Aaron any way we can. We are all truly honored to be a part of the OPEN family, and we are extremely grateful to be given the chance to contribute to this amazing resource for teachers. We are teachers helping teachers, and we love providing our support and time towards OPEN.



TECH REVIEW: HEAD OVER HEELS APP



BY **KEVIN TILLER**,
@PHYSEDREVIEW

When I first found the Head Over Heels app, I was at the beginning of a tumbling unit with my elementary students. Boy, am I glad I did! It's such a great app to teach students as young as kindergarten the basics of balance, weight transfer, and rotation. It also has amazing pictures and short videos, so I project the app on the wall for students to follow along with my instruction. If you're looking for a great tumbling resource for physical education, this is the app for you!



SINGLE-POINT RUBRIC

BY **RICH WILES**, @RICH_WILES

I was first introduced to the concept of the single-point rubric in a Twitter post from Sarah G-H. She first read about on a blog called [The Cult of Pedagogy](#).

At the thought of another rubric, I got my pencil out, expecting to make 500 check marks. While I love PE Metrics' standardized checklist and video camera graphics, I hate checking every column to mark for student understanding. However, the single-point rubric concept is easy to crowdsource and can be designed using the National Grade Level Outcomes book from SHAPE America. You don't need sample assessment activities with rubrics; you just need the critical elements for grade-level outcome attainment. Then you can utilize the single-point rubric during culminating activities and at the end of your lessons.

The single-point rubric template that I modified from the original blog post is intended to be used with multiple grade levels, as long as those grade levels have similar criteria for learning. It can be used with students as a self-assessment or peer assessment with video-delay recording, or it can be used as a teacher checklist for formative and summarized assessment by using classroom numbers. If you're already using plagnets, heart-rate monitors, and pedometers, it becomes a simple addition to your assessment routine; using simple number systems with a single-point rubric allows you to monitor a whole class of students on one sheet of paper.

Underhand Throwing (S1.E13)		
Concerns	Criteria	Advanced
	Face to target	
	Arm back	
	Step with opposite foot towards the target	
	Release the ball between knees and waist level.	
	Follow through towards target	
Grade Level Outcomes		
Kindergarten- Throws underhand with opposite foot forward. (S1.E13.K)		
1st Grade- Throws underhand, demonstrating two of the five critical elements of a mature pattern. (S1.E13.1)		
2nd Grade- Throws underhand using a mature pattern. (S1.E13.2)		
3rd Grade- Throws underhand to a partner or target with reasonable accuracy. (S1.E13.3)		
4th Grade- N/A		
5th Grade- Throws (underhand and overarm) using a mature pattern in non-dynamic environments, with different sizes and types of objects. (S1.E13.5a)		
5th Grade- Throws (both under-hand and overarm) to a large target with accuracy. (S1.E14.5b)		

A single point rubric uses the same principles of traditional rubrics but allows you to record data on multiple students with a single sheet of paper. If the student is showing proper growth, do not write their class number/student name on the sheet. You're only looking for students who need developmental help or show advanced skill progressions. You'll then record missing critical elements or advanced skills in the appropriate column. Once the assessment is complete, you can quickly find student performance levels for grade-level attainment and apply the information to their gradebook.

I've created a few templates using SHAPE America Standard 1 for my students. [Download a copy](#) and start experimenting with single-point rubrics.

OPEN IMPACT AWARD WINNERS

BY **AARON HART**, @NYAARONHART



From left: Brian Devore, Vanessa Wigand, Artie Kamiya, and Amy Karam & Donna Newton from Eat Move Grow

This year at the SHAPE America National Convention in Nashville, TN, we started what we hope will become a new tradition for the OPEN community of National Trainers, contributors, and advocates. The OPEN Impact Awards were launched to honor individuals who've made the biggest impact on OPEN's success during the previous 12 months. This year, we honored one organization and two individuals who exemplify the selflessness and professional passion that we all hope to demonstrate.

We also took this opportunity to honor one OPEN National Trainer with the OPEN Impact

Trainer of the Year Award. The entire family of OPEN National Trainers nominated the trainer who they believed to have been most instrumental in helping this amazing group of educators push OPEN's mission forward. Brian Devore deservedly received this recognition from his peers.

Thank you to everyone who has supported our work toward equity of access for all physical educators and activity leaders. We hope you enjoy reading more about the exceptional individuals who received the very first OPEN Impact Awards.

Eat Move Grow

Eat Move Grow is unquestionably the most impactful grassroots partner with whom OPEN has had the honor to work. Donna Newton and Amy Karam lead a dynamic and loving team of health educators and child advocates who serve more than 6,000 disadvantaged children throughout rural Louisiana.



The 2017 Pedaling for PE campaign was designed to celebrate the amazing health improvements that rural Louisiana schools have made under Eat Move Grow's guidance and leadership. OPEN is just one component of the work being done by Donna and Amy's team; Eat Move Grow is also helping schools build smarter lunchrooms, improve dental health, and ignite physical activity opportunities throughout the school day for the children they serve.

