



Physical Education Newspaper

Volume 1 Number 1

Physical Education Association of NC SHAPE

January/February 2021



A Message from your Physical Education Association President

Welcome to another exciting PEA year! This year marks my third year as the PEA president. During my presidential years, I have been surrounded by wonderful PEA boards, and this year is no exception with Joe Weaver as the PEA President-Elect and Courtney Field as the PEA Vice-President. This year's board has been working hard to implement new programs that will continue the excitement that has been generated over the last few years.

Here's a look at PEA's future programs in a nutshell!

- **2nd Annual PEA Spring Professional Development Series-** Just like last year, our association is securing top notch presenters to deliver high quality professional learning while attendees earn CEU's.
- **PEA Mini Grants-** Four [mini grants](#) of \$350 will be awarded to PE teachers in the areas of elementary school PE, middle school PE, high school PE, and adapted PE.

continued on page 3...

2020 NC PE Teachers of the Year

Congratulations to our 2020 North Carolina Physical Education Teachers of the Year! These individuals received their awards at our NC SHAPE convention in November 2020. We want to thank them for their leadership in their schools and communities.



Elementary PE Teacher of the Year

Michael Morris

Middle School PE Teacher of the Year

Holly Borden



High School PE Teacher of the Year

Amanda Browning

College/University PE Teacher of the Year

Dr. Amy Stringer



Distinguished Principals Award

Larenda Denien



Outstanding PE Program

Tanya Robinson-Freeman



Larry "Mac" McDonald Scholarship Fund

Long-time NC SHAPE member and fellow colleague, Larry "Mac" McDonald passed away peacefully at age 78 on the morning of December 10, 2020.



He was well-loved for his many contributions as a physical education teacher, Vice Principal and Principal for Jackson County Schools, the Chief Consultant for Physical Education at NCDPI, and the Healthful Living Coordinator for Jackson and Macon County Schools. During this time, Mac's positive and upbeat personality, love of life, and steadfast commitment to children served as hallmarks of his service to the state.

We have established a memorial fund at Western Carolina University to provide support for the H/PE Majors there in Mac's honor.

- This was basically his last request...

Larry Gray "Mac" McDonald Scholarship Fund
WCU Foundation
1 University Drive
201 HF Robinson Building
Cullowhee, NC 28723

Please make a memo on your check in the name of the fund as "Larry McDonald Scholarship."

Meet the Apex Skip-Its Jump Rope Team



Red shirts = Team members/Coaches; Charcoal shirts = Campers

My name is Tommy Hager, Elementary PE Teacher (20+ years) in Wake County, NC, and coach of the Apex Skip-Its jump rope demonstration team. I started coaching the sport of jump rope in the Fall of 1993 while working at the Cary YMCA. I created the Super Skippers competitive team, but once I left the Y to teach at Salem Elementary, I immediately started the "Skip-Its" school team for 3 – 5th graders. I developed 6 differentiated achievement levels to help keep the students motivated, independent and growing (Red, Orange, Yellow, Green, Blue & Purple). I have learned that "Having Fun = Getting Better". Each level has single rope (freestyle, speed and power), partner skills, long rope, Double Dutch and character development. See our current Red Level [HERE](#). When students checked off a requirement on any level they received a bead of that same color. They added it to their all-white beaded rope, creating their own pattern of rainbow colors. We used this rope for group routines I created, and our parades in Cary, Apex and sometimes Asheville. When a Skip-It finishes all 6 achievement levels, they are known as a ["Legend"](#).

In 2014, my wife, Alison, and I took the team and made it our own business, "Apex Skip-Its": apexskipits.com. This now allowed students from any school (including home school) in grades 2nd – 12th to join. We have 48 team members representing approximately 25 different schools in our area. We rent gym space at local churches. Our mission is this: *"Developing character, leadership and wisdom through the sport of jump rope"*. Now that a Skip-It can stay through graduation, I knew I needed to create additional levels for "Legends". Since 2014 I've added "Silver, Gold & Platinum" Levels to keep challenging the jumpers.

