



The Communicator

IN THIS EDITION

- 2023 Virginia AHPERD Convention Information
 - On-Line Teaching Resources
 - Virginia Safe Routes To School (SRTS)
 - Lesson Plans – Health, PE, Recreation and Dance
 - Announcements
 - Awards
 - Grants
 - News
 - 2022-2023 Officers & Directors
-

2023 Virginia AHPERD Convention

Plan now to attend the 86th Annual Convention
Harrisonburg, VA on the campus of
James Madison University
November 3-5, 2023

General Registration: [86th Annual Convention Registration](#)
Hotel Room Block: [Hotel Madison Room Block](#)





The Communicator

On-line Teaching Resources

- Virginia AHPERD has created an on-line teaching catalog of teaching ideas. See the Virginia AHPERD web page at the following link for some exiting resources and ideas. [**CLICK HERE!!!**](#)
- GOPHER has created “At-Home Learning Resources” that are free to all. To find out more visit [**GOPHER.**](#)

Virginia Safe Routes To School (SRTS)



The [Virginia Safe Routes to School](#) (SRTS) program helps schools and communities make walking and biking to school a safe and convenient activity. Virginia SRTS provides educational resources, hosts encouragement events, and works with local communities to ensure streets surrounding schools are safe environments for walking and biking.

Statewide Events: Virginia SRTS celebrates four statewide events: [Crossing Guard Appreciation Day](#) in February, [Bike to School Day](#) in May, and [Walk to School Day](#) and [Student Travel Tally Week](#) in October. Celebrating one (or all) of these annual events is a great way to garner community support and build excitement for safe walking and biking.

Grant Opportunities: Virginia SRTS also provides grants to school divisions for infrastructure and programming.

- [Quick Start mini-grants](#) are for a one-time event or purchase, such as materials for StoryWalks, traffic gardens, or bicycle rodeos. The 2023 fall deadlines for the \$1,000 grants are September 28, 2023.
- [Walkabout mini-grants](#) are technical assistance grants that include a walking and biking assessment of the area around a school to identify obstacles that prevent students from walking and biking. The information in the resulting report can be used to apply for infrastructure funding. The deadline for this grant is September 28, 2023.



The Communicator

Join our Quarterly Calls: Interested in hearing about other SRTS programs across the state or learning how to get your own program started? Virginia SRTS hosts quarterly calls for teachers, school staff and administrators, parents, local government, advocacy organizations, and others to discuss all things Safe Routes to School. A mix of presentation and discussion, these calls are a place to collaborate to advance safe and active student travel.

Mark your calendars! The next quarterly calls will be on December 7, February 9, and May 10 from 1-2:30 pm. [Sign up for our e-blasts](#) to receive the call information.

Contact Us: Want to learn more about active transportation, pedestrian and bicycle education, and Safe Routes to School events in Virginia?

- Our website, VirginiaDOT.org/programs/SRTS.asp, is full of information that will help you get started.
- [Don't forget to join our email list to stay up to date with all things Virginia SRTS.](#)
- 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.





The Communicator

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. <https://dance.colostate.edu/dance-education/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/>
- [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.



The Communicator

Announcements

- **SHAPE America National Convention**

- March 12-16, 2024 – Cleveland, Ohio - [Information](#)
- April 1-4, 2025 – Baltimore, MD

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

- [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
 - April 7-10, 2024, Baton Rouge, LA
 - <https://nahpl.org/professional-development/national-summit-2024/>

- **Recreation and Park Association (NRPA)**
 - Conference 2023: October 10–12, Kay Bailey Hutchinson Convention Center, Dallas, TX

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.

- Conference 2024: October 8–10, Georgia World Congress Center, Atlanta, GA
- Conference 2025: September 16–18, Orange County Convention Center, Orlando, FL
- 2022 NRPA Annual Conference – Phoenix, Arizona - [Resources and Materials](#)



The Communicator

- **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 from Summer of 2023**

Click below for the 2023 Presentation

<https://www.jmu.edu/kinesiology/hpainstitute>

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.