OPEN has been looking for a partner like Eat Move Grow since 2015—a like-minded, grassroots organization with strong leadership, boots on the ground, and a giant heart. To say that the Pedaling 4 PE initiative was a success would be an understatement. (Read more about it in the [February 2018 issue](#) of Physical Education Magazine.) The first OPEN Impact Award of 2018 went to Eat Move Grow.

“

**This year, we honored
one organization and two
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”

(Continued on next page.)



Vanessa Wigand

Vanessa Wigand coordinates standards, curriculum, and instructional initiatives for physical education, health education, and driver education in the state of Virginia.

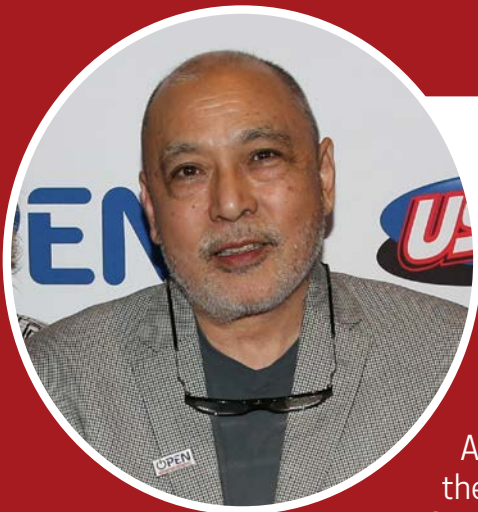
At a time when other disciplines in Virginia are losing ground, the Virginia Board of Education continues to show unwavering support for the requirement of health and physical education instruction in grades Pre-K through 10, and for the development of rigorous electives courses in grades 11 and 12. This includes offering the NASM Personal Trainer credential to high school seniors.

Vanessa also happens to be a SUNY Cortland graduate and one of Aaron Hart's most important professional mentors. Nearly 15 years ago, she gave Aaron and his young wife Andrea the opportunity to present at the Virginia Health and Physical Activity Institute at James Madison University. Her advice and wisdom has served Aaron ever since. This summer, we're excited to announce that Vanessa and JMU will host the East Coast OPEN Trainers Conference during the 2018 Health and Physical Activity Institute.

In the Fall of 2016, Vanessa reached out again to build an important partnership with the SUNY Cortland AMP Lab through the Research Foundation for SUNY. This partnership provides funding opportunities to SUNY Cortland Graduate and Undergraduate Students as they help Aaron align OPEN Curriculum Modules to the Virginia Physical Education Standards of Learning.

These custom OPEN documents, along with a library of health education resources, are hosted on the Health Smart Virginia website, which receives approximately 500,000 hits each month. This work helps Virginia's health and physical educators better serve as "life coaches" for students across the great state of Virginia.

It was with great gratitude and honor that we presented the second OPEN Impact Award of 2018 to Vanessa Wigand.



Artie Kamiya

Artie Kamiya is a relentless supporter of grassroots physical education and has gone above and beyond any reasonable call to foster and encourage young physical education professionals seeking to make an impact on our community.

Artie started his career as an elementary physical educator and retired as the senior administrator for K-12 Health and Physical Education with Wake County Schools. But Artie never really retired. His work with the Great Activities Newspaper began in 1982 and continues today, serving physical educators around the country. He's also the founder of the National Physical Education & School Sport Institute, and in 2017, they hosted the OPEN Trainers Conference, allowing OPEN to build their National Training Team to 44 trainers.

Artie is also a founding member of the OPEN Development Council. This small group of volunteers guided Aaron's work as the team built the instructional framework for what would become an essential resource for more than 33,000 OPEN members. OPEN was built to be a grassroots service for physical educators everywhere. Artie Kamiya embodies this spirit and leads by example as he continues his work on the Board of Directors for SHAPE America.

It was with gratitude and love that we presented the third OPEN Impact Award of 2018 to Artie Kamiya.

Brian Devore

In March of 2015, the week OPEN launched, we approached Coach Brian Devore and asked him to be the first teacher outside of the OPEN development council to become an OPEN National Trainer. Like everything that Brian does, he was thoughtful and needed to take some time to think about his answer. Luckily for the entire OPEN Tribe, Brian Devore said yes.

Since that time, Brian has put in countless hours of volunteer time, traveled thousands of miles to work with teachers, and acted as the calm voice of reason when the team needed it most.

We could list all of his great accomplishments and awards, but it seems more appropriate to celebrate Brian with just a few of the words that his fellow trainers had to say about him:

- Brian is a leader and a mentor. He's willing to do anything he can to support the entire physical education nation. He provides us with a sturdy foundation.
- Brian can train on just about any OPEN module and make it look easy. He is a great ambassador for OPEN.
- Brian has been vital to my development as an OPEN National Trainer. He is just a phone call or text away at any time.
- I nominate Brian, because there's simply nothing the dude can't do.
- Brian is a true gentleman and will answer your questions no matter the day or hour. He can present all day, hang out all night, and still wake up to be in the gym the next morning. I actually believe he's a robot.
- Brian makes me strive to be a better physical educator. I respect his experience, his advice, but most of all, his giant heart.

