



The Communicator

IN THIS EDITION

- 2025 Virginia AHPERD Convention Information
- Division Updates
- On-Line Teaching Resources and Professional Development
- Virginia Safe Routes To School (SRTS)
- Lesson Plans – Health, PE, Recreation and Dance
- Announcements
- Awards
- Grants
- News
- 2024-2025 Officers & Directors

2025 Virginia AHPERD Convention
November 7-9, 2025

Plan now to attend the 88th Annual Convention
Founders Inn & Spa
VA Beach

General Registration: Check the VA AHPERD website in mid-August!





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Division Updates

Physical Education Division Convention 2024 Summary

The PE Division had a fantastic convention with over 40 sessions throughout the weekend, highlighted by International Keynoter Ben Holden and the amazing Megaera Regan. Ben provided 4 sessions ranging from winning warm ups to creating a positive culture in your classrooms while Megaera provided ways to improve classroom atmosphere beyond just managing behaviors as well as helped teachers explore the Meaningful PE framework.

Session topics included behavior management, Meaningful PE, Adapted PE strategies, easy to implement games and activities from the top teachers at SHAPE Cleveland. The PE Division meeting was very well attended and concluded with filling out section chair positions and some great gift card raffle winners!

Lastly, we want to congratulate our Physical Education Teachers of the Year:

Victor Spadaro- Elementary TOY
Michelle Shoffstall- Middle School TOY
Lori Morris-Platte- Secondary TOY
Sharon Gregory- Adapted PE TOY

Recreation Division Convention 2024 Summary

The Recreation Division's Casino Night was a smashing success! Attendees enjoyed a thrilling evening with games like Texas Hold'em, Blackjack, and Roulette. The excitement didn't stop there, as there were plenty of giveaways, including pickleball sets, cornhole boards, battle golf, and a large speaker. The event saw a fantastic turnout, and everyone had a ton of fun, making it a memorable night for all involved. We are excited to hold this event again at next year's convention.

Dance Division Convention 2024 Summary

The Virginia AHPERD Dance Division was able to welcome Ms. Becky Sorto, a phenomenal educator from the Fairfax Public Schools, to teach specialty topics on dance for PE teachers. Her "Dance Made Easy: Practical Dance Strategies and Games for P.E. Teachers" was well attended and met with positive feedback. Ms. Sorto's background as a dance teacher, fitness instructor, choreographer and social media presence made her an outstanding presenter building connections to all her attendees.



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Dr. Shelia Ward, Professor at Norfolk State University, presented a well-attended and lively discussion on African Diaspora Dance. This presentation embodies health practices demonstrating how drumming is integrated into VA Hospital and military culture for healing, health, and wellbeing. Dr. Ward brings her expertise as a dancer, registered Kinesiotherapist, and educator to promote health empowerment through cultural awareness.

Mr. Victor Spadaro, Elementary P.E. Teachers from Arlington Public Schools was awarded as Virginia AHPERD Elementary Teacher of the Year 2024. Mr. Spadaro engaged his attendees with fantastic choreography to support cultural learning. “Step Up Your Dance” and “Drumming Drive: Energize Your Class” offered attendees free lesson planned routines to be utilized in their own classrooms.

We would like to take a moment to thank Ms. Kimberly Gentry for her commitment, dedication and support for serving as Past Dance Vice President.

On-line Teaching Resources and Professional Development

- Virginia AHPERD has created resources pages for members.
 - [Physical Education Resources](#)
 - [Health Resources](#)
 - [Virginia AHPERD Future Professional Resources page.](#)
 - Teacher & Administrator Preparation
 - HPE Praxis II information
- GOPHER has Teaching Resources that are FREE to all. To find out more, visit [GOPHER](#).
- GOPHER has Professional Development opportunity. 100+ hours of FREE On-Demand Webinars. To find out more, visit [GOPHER](#).



**National Academy
of Health and Physical Literacy**
Advancing health and physical literacy

Fall/Winter 2024 Issue
Send inquires and materials to mbmoore@radford.edu



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Virginia Safe Routes To School (SRTS)



The Safe Routes to School program has been active in Virginia since 2007 and helps schools and communities make walking and biking to school a safe, convenient, natural activity. The purpose of the federally funded Virginia Safe Routes To School program is to:

- Enable and encourage children, including those with disabilities, to walk and bicycle to school
- Make bicycling and walking to school a safer and more appealing transportation alternative, thereby encouraging a healthy and active lifestyle from an early age
- Facilitate the planning, development, and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution near schools

When is Walk to School Day?

