

Member Benefits

- updates on state and national issues
- ability to network with other professionals
- new ideas for lesson and curriculum development
- annual conference
- encourages and supports professional growth
- scholarships for pre-professional and graduate-level HPERD students
- awards and recognition for outstanding individuals and programs
- Website
- JRFH grant opportunities
- National Board Certification financial assistance

Mission Statement

The mission of the Arizona Association for Health, Physical Education, Recreation and Dance (AzAHPERD) is to promote healthful lifestyles through quality education for populations and provide leadership to school, community and statewide programs in the areas of health, physical education, recreation, dance and other movement-related programs.

AzAHPERD is an educational organization which will achieve its mission by supporting, encouraging, and providing assistance to members statewide as they initiate, develop, conduct and promote programs of health, physical education, recreation, dance and other movement-related programs.

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*Arizona Association for
Health, Physical Education,
Recreation, and Dance*

*AzAHPERD...
"promoting healthy
lifestyles"*

*Information,
Member Benefits, and
Advocacy Action Items
www.azahperd.com*

Essential Components of a Quality Physical Education Program

A quality physical education program...

- I. Is organized around content standards that offer direction and continuity to instruction and evaluation.
- II. Is student-centered and based on the developmental urges, characteristics, and interests of students.
- III. Makes physical activity and motor-skill development the core of the program.
- IV. Teaches management skills and self-discipline.
- V. Emphasizes inclusion of all students.
- VI. Will focus instruction on the process of learning skills rather than the product or outcome of the skill performance.
- VII. Teaches lifetime activities that students can use to promote their health and personal wellness.
- VIII. Teaches cooperation and responsibility and helps students develop sensitivity to diversity and gender issues.

Dynamic Physical Education Standards

1. Students are able to move competently using a variety of fundamental & specialized motor skills
2. Students can monitor and maintain a health-enhancing level of physical fitness
3. Students are able to apply movement concepts and basic mechanics of skill performance when learning and refining motor skills.
4. Students comprehend the basic principles of wellness and are able to apply concepts that enable them to make meaningful decisions that positively impact their health and wellness.
5. Students participate in a wide variety of physical activities and learn how to maintain a personalized active lifestyle.
6. Students demonstrate empathy, understanding, and respect for the numerous differences exhibited by people in an activity setting.
7. Students exhibit responsible and self-directed behaviors that lead to positive social interactions in physical activity.

"Essential Components" and "Dynamic Physical Education Standards" can be found in *Dynamic Physical Education for Elementary School Children*, 14th Edition, San Francisco, Benjamin Cummins, 2003 by Robert P. Pangrazi and *Dynamic Physical Education for Secondary Students*, 4th Edition, San Francisco: Benjamin Cummins, 2002 by Paul Darst and Robert P. Pangrazi.

Mark your Calendars!

January

16 -- AAHPERD National Convention Early-Bird Registration Deadline
31 -- AzAHPERD Governing Board Retreat @ Maricopa HS Ropes Course 10am
tanderson@musd20.org

February

HEART Month -- Have you conducted a JRFH/HFH event? www.azahperd.com
4 -- National Girls and Women in Sports Day
www.nagws.org
3-7 -- SWDAAHPERD Conference, NM
www.aahperd.org
5-6 -- AzAHPERD Adapted Conference, Mesa, AZ
www.azahperd.org

March

All Month -- contact your state legislators about AZ education funding via e-mail or fax. Get contact info from www.aahperd.org and click on Legislative Action Center link
5 -- AAHPERD National Convention Advanced Registration Due www.aahperd.org
ALERT: Be on the lookout for PEP grant applications by the end of this month
www.aahperd.org
30 - April 3 National AAHPERD Convention & Exposition New Orleans, LA www.aahperd.org

April

All Month -- e-mail your national legislators and request support for PEP grant allocation (via advocacy link at www.aahperd.org)
Get Ready -- make plans NOW for an awesome PE & Sport Month this May www.naspe.org
19-25 --10th annual TV-Turnoff Week

May

All Month -- National Sport and PE Month
www.naspe.org
1 -- Nominations for AzAHPERD Teacher-of-the-Year and Administrator awards deadline