It was with love, admiration, and respect that we presented the very first OPEN Impact Trainer of the Year Award to Coach Brian Devore.

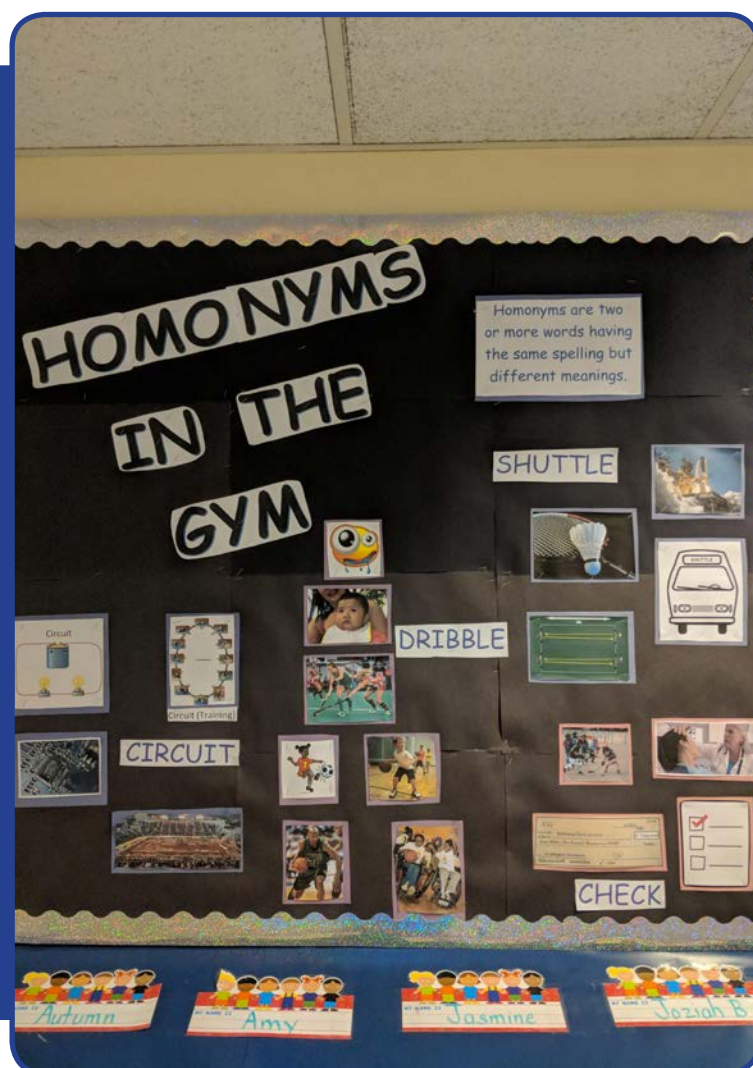


BULLETIN BOARDS

HOMONYMS IN THE GYM

CHERI SULLIVAN, MS

I'm a former classroom teacher who's also certified in physical education. This year, I moved from middle school physical education to the elementary school level, and I learned quickly that I had to be more thorough with my objectives and directions. This bulletin board was born while I was teaching my students about dribbling in soccer. Many of them were familiar with basketball, but they hadn't really thought much about the word "dribbling" as it relates to a soccer ball. They started dribbling with their hands and their feet, and the idea for the bulletin board popped into my head. I then gave the students an opportunity to synthesize, and we discovered many homonyms in the gym! We truly had a blast brainstorming. Our school has a wonderful interdisciplinary approach, and we collaborate cross-curricularly frequently. This activity gave students the opportunity to expand on the concepts they learned in the gym and tie them into the world around them.



BULLETIN BOARDS: FROM THE GYM OF ERIK MYER

NJAHPERD ELEMENTARY TOY '18

@ERIK_MYER



WINTER OLYMPICS 2018

This board contained some of activities for the Olympics. We posted our motto, oath, the history and significance of rings, and pictures of events.

THE FUN WE HAVE EXERCISING

This board aligned with our 2017-18 school theme. It features photos of student doing a physical activity they love.



MARCH INTO FITNESS

This board provided physical activity ideas for the month of March.

HOW TO KEEP HER SMILING

BY **BRIAN DEVORE**, @BDEVORE7



Scrolling through social media recently, I came across this photo posted by a friend. I really had to pause a moment. It struck me just how important the job of a physical educator is in giving children the tools they need to be active for life. Look at the sheer joy on the child's face as she spends time with an adult teaching her to swing the tennis racquet!