Walk to School Day is held annually on the Wednesday of the first full week in October. The dates for the coming years are:

- October 8, 2025
- October 7, 2026

Remember that all of October is Walk to School Month, and schools are encouraged to host events whenever is most convenient for them.

Contact Us: Want to learn more about [state trails office](#), [pedestrian and bicycle education](#), and Safe Routes to School events in Virginia?

- Your [Local Technical Assistance Coordinator \(LTAC\)](#) can answer any questions, provide resources and basic technical assistance to help start a program. Not sure who to contact? Send an email to info@virginiasrts.org and we'll connect you.



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A List of Resources for Bicycle Safety Education from the Virginia SRTS Program

Learning to ride a bike is a rite of passage, a thrilling moment people remember for a lifetime.

Many schools teach bicycle safety skills in advance of Bike & Roll to School Day, which occurs during Bike Month every May, and this year on Wednesday, May 8. Health and physical education (HPE) teachers often lead these efforts.

We asked our Safe Routes to School Coordinators, many of whom are former HPE teachers, about their favorite bicycle safety resources. Here are four of the resources they highlighted.

- [Bikeology](#)--This is a bicycle safety curriculum developed by the National Highway Traffic Safety Administration and the American Alliance for Health, Physical Education, Recreation and Dance. It includes lessons for students in grades 6-12 that align with national K-12 physical education standards. Materials include lesson plans, assessments, and a parent guide.
- [Bicycle Safer Journey](#)—This is a series of short videos developed by the Federal Highway Administration. There are videos for children and youths ages 5-9, 10-14, and 15-18 as well as quizzes and supporting resources for parents and educators.
- [Let's Go Biking!](#)—Developed by the North Carolina Department of Transportation, this bicycle safety curriculum includes lessons for students in grades K-1, 2-3, and 4-5. Materials include lesson plans, videos, assessments, and parent/caregiver tip sheets.
- [Safe Routes Philly bicycle safety lessons](#)—Developed by the City of Philadelphia, this bicycle safety curriculum includes instructor guides, lesson plans, and materials for students in grades K-1, 2-3, and 4-6.

The Virginia SRTS Program offers [\\$1,000 QuickStart Mini-grants](#) to help support bicycle safety education efforts. There are upcoming grant application deadlines vary. [Click here](#) to apply.

You can find additional resources and information about Bike to School Day, bicycle safety education, and QuickStart Mini-grants on the [Virginia Safe Routes to School Program website](#). Or, send us an email at info@virginiasrts.org!

To learn more about Virginia Safe Routes to School [click here for details](#).



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Lesson Plans

- Action For Healthy Kids - Health Lesson Plans and Activities – [Click here](#) for lesson plans from Preschool to High School.
- The **K-12 Dance Education Lesson Plan Bank** project was inspired by the work of dance pedagogy students at Colorado State University, and the desire of K-12 teachers to integrate movement into the academic classroom. Through the generous support of a [Lilla B. Morgan Memorial Endowment](#) grant, CSU Dance faculty member Lisa Morgan, and dance majors Aminta Remisosky and Katie McClendon, worked together to develop a comprehensive lesson plan template system to be implemented and used by K-12 teachers, dance educators in private studios, and faculty and students in the CSU Dance pedagogy program. [Click here for the Lesson Plan Bank](#)
- [Open Physical Education Network \(OPEN\)](#) – Free K-12 Physical Education Lesson Plans and resources. OPEN is a backward designed curriculum project that targets SHAPE America’s National Standards & Grade-Level Outcomes. [Click here](#) for more details.
- Health and PE Lesson Ideas? Health Smart VA is an open access website with hundreds of lesson plans and instructional resources that are aligned with Virginia K-10 Health and PE Standards of Learning. [Click here for free lesson plans - https://healthsmartva.org/](https://healthsmartva.org/)
- [eNASCO](#) – Free K-12 Physical and Health Education lesson plans and equipment resource. [Click here](#) for more details.
- [Recreation and Relaxation Lesson Plans](#) - This page is a free-shared lesson plan archive for teaching all educational subjects within the context and theme of “Recreation and Relaxation”. It is purposed for use in community education environments, homeschool environments, traditional schooling environments, or as a supplemental and fun addition to any education program.
- [Dance Lesson Plans](#) – K-12 Dance lesson plans brought to you by the Colorado Department of Education.



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Announcements

- **SHAPE America National Convention, Summer Institutes and Workshops**
 - April 1-5, 2025 – Baltimore, MD - [Information](#)
 - March 17-21, 2026 – Kansas City, MO
 - [Professional Development Workshops](#)

Archives - The following materials are available from past SHAPE America National Convention & Expo programs and Summer Institutes.