- Hey there! Join us as we dive into today's latest topics surrounding the health and physical education profession. On our podcast, you can listen to the interviews of Virginia's top HPE teachers, leaders, and the network of individuals committed to providing quality HPE to the students of Virginia. Are you a teacher, student, or parent who is interested in the future of health and physical education? Then this is where you need to be! This podcast is brought to you by Jenna McMahon and Rob Lauser of the Virginia Association for Health, Physical Education, Recreation, and Dance. <https://anchor.fm/vahperdpodcast/support>



Summer 2023 Issue

Send inquires and materials to mbmoore@radford.edu



The Communicator

- Follow Virginia AHPERD on the following Social Media Platforms:

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

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

Twitter - <https://twitter.com/vahperd>

- Underage Drinking Prevention Education Project – This site provides resources to prevent underage drinking and impaired driving to youth, families, educators, and other community stakeholders across the Commonwealth of Virginia.

- [Resources for Parents & Other Caring Adults](#)
- Lesson Plans - [Elementary through High School](#)

- [WELNET®](#) is designed to provide physical educators with a tool to gather student fitness data and communicate results. WELNET®'s modules offer a variety of tracking and assessment tools, including measuring the five components of fitness, checking students' understanding of fitness and health concepts, tracking students' health-related habits and behaviors, supporting student goal setting and producing reports in each module to analyze trends, improve instruction and achieve program goals and outcomes. WELNET® is available as a [Single School Solution](#) or a [District Solution](#).

- 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.





The Communicator

Awards

Congratulations to the 2022 Virginia AHPERD Professional Award Winners!

Julie Hudnall	Elementary Physical Educator of the Year
Tony Splendore	Middle School Physical Educator of the Year
Cadi Doyle	Adapted Physical Educator of the Year
Seungyeon Park	College/University Physical Education Teacher of the Year

Student Awards Winners

Graduate Award – **Lanie Jo Knight**, *James Madison University*

Frances Mays Award – **Daniel Francis**, *James Madison University*

College/University Majors of the Year

Kiaria Grandison - *Virginia State University* - Physical Education
Ashley Wahlstrom – *Virginia Commonwealth University* - Physical Education
Tyree Johnson - *Virginia State University* - Recreation, Sport & Fitness
Tynniesia Wilson - *Norfolk State University* - Kinesiology
Denver Francis-McKenzie - *Virginia State University* - Dance Education
Jade Ford - *Hampton University* - Kinesiology
Kiana Walker - *Virginia State University* - Recreation, Sport & Fitness
Kara (Kaye) Wright – *George Mason University* - Physical Education
Daniel Francis – *James Madison University* - Physical Education





The Communicator

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 High School Grant Program assists high school PE teachers, working with a USAPA member, to acquire start-up pickleball equipment for regular physical education classes and after school programs. The maximum grant amount is up to \$250. To apply, go <https://usapickleball.org/get-involved/grant-program/> Click on the “Training and Court Info” tab and scroll down to High School Grant. There you will find an article that explains the program guidelines. At the end of the article, click on *Click Here to Apply*. Complete and submit the application form. The Committee will review the application and notify the applicant within a reasonable period of time regarding the disposition of the application.

Middle and elementary school PE teachers may apply for a Community Grant which provides up to \$250 in reimbursable pickleball equipment.

For additional information about pickleball, click on [Ambassador Search](#) to find a local SAPA Ambassador.

- [SHAPE America Grants Database](#)

Deadline for Apply: Deadlines Vary

Find available funding for upcoming professional development opportunities.



The Communicator

- 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](#).

News

- 2023 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.