As you are no doubt aware, there's an ongoing debate in our profession between "busy, happy, good: I want them to be active" and "teach students to master the standards." I'm all about keeping students active and having fun while learning in our gyms. However, we still must teach to the standards in order to make our students successful in leading physically active lifestyles. If a child doesn't know how to throw a ball, what are the chances that they're going to choose to participate in anything that requires throwing? Slim to none.

It's incumbent upon us as physical educators to teach students to the standards; they're designed to teach students what they need to know to become "physically educated" or "physically literate." Are all students going

to be perfect throwers? Of course not. But we can make sure that, as they grow and mature, they understand the mechanics of throwing. We can give them multiple opportunities to attempt and improve. Lead-up game activities can give them the chance to apply their skills in a different setting. And assessments have to be a piece of the puzzle, too. In my opinion, assessments that track a mix of skill and cognitive components will best assess the learning outcomes.

My bottom line is this: we must equip our students with the tools they need to lead physically active lifestyles long after they leave us. If a child makes repeated errors in math, doesn't their math teacher work with them continually, assessing them along the way, in order to help them master the skill? Well, if a student steps with the wrong foot each time they throw, their physical education teacher has to do everything they can to help them fix it.

The young lady in the photo will start school one day soon. Will she have the same reaction to physical activity in 20 years? If she learns the skills she needs to be physically educated and physically literate, I would imagine so!

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DOING TIME WITH PD

SUMMER PROFESSIONAL DEVELOPMENT

BY **RICH WILES**, @RICH_WILES

Cue the background music to Doin' Time by Sublime

"Summertime, and the livin's P.D.
Aaron's on the microphone with D.O.K.
All people in the physed will agree
That we're well-qualified to represent the O.P.E.N.
Me, me and Louie, we gon' run to the party
Dance to the rhythm, it gets harder"

With the school year coming to a close for most educators in the US, it's one of my favorite times of year—and not just for the reasons you think. Every spring, I look forward to all the summer professional development events held throughout the country. I've attended a lot of these events in the past three years, and I plan to continue to do so over the rest of my career.

Why summer? First of all, I don't have to find subs for school days in order to attend them, and they often provide an opportunity to travel somewhere new with my family. I also find that summer events are more personal, with small groups of just 400 to 700 educators. Plus, they're traditionally less expensive, and you don't need a state or national membership to attend most. The quality of presentations and level of presenters is comparable to the national conventions, and you're afforded more time to interact with national-level personalities. For these reasons, if I had to choose between a national convention or a regional PD event, I would go regional every time.

Here's a short list of some amazing professional development opportunities happening around the country this summer.

SHAPE Florida Free Member OPEN Workshops

June 6 @ Landmark Middle in Jacksonville

June 7 @ Morgan Fitzgerald Middle in Largo

SHAPE Florida and OPEN have partnered to bring free professional development opportunities to SHAPE Florida members. Non-members can attend for \$60—which happens to be the cost of their 1-year membership.

KAHPERD 2018 Summer OPEN Workshop

June 19th @ College Hill Elementary in Wichita

KAHPERD and OPEN have also teamed up to provide a free professional development opportunity to all KAHPERD Members. Non-members can pay the \$45 membership fee and attend.

“

If I had to choose between a national convention or a regional PD event, I would go regional every time.

”

2018 Health and Physical Activity Institute

July 9–11, Harrisonburg, VA

This event has found a special place in my heart. The facility—James Madison University—is world class. The food is some of the best college meals that I’ve ever eaten, and they even allow attendees to stay in the residence halls to keep out-of-pocket expenses reasonable. This event is the best bargain of the summer.

My favorite part of the conference is the team atmosphere; you get to build great relationships with the other educators from the surrounding counties. The presenters are SHAPE America Teachers of the Year, OPEN National Trainers, and some of the most elite educators that Virginia has to offer. I definitely recommend this event if you’re within 5–8 hours’ driving distance.

Registration, Lodging and Meals: \$190–\$360 (\$80–\$130 commuter rates); Local Hotels: \$110–140 per night

Elementary Physical Education Workshop

July 14–19, Pomona, CA

Held at California State Polytechnic University, this is the premier West Coast event for elementary physical education. The workshop is all about making connections with educators and developing relationships with your students. The EPEW brings in some of the best educators from around the world, and the cost is pretty reasonable. And if you’re within 6–8 hours’ drive distance, this event is a absolute steal.

Registration: \$349 for 6 nights; \$239 for 3 days; \$236 for students; Lodging on campus: \$88.25 per night

2018 National Physical Education & School Sport Institute

July 23–25, Asheville, NC

The National Physical Education & School Sport Institute is located at the University of North Carolina Asheville, tucked in one of the best mountain towns east of the Mississippi. The location makes it the perfect opportunity to take a family vacation while perfecting your craft. The keynote speakers are some of the best in our field, and the breakout sessions are phenomenal. I highly recommend it for the amazing experience and opportunity to better your teaching.