- [2024 Minneapolis July 29-30](#) - SHAPE America Summer Institute
 - [2024 Cleveland, March 12-16](#)
 - [2023 Seattle, March 28 - April 1](#)
 - [2022 New Orleans, April 26-30](#)
 - [2021 Virtual, April 13-17](#)
 - [2020 Salt Lake City, April 21-25](#)
- [SHAPE America Advocacy Information](#) – Get Involved
 - **NAHPL (National Academy of Health and Physical Literacy) National Summit**
 - March 3-6, 2025, Newport, RI
 - <https://nahpl.org/2025-national-summit/>
 - **Recreation and Park Association (NRPA)**
 - Conference 2025: September 16–18, Orange County Convention Center, Orlando, FL; Conference Details: <https://conference.nrpa.org/>

The NRPA Annual Conference is the premier annual meeting of the park and recreation community. Join thousands of people who are passionate about parks and recreation and making their communities great places for inspirational education sessions, energetic discussions and an inside look at the latest products for the field. Please email events@nrpa.org for additional information.



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- 2024 NRPA Annual Conference - Atlanta, GA – [Resources and Materials](#)
- 2023 NRPA Annual Conference - Dallas, TX - [Resources and Materials](#)

• **The National Dance Society (NDS)** is a 501(c)3 non-profit organization that envisions a country where each individual is provided a wide range of quality dance education, dance performance, and physical literacy programs throughout their lifespan.

Our board is comprised of individuals who have been leaders in the field of dance and physical literacy at the state, regional, and national levels, published authors on the topic, as well as long-term educators and practitioners.

Learn more at <https://nationaldancesociety.org/>

- **Health and Physical Activity Institute at James Madison University Conference TBA**

For the past two years conference resources and handouts [click here](#).

The primary objective of the institute is to improve the quality of health and physical education instruction and provide support to implement the VDOE standards of learning for health and physical education which enhance the wellness and educational performance of Virginia's students. *The Health and Physical Activity Institute* is supported by the Virginia Department of Education and the Virginia Association of Health, Physical Education, Recreation and Dance.

- Virginia AHPERD has created resources pages for members.

[Physical Education Resources](#)

[Health Resources](#)

[Virginia AHPERD Future Professional Resources page.](#)

Teacher & Administrator Preparation

HPE Praxis II information

- Follow Virginia AHPERD on the following Social Media Platforms:

Facebook - <https://www.facebook.com/VAHPERD/>

Instagram - <https://www.instagram.com/virginiaahperd/>

X (FormerTwitter) - <https://x.com/vahperd>



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- Virginia AHPERD needs your help. Please consider volunteering for a vacant leadership position.

Interested? Have follow-up questions?

Please send an email to info@virginiaahperd.org with the position in the Subject Line for reference.

Awards

Congratulations to the 2024 Virginia AHPERD Professional Award Winners!

| | |
|----------------------------|--|
| Victor Spadaro | Elementary Teacher of the Year |
| Michelle Shoffstall | Middle School Teacher of the Year |
| Lori Morris-Platte | Secondary Teacher of the Year |
| Sharon Gregory | Adapted Physical Education Teacher of the Year |
| Dr. Amanda Campbell | College/University Educator of the Year |
| Lei Dunn | Supervisor of the Year |

Student Awards Winners

| | | |
|----------------------|----------------|--------------------------|
| Dana Phillips | Frances Mays | Longwood University |
| Nora Murray | Graduate Award | James Madison University |

College/University Majors of the Year

| | | |
|-----------------|--------------------|---------------------------|
| Olivia Steele | Dance | Virginia State University |
| Ryanne Mulligan | Exercise Science | Virginia Tech |
| Andrew Evans | Physical Education | Longwood University |
| Jalen Strange | Recreation | Virginia State University |
| Niamiah Branch | Physical Education | Virginia Tech |



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| | | |
|-----------------|-------------------------------|---------------------------|
| Brian Kremmer | Physical Education | Virginia State University |
| Shamond Fox | Sport Management | Virginia State University |
| Andre Paige | Health Education | Virginia Tech |
| Jason Poor | Physical Education | George Mason University |
| Kendall Morris | Health and Physical Education | James Madison University |
| Daphne Daymunde | Physical Education | Bridgewater College |
| Mykayla Osborne | Health Education | Norfolk State University |
| Rebekah Mercer | Health Education | Bridgewater College |
| Thalia Pavao | Exercise Science | Norfolk State University |
| Dana Phillips | Health Education | Longwood University |