We've tried to keep the team on the small side, but since moving the team away from just one school, we're able to offer an annual Fall Clinic (just before [try-outs](#) in September), Spring Clinic, and a summer camp. Any of our team members that are completely finished with Red & Orange Level are allowed to be Jr. Coaches at these clinics. See camp promo video [HERE!](#) This has been an incredible opportunity for them to develop as servant-leaders. Because we offer 3 clinics a year, more and more students are ready for tryouts, so keeping the program small is a constant challenge; however, we love being able to offer a safe, fun and gracious environment for beginners with a typical 1:2 "coach-to-camper" ratio.

We love performing cultural arts or Kids Heart Challenge Kick-Off shows at elementary schools, but we've also performed for college [half-time shows](#) at NC State, UNC, Virginia Tech & UNC-W, as well as countless community events & high school halftime shows. We've also presented workshops for PE Teachers at the SPELT and the NC SHAPE State Convention. If you need help with:

- Starting a team
- Developing your jump rope unit at school
- Knowing where to get [great/affordable ropes](#)
- Scheduling a ["jump rope @recess"](#) workshop for your classroom teachers
- Booking us for a show at your school

Email me at: thager@wcpss.net or apexskipits@gmail.com.

Here is an awesome [routine](#) from two of our Legends that have been my students since kindergarten!

Message from PEA President

...continued from page 1.

- **NC Physical Education Demonstration Schools-** PE programs from across NC will be selected as demo schools. The public will be invited to attend these schools to learn new ideas while witnessing these all star programs in action with students, all while earning CEU's.
- **The NC PE Teacher Hall of Fame-** This year will mark the inaugural year for the Hall of Fame. At this year's convention, the PEA board would like to recognize NC's PE pioneers.
- **PEA Newspaper-** We will publish a bimonthly newspaper to keep our members informed. Not only will this keep you up to date with PEA business, but there will be great articles to benefit your teaching.

In a time with so much disappointment, I hope you find these programs as exciting as we do! Be on the lookout for more information. As the PEA president, I'm looking forward to this year and all the exciting things we have ahead of us! If you have any questions or suggestions, please feel free to contact me or the other board members. We are here to help and support you, NC PE teachers!

Physed Influencer

As a freshman at Arizona State University, I remember passing Dr. Robert Pangrazi's P.E. classes, hearing laughter and seeing movement. At the time, I was a kinesiology major who decided to try my first physical education class to see what all the excitement was about. Dr. Pangrazi once said "Teach like it's the first time you've ever taught. That you have something to say. That you want them to behave responsibly, and that you care about them." I was hooked from that first class and still am! To teach like it is your first time, every time, is called having a passion for movement. My goal for all kids is to have a passion for movement and to know that I care about them being lifelong movers. I still use Dynamic Physical Education curriculum because well...it's Dynamic!

Submitted by Courtney Field (Guilford County Schools)

Connect with us!

We are here for you. Please reach out to us if you have any questions, concerns, ideas, or just want to talk.



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Tips for Teachers by Teachers



"Find some way to talk to each student every day.. at check in, during class, or for an exit ticket. Trust me, it will make a big difference."

- Mackenzie Casey (CHCCS)



"Things to consider when making modifications and adaptations in PE for students with disabilities:

Will the modification/adaptation...

- Increase the student's level of participation.
- Create a safe environment for all students.
- Preserve the essence or nature of the game."

- Anne Hughes & Barbara Meleney (APE Council)

Visit [NC Adapted PE Council](http://NCAdaptedPECouncil.org) for more on Adapted PE.

Better Together

This newspaper has been created for you and we want you to be part of it. Our PEA board believes that we are stronger and better together. Often times, you are the only PE teacher in your school. This makes it challenging to collaborate with other like minded individuals. We encourage you to share with us your stories, your activities, your school groups, and any other amazing things that you are doing for your school and community. We want to celebrate together with you and the entire NC SHAPE membership. Use the links below to share with us. This newspaper will publish bimonthly so look for your story in future editions!

[Suggestions for PD](#)
[Who is your Physed Influencer?](#)
[Share your Top Tip for Teachers!](#)
[Highlight your student group\(s\)!](#)