Registration: \$275 before 7/1, \$300 after 7/1; Hotel: Crowne Plaza Resort Hotel Asheville, \$146–\$154 per night

2018 PhysEd Connections Conference

Aug 6–7, Stillwater, MN

The PhysEd Connections Conference is one of the Minnesota/Midwest regional conferences that has grown the most. They use a world-class high school facility with some of the best keynote speakers. The sessions are high in energy and feature amazing national and local educators. The hotels are close by, and the Stillwater area is great for outdoor pursuits. Make it a family trip or bring your closest physical education family members!

Registration: \$155; Local Hotels: \$75–\$109 per night



THE HONEYMOON AND THE FAMILY

BY **CHRIS HERSL**, @MDPHYSED

There's no doubt that a honeymoon period after a convention is common in our profession. Give us a few days out of the school or office, a nice dinner out, and a great speech or two, and everyone is invigorated and recharged with the goal to finish out the year strong. The latest large gathering of physical educators was in Nashville, a new city to the physical education convention circuit, and I think its honeymoon period is going to last a long, long time.

That week, governance, pomp and circumstance, and political games gave way to honest conversations, celebrations, shout-outs, and more collegiality than I've seen in quite a while. But two specific behaviors stood out the most, and they came together to improve culture, practice, and the esteem of everyone involved.

First was the honesty and sincerity with which people shared their gratitude with others. It felt as though award ceremonies took place every night, each with the number of deserving candidates far outweighing the number of trophies available. After the first OPEN Impact Awards, and again after the SHAPE Hall of Fame Banquet, I crossed paths with many of the talented nominees who had not been awarded the respective grand prize. Each time, all these people spoke about was the talent of the winners, their pleasure in being associated with the other finalists, and their desire to make sure the conversation didn't end.

Second was the effective and focused communication on social media. In our profession, the importance of celebrating others cannot be understated, and today, social media helps us do that. And while Twitter, Instagram and Facebook have been around for awhile, this year felt like the tipping point.

Suddenly, celebrations in Nashville weren't just happening at banquets. Each morning, I awoke to celebrations on Twitter, photos of the previous day, expressions of gratitude, and more and more new connections.

"Hey, I'm finally so glad to meet you after talking on Twitter!"

If I had a dime for every time I heard that in the exhibit hall in Nashville, I'd easily have a few dollars. I was greeted by name by folks from California, Georgia, Kansas, Washington, Virginia, and Pennsylvania whom

I had never met in person. Aren't you in the #espechat on Tuesdays? People who'd only ever communicated via social media were greeting each other like long-lost high school buddies.

The result of all this enthusiasm and connection is growth. Because the world is big enough for everyone, and because the opportunity to step on stage now extends to everyone, our profession is better. The all-stars of our profession are not just the handful of major award winners. Indeed, all-stars are present in all 50 states, and the celebration of new faces and the accessibility of social media has opened the physical education world to all.

In the months ahead, challenge yourself to reach out on social media to celebrate greatness you see and connect with the physical education family on social media. They will welcome you with open arms.



Large-screen displays like projectors, TVs, and Smart Boards aren't just for grade-level classrooms anymore! These tools can have a huge impact on student achievement in your gym, too, when they're used properly.

LARGE SCREEN DISPLAYS:

A GAME CHANGER IN THE GYM

BY **ROSS CHAKRIAN**, @MR_C_PE

So, if you're fortunate enough to have access to some sort of large-screen display, what are some ways you can use it? Here's how I use a projector in my gym!

GIFs

For those who aren't familiar, GIFs are animated images that loop repeatedly over and over again. They're easy to create, and since the file sizes are much smaller than videos, they're ideal to embed into PowerPoint, Keynote, Google Slides, or any other presentation application you may use to deliver instruction to your students.

I use GIFs almost every single day during my classes. Sometimes I project them as a part of a warm-up ([like this](#)) or as a constant visual reminder of the cues during skill practice ([like this](#)). Since I started using GIFs in my instruction, I've been able to decrease instruction time, maximize activity time, and make myself more available to give feedback to my students.

So, where do you find these GIFs related to PE activities? I usually create my own using a video to GIF converter app, such as IMGPlayPro or Loop It. A simple Google search for "_____ GIF" will often reveal a large selection as well. There are also some fantastic PE teachers out there who've made their GIFs available to the masses for FREE. Check out the Idea Tank [here](#) by Becky Foellmer (@foes4sports) if you're looking to get your hands on some physical education GIFs to use with your students.

Questions and Checks for Understanding

I've found that planning out my questions and checks for understanding ahead of time is imperative to enhancing the student learning process. I use PowerPoint presentations in all my lessons and add my questions and checks for understanding related to the skill and concept-driven grade level outcome we're working toward. I often have a lot of different question prompts ([like this](#)) and checks for understanding ([like this](#) or [this](#)) on deck for any given day due to the way I structure my lessons (usually, separate lessons for K/1st, 2nd, 3rd, and 4th/5th). Most days, I have so many different question prompts and checks for understanding throughout the day that I wouldn't be able to fit them all on my whiteboard even if I wanted to. By putting them into PowerPoint and projecting them, they're already there when I need them—at the click of my remote button!