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Grants

- Action For Health Kids – School Grants for Healthy Kids - Providing schools the resources for students to eat better, stay physically active and be better prepared to learn. Learn More at [Action For Health Kids](#).
- USTA Mid-Atlantic offers a variety of **grant for up to \$10,000** to various tennis activities. The USTA offers a variety of grants to help grow the game of tennis. Get support and find out how the USTA and USTA Foundation can help with grants, equipment discounts, and more. [Learn more about various grants at your school or organization.](#)
- Funding for Physical Education (PE) can be a struggle. The amounts available tend to be small, and programs are often tightly tailored to specific interests. Still, good options exist. There are also tools that allow physical education programs to find just the right kind of funding for their needs. [Click here for a list of grants.](#)
- [The USA Pickleball Grant Program](#) offers three separate grant applications: the Youth Grant, the Collegiate Grant and the Community Grant. USAP Youth Program Provider (YPP) members are eligible to apply for a Youth Grant for a school or youth program. Official College/University Club members are eligible to apply for a Collegiate Grant. USAP individual members may apply for a Community grant for a new start-up pickleball location. [Read more here.](#)
- [SHAPE America Grants Database](#)

Deadline for Apply: Deadlines Vary

Find available funding for upcoming professional development opportunities.

- [Gopher Grants](#)

As part of our mission to promote youth health and activity, we're happy to help connect organizations with the following grant opportunities. You'll find helpful resource links, as well as a listing of grants that target health and education improvements for youth. If you would like to submit or additional grant information or resources, please [contact us](#).



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News

- **2024 30 Under 30**

Parks & Recreation magazine and NRPA's Young Professional Network unveil the third annual program spotlighting 30 top young park and recreation professionals. Nominations are now accepted for the 2025 30 Under 30.

- Outdoor Recreation Roundtable - The Outdoor Recreation Roundtable is the leading business coalition advancing a sustainable and growing outdoor recreation economy for the benefit of all Americans. To learn more, click here.

- Everlast Climbing - Everlast Climbing was founded in 1991 with a focus on indoor rock climbing and hand holds. Our passion was fueled and our product line grew as we heard from customers that climbing attracted participants who were previously not engaged in physical activity. Our desire to inspire physical activity in more individuals has led to innovations which have raised the standard for indoor youth climbing. In 2008, Everlast Climbing became a part of PlayCore®, the country's leading manufacturer of play and recreation solutions. This partnership has brought us where we are today with a dynamic line of climbing walls and other equipment to inspire physical activity in more and more individuals.

- **Get Your Students Active for Life with Tennis in PE!**

USTA Mid-Atlantic Section is here to support teachers and the role you play in your students' wellbeing. We know how hard you work to help kids get active and build healthy habits for life. Give them these benefits and more by introducing them to **TENNIS!**

It's never been easier to bring tennis to your school and we have a variety of **FREE** resources to assist along the way. PLUS, we can help **improve the tennis courts** at your school too!

USTA Mid-Atlantic offers a **grant for up to \$10,000** to support tennis court refurbishment and construction projects! Learn more and apply to help the tennis courts at your school. More information will be available now. See link above.



The Communicator

For the classroom, USTA has a turnkey tennis in PE curriculum developed in partnership with SHAPE America for grades K-12 AND free tennis equipment for your school including racquets, balls, and more!

It takes just a few steps and less than 10 minutes to receive this resource:

1. [Visit USTA.com and create your free account](#);
2. Add your PE class information;
3. Complete the school partner form (This step will help you get FREE EQUIPMENT for your school).

This [step-by-step guide](#) will walk you through it! **Don't forget to take advantage of our free teacher workshops that will help you in bringing tennis into the classroom. All you need to do is request a workshop for your school by [clicking here](#).**

[Get kids active with tennis in PE today!](#)

USTA Mid-Atlantic Section is a proud sponsor of Virginia AHPERD

- Health.Moves.Mind. – Building Kinder, Healthier Schools.
Effective health and physical education programs — which include addressing a student's social and emotional learning (SEL) — create a foundation that benefits the whole child. [Learn More!!](#)

- National Recreation and Park Association (NRPA) is the leading non-profit organization dedicated to the advancement of public parks, recreation and conservation. Our work draws national focus to the far-reaching impact of successes generated at the local level. Leveraging their role in [conservation](#), [health and wellness](#), and [social equity](#) to improve their communities NRPA's members of park and recreation professionals and advocates are 60,000 strong and represent public spaces in urban communities, rural settings and everything in between.

To read more about the NRPA [click here](#).

- [health.gov](#) - The Office of Disease Prevention and Health Promotion (ODPHP) plays a vital role in keeping the Nation healthy. Stay up to date on our work by checking out our blog posts, news and announcements, and upcoming events. We accomplish this by setting national health goals and objectives and supporting programs, services, and education activities that improve the health of all Americans.