- **Recreation News** : The Recreation News Media Group offers travel coverage of the Mid-Atlantic, Caribbean destinations, and cruises with a print edition, online edition, weekly radio program, and weekly opt-in email blast. Recreation News is the largest monthly travel and leisure tabloid in the Mid-Atlantic. We provide our readers with information on family vacation destinations in Virginia, West Virginia, Maryland, Pennsylvania, Delaware, and Washington, D.C. as well as popular cruise and romantic getaway information. [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!**



The Communicator

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.

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



The Communicator

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.

We also manage 3 independent websites:

- [health.gov](#) — the home of ODPHP and an essential resource for health information
 - [HealthyPeople.gov](#) — tools and resources for professionals about Healthy People 2030 health objectives
 - [healthfinder.gov](#) — evidence-based, actionable health guidance for consumers
- The Huffington Post has a variety of Physical Education articles from various authors. This link will be updated periodically as new articles are available. [Click here to read more.](#)
 - 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 Twitter (<http://twitter.com/VAHPERD>)!
 - 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



The Communicator

members through meaningful membership services, current research, best educational practices and legislation that will impact the profession.

- Achieves 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.





The Communicator

Officers & Directors 2022-2023 Virginia AHPERD Board

First Name	Last Name	Participation Type	Division	Preferred Email
Donna	Wilbur	President	a Executive Committee	dwilbur@fcps.edu
Danielle	Christian	President Elect	a Executive Committee	daniellechristian184@gmail.com
Megan	McLaughlin	Past President	a Executive Committee	megan_mclaughlin@ccpsnet.net
Maria	McKeown	Executive Director	a Executive Committee	info@virginiaahperd.org
Liz	Payne	Parliamentarian	a Executive Committee	lpayne94@cox.net ;
Stevie	Gray	Past VP	Dance	Srgray1@henrico.k12.va.us ;
Kim	Gentry	VP	Dance	kgentry@k12albemarle.org ;
Victor	Spadaro	VP Elect	Dance	victor.spadaro@apsva.us
		Past VP	General	-
Adam	Otstot	VP	General	adam.otstot@wjccschools.org
Lei	Dunn	VP Elect	General	Lei.Dunn@vbschools.com
William A.	Smith	Student Section Chair	General	wsmi6593@students.vsu.edu
Denver	Francis McKenzie	Student Section Chair Elect	General	dfra1957@students.vsu.edu
Summer	Davis	Past VP	Health	sjdavis0723@gmail.com
Jessica	Bayliss	VP	Health	jhbayliss89@gmail.com ;
Dani	Werner	VP Elect	Health	dwerner@rockingham.k12.va.us



The Communicator

First Name	Last Name	Participation Type	Division	Preferred Email
Rob	Mages	Past VP	Physical Education	robert.mages@vbschools.com ;
Amanda	Campbell	VP	Physical Education	acampbel@bridgewater.edu ;
Patrick	Noel	VP Elect	Physical Education	pmnoel@fcps.edu
AJ	Kulp	Past VP	Recreation, Sport, and Fitness	austinkulp@spsk12.net ;
Brandon	Kimble	VP	Recreation, Sport, and Fitness	bkimble@vsu.edu ;
Raymond	Crowell	VP Elect	Recreation, Sport, and Fitness	IBODYPUMP@COMCAST.NET

2022-2023 Virginia AHPERD Editors, Coordinators and Liaisons

First Name	Last Name	Participation Type	Preferred Email
Steven	Freivogel	Website Coordinator	invasion100@yahoo.com
Michael	Moore	Newsletter Editor	mbmoore@radford.edu
Michael	Moore	Journal Editor	mbmoore@radford.edu
Summer	Davis	OHPEP Coordinator	sdavi003@odu.edu
Vanessa	Wigand	DOE Liaison	vanessa.wigand@doe.virginia.gov
Judy	Johnson	Convention Manager	jcjohnso@rocketmail.com
Vacant		Exhibits Manager	-
Julie	Hudnall	Social Media Coordinator	smith4jm@gmail.com
Vacant		Student Section Advisor	