Plickers and Plagnets Integration

This one goes with the paragraph above. I use Plickers with my 3rd, 4th, and 5th graders, mostly to check for their understanding in relation to different concepts we're working on. I also use Plagnets with my 4th and 5th graders for the purposes of self-reflection in relation to feelings, skills, and concepts.

However, I've found that it's often difficult to read the question text in Plickers' "live view" when I display a preloaded question. For this reason, I put all my Plickers and Plagnets questions and self-reflection prompts into my daily PowerPoint slides ([like this](#) and [this](#)) to make it easy for my students to see them from anywhere in my gym. Another benefit of using PowerPoint in conjunction with Plickers and Plagnets in this way is that I can display videos and GIFs ([like this](#) or [this](#)) for my students to analyze for skill execution. This allows them to tap into higher-order thinking while remaining constrained by the multiple choice limitations of the Plickers and Plagnets system.

For these reasons and more, I think that a large-screen display is the best piece of technology you can implement into your physical education program. If you're fortunate enough to have access to it, use it! You won't be disappointed!

CHAT WITH A TRAINER

BY **RICH WILES,**
@RICH_WILES

NAME:
Shannon Maly

AGE:
45

ROLE WITH OPEN:
OPEN National Trainer and
Content Contributor



Where do you teach?

Sun Prairie High School, Sun Prairie Wisconsin

Why do you love teaching physical education?

In what other profession can you go and play all day? To be serious, though, I love teaching my students activities that they can use for a lifetime and to see the impact it has on them. If I can provide them with a few activities to keep them moving as they get older, goal accomplished!

What do you do to be physically literate?

There are so many ways to be physically active. Spending time with my two very active boys is currently my way to stay moving. Whether we're kayaking, jumping on the trampoline, playing laser tag, hiking, or sledding, the focus is to move. I want my kids to experience a variety of activities from which they can choose in order to keep them moving as adults.

What are some of your favorite motivational jams for working out?

Anything that has a strong beat. I'm not picky. I still enjoy 90s music. Anything above that 140bpm keeps me moving. I also tend to listen to Pandora Top 90s Hits, Zumba, and Country as well.

What are some of your favorite motivational jams for working out?

Depends on the day and the exercise, but usually anything upbeat like Michael Jackson or Bruno Mars for cardio-based exercises, and 90s hip-hop, Rage Against the Machine, etc. for strength-based exercises.

How can we follow you on social media?

I'm on Twitter as @ShannonMaly, and you can email me at malyphysed@gmail.com.

I have been lucky:

to work in a profession where I can impact students' lives every day. I'm also lucky to have the opportunity to be a part of OPEN's mission of Teachers Helping Teachers; I love the passion of the OPEN tribe. I love working with an organization that shares my love for helping others.

PRODUCT

REVIEW

BY **RICH WILES**,
EDITOR, @RICH_WILES



FOAM PADDLES

I purchased these foam paddles about three years ago for my elementary program. I was in need of new short- and long-handled paddles for my school. I decided to purchase a class set of lollipop paddles (7") and the badminton paddles (12").

These paddles are awesome for skill development and safety in small areas. They can be used with fluff balls, bean bags, and balloons. They work well with soft, oversized tennis balls,

too. They show little signs of wear and come with a three-year warranty. They're a great tool for teaching the Pickleminton unit with 3rd-5th grade students. I highly recommend them for middle school programs, too.

Lollipop, 7" Handle
SKU# 1008111

Badminton, 12" Handle
SKU# 1008104

CHAMPION SPORT COLORED BEAN BAGS

These bean bags have become a staple in my closet at school. They don't stay on my shelves long because they're consistently in use, whether in the gym for my class or in the general education classroom.

The multi-purpose bean bags are great for incorporating ELA standards into your class. They help with classroom management and are very durable with their tough exterior. I also like that they can be clean off after each day to reduce the spread of germs. They work great with many of the elementary modules and can be used with any module that needs bean bags, such as the OPEN 8 or Creative Mode Fitness module. The only downside to the multi-purpose bags is that if you lose one of them, it can be hard to spell words.

SKU# 1384930



“ The multi-purpose bean bags are great for incorporating ELA standards into your class. They help with classroom management and are very durable with their tough exterior. ”



POLAR M200

I've always been a fan of analog watches; I love the look of a good dive watch on my wrist and didn't expect to go to a digital watch again for some time. However, last summer, I was given the chance to try the Polar M200, and it didn't disappoint. I've separated my review into two parts, personal use and school use.

Personal: I've been wearing the watch every day for about nine months. I love the fact that it records my movement throughout the day. Polar's Flow app is great for tracking your performance and recording long-term data. I also love the push notifications from my phone and the ability to answer calls while running with wireless headphones. It has GPS built in

and has a heart-rate monitor on your wrist. The battery is good for about a week before it needs a charge, and if you like to personalize your wrist strap with your outfit, this is your watch.