The Communicator

We also manage 3 independent websites:

- [health.gov](https://www.health.gov) — the home of ODPHP and an essential resource for health information
 - [HealthyPeople.gov](https://www.HealthyPeople.gov) — tools and resources for professionals about Healthy People 2030 health objectives
 - [healthfinder.gov](https://www.healthfinder.gov) — evidence-based, actionable health guidance for consumers
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- Something big is happening at Virginia AHPERD! Find out by keeping up to date with us by adding us as one of your friends on Facebook (<https://www.facebook.com/VAHPERD>) or follow us on X (former Twitter) (<http://twitter.com/VAHPERD>) or Instagram (<https://www.instagram.com/virginiaahperd/>)
 - The Virginia AHPERD website has had **major revisions**. Please take a few minutes to look at the newly posted grant opportunities, archives of The Virginia Journal and The Communicator, on-line nomination and voting for Board Position, Teachers of the Year and Convention presentation proposals. We are constantly posting new information and trying to improve the site. Go to <https://virginiaahperd.org/> for details.
 - **Become a Virginia AHPERD Member Today** - We are a professional association of educators that advocate quality programs in health, physical education, recreation, dance, and sport. The association seeks to facilitate the professional growth and development of its members through meaningful membership services, current research, best educational practices and legislation that will impact the profession.
 - Archives of [The Virginia Journal \(TVJ\)](#) and [The Communicator](#) – User Name and Password required.
 - The success of The Virginia Journal (TVJ) and The Communicator only go as far as the members and our submissions. I ask that you continue to submit the quality work you have in the past. Let the state, region and nation know the outstanding work we are doing in Virginia AHPERD. So this is my continued call for manuscripts for the upcoming issues of TVJ and news information and lesson plans for The Communicator. The TVJ and Communicator depend on the submissions from our exceptional professionals working in the field. So please continue to e-mail your manuscripts and news by the January 15th and July 15th deadlines respectively for each issue as a Word attachment for the two publications. Email the editor, Michael Moore, PhD, LAT, ATC; mbmoore@radford.edu.



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Officers & Directors 2024-2025 Virginia AHPERD Board

| First Name | Last Name | Participation Type | Division | Preferred Email |
|-------------------|------------------|-----------------------------|---------------------|--|
| Sean | Niehoff | President | Executive Committee | scniehoff@fcps.edu |
| Jessica | Bayliss | President Elect | Executive Committee | jhbayliss89@gmail.com |
| Danielle | Christian | Past President | Executive Committee | daniellechristian184@gmail.com |
| Maria | McKeown | Executive Director | Executive Committee | info@virginiaahperd.org |
| Mark | Brandenburger | Parliamentarian | Executive Committee | mabrandenbur@henrico.k12.va.us |
| | | | | |
| Victor | Spadaro | Past VP | Dance | vspadaro1@gmail.com |
| Terese | Cardamon | VP | Dance | teresewalkiewicz@gmail.com |
| Denver | Francis-McKenzie | VP Elect | Dance | dfra1957@students.vsu.edu |
| | | | | |
| Lei | Dunn | Past VP | General | mrsLCDunn@gmail.com |
| Summer | Davis | VP | General | sjdavis0723@gmail.com |
| Christina | Luntzer | VP Elect | General | lordlovelearninglites@yahoo.com |
| Daphne | Daymude | Student Section Chair | General | ddaymude@eagles.bridgewater.edu |
| Brian | Kreemer | Student Section Chair Elect | General | briankreemer1995@gmail.com |
| | | | | |
| Dani | Matheney | Past VP | Health | dmatheney@rockingham.k12.va.us |
| Kendra | Gillgren | VP | Health | kendra.gillgren@gmail.com |
| Danielle | Howell | VP Elect | Health | dani5tzus@gmail.com |



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| First Name | Last Name | Participation Type | Division | Preferred Email |
|-------------------|------------------|---------------------------|--------------------------------|--|
| Patrick | Noel | Past VP | Physical Education | pmnoel@fcps.edu |
| Jennifer | Mulrine | VP | Physical Education | Jennifer.mulrine@nn.k12.va.us |
| Tony | Splendore | VP Elect | Physical Education | txsplend@vbschools.com |
| | | | | |
| Raymond | Crowell | Past VP | Recreation, Sport, and Fitness | IBODYPUMP@COMCAST.NET |
| Jason | Runk | VP | Recreation, Sport, and Fitness | jbrunk@henrico.k12.va.us |
| Russ | Campbell | VP Elect | Recreation, Sport, and Fitness | rtcampbell89@gmail.com |
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