School: I had the chance to demo a class set for about three months with my students, and the software for educational use is totally different from the personal software. You use the Polar GoFit app to sync the watches to an iPad using the bluetooth receiver. The software has great tools for tracking student performance and creating reports, and it works well with most school systems that use a CSV file format to upload class lists.

I really liked how simple the watches were to use with my students class after class. Once you set up a solid routine, they just work period after period. The hardest step is reminding students to sync the device with the group fitness function; at some point, Polar should think about developing a simpler system to sync the device automatically. These devices work well with the Creative Mode Fitness module and Fitness Knowledge module and would be a great addition to any program. They could possibly be funded with Title II funds from ESSA; advocate for a set at your school.

SKU# 1399697

GUMBO

BY **CHRIS WALKER,**
@COACHWALK



Gumbo is a stew that originated in Louisiana. It consists of flavored stock, meat, thickener, celery, bell peppers, and onions. It's served over corn grits.

As I move through my day as the physical educator of my school, I ask myself...what is my gumbo?

The meat is me. I'm a strong physical educator who can't wait to get to work each and every day. Even on day 178 of the school year, I'm ready, and I feel like I have just one shot to make my presence felt with my kiddos. One shot to see the "ah ha" moment in their eyes when they are successful at hula hooping, skipping, successfully throwing a Frisbee at a target, etc.

My flavor is my energy that I give when I step into my gymnasium (gym, auditorium, strawbridge studio, award ceremony...). This flavor speaks amongst my kiddos and is given back to me.

My thickening is my curriculum that I align with the state and national standards. This enables to me to create a rich program that helps my kiddos develop and become successful throughout the six years I am fortunate and blessed to have with them.

My vegetables are my four(ish) go-to activities. My basketball units are amazing, and I always get giddier when teaching ball-handling and shooting. (Well, they're amazing in my head, anyway. :D) Ten Pin, Angry Birds, and Fitness round out my other top activities for my older kiddos. For my younger ones, though, I go to Parachute Play, Scooters and Dodging/Fleeing activities.

And finally, my corn grits are my kiddos. They come to me every day in all states of mind and energy levels. I cannot wait to engage, energize, and envelop them with my passion for teaching.

So...what's your gumbo?

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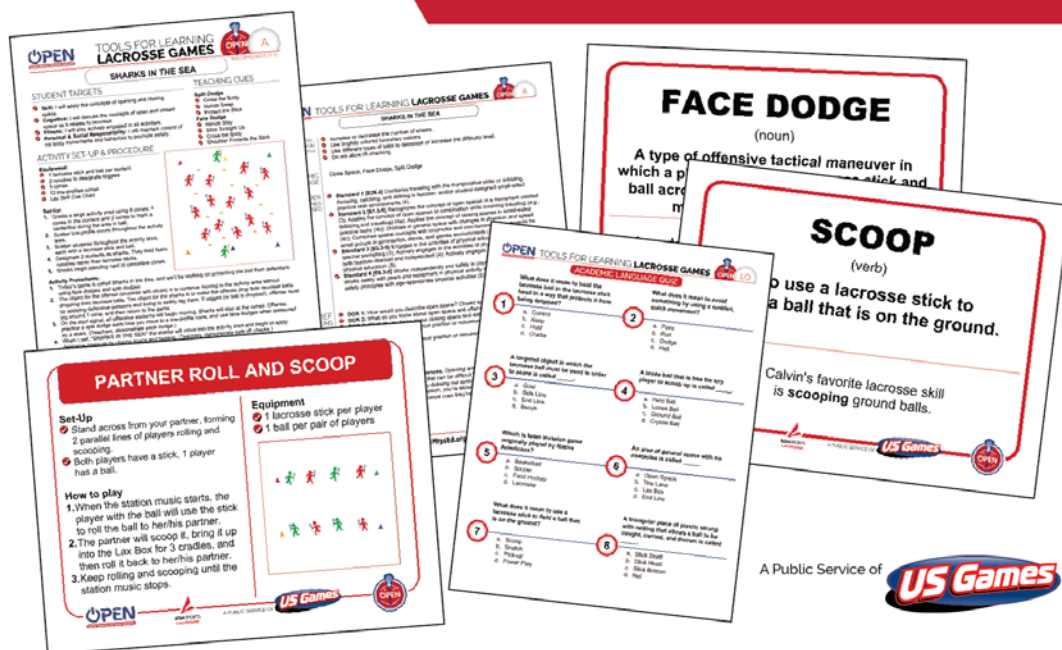
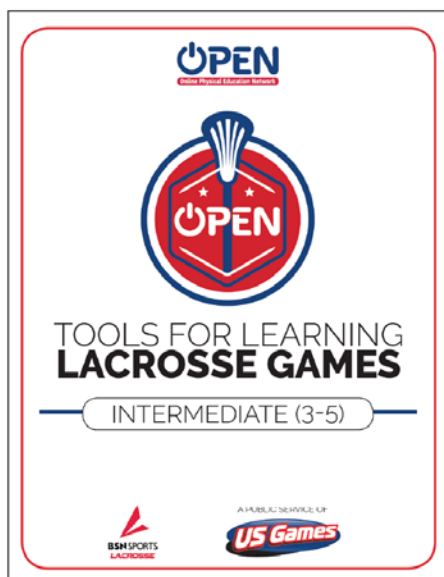
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INTRODUCING...



OPEN Forum Podcast Highlight

BY **MIKE MILLER**, @COACHMILLERPE AND **MIKE MARTINEZ**, @PHYSEDFREAK



Click on each episode title to hear all the fun and insight from the national conference as it took place from the US Games booth in the exhibit hall. Mike and Mike were joined by a wide variety of guests ranging from OPEN National Trainers to college professors, state representatives and PE teachers from all over the country! If you weren't able to attend the conference or just didn't make it upstairs to the exhibit hall, these are an absolute MUST listen!

Live from SHAPE Nashville #1

(Wednesday 12:00pm–1:00pm)

Pam Powers, OPEN National Trainer: @psquaredpe

Alex O'Brien, OPEN National Trainer, Seattle Public School (WA): @alexobrien

Jaime Sparks, KYSHAPE Director (KY): @JaimeSparksCSH

Ross Chakrian, Howard County (MD): @Mr_C_PE

Dr. Lauren Lieberman, SUNY Brockport (NY), and Michelle Grenier, University of NH (NH)

Live from SHAPE Nashville #2

(Wednesday 1:00pm–2:00pm)

Kennedra Tucker (MD): @MsTuckerRocksPE

Jody Duff, SHAPE APE TOY 18 (MD): @JodySAPE

Becky and Mark Foellmer (IL): @foes4sports, @CoachFoe

PE Connections (MN): @PEConnection

Live from SHAPE Nashville #3

(Wednesday 2:00pm–3:00pm)

Donna Newton and Amy Karam, Eat Move Grow: @eatmovegrowLA

Dr. John Foley, SUNY Cortland (NY)

Susan Yesalonia and Katelin Anderson (VT), Cooper Institute (TX): @SYesalonia, @CooperInstitute

Brandon Herwick and Elyse Loughlin, OPEN National Trainers, RCS Central Schools (NY): @Brooklyndreamer, @TheMsLoughlin

Live from SHAPE Nashville Day 2! Down Under

(Thursday 11:00–12:00)

The OPEN Forum Podcast goes international!!! Mike and Mike are joined by some Australian rockstar physical educators.

Arron Gardiner (AUS): @azzalanche

Wayne Schultz (AUS): @WSchultz44

Christina Polatajko (AUS): @cpola17

Ryan Armstrong (Mo): @RArmstrongPE

Live from SHAPE Nashville Day 2! Part 1

(Thursday 12:00pm–1:00pm)

In this episode, the Mikes are joined by three of Iowa's finest and the New York Road Runners! Hear how the Road Runners are providing phenomenal FREE resources to students and teachers all across the country to get kids fit, healthy and active.

Erik Heard (IA): @eheard

Carlye Satterwhite (IA): @Satterwhitecarl

Kari Bullis (IA): @BullisKari



Live from SHAPE Nashville Day 2! Part 2

(Thursday 1:00pm–2:00pm)

This episode features Dr. Jeremy Lyon talking about the exciting new partnership between the Cooper Institute and US Games. Also, chats with Artie Kamiya and Pete Charlotte.

Artie Kamiya (NC): @ArtieKamiya

Pete Charlotte (GA): @CapnPetesPE

Live from SHAPE Nashville Day 2! Part 3

(Thursday 2:00pm–3:00pm)

This episode of the OPEN Forum Podcast is a mixed bag of "Who's Who" guests from around the country.

Terri Drain (CA): @terridr99

Will Porter (CA): @MrWillPE

Chris Hersl (MD): @mdphysed

Nick Thompson (MD)

Live from SHAPE Nashville Day 2! Part 4

(Thursday 3:00–4:00)

Join Mike and Mike for a chat with past and current Teachers of the Year. This episode features some of the finest folks to ever enter a gymnasium and should not be missed!

Seth Martin (CA): @smartintahoe

Doug Halberg (NY): @djhberg

Crystal Gorwitz (WI): @ClearlyCrystal

Jo Bailey (WI): @LovePhyEd

Live from SHAPE Nashville Day 3 OPEN Leaders

(Friday 10:00–11:00)

One of the highlights of the OPEN Forum Podcast in Nashville was when the Mikes were joined by Brian Devore, OPEN's first ever OPEN Impact Trainer of the Year AND OPEN Executive Director, Aaron Hart.

Aaron Hart (NY): @nyaaronhart

Brian Devore (GA): @bdevore7

