



LLAPHERD

Holiday 2009 Newsletter

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Mission: To recognize and promote new ideas and strategies in Physical Education and Health. Feature teachers who are working in the field to teach fitness and help in reducing Childhood Obesity. Inform colleagues as to what schools are doing and share resources if possible.

LLAPHERD wants to sponsor events that will be helpful to you in your classrooms. If you have any suggestions for us, please contact Cindy Hess.

LLAPHERD sponsored a Geocache event!

This is a great activity for your PE classes and also for you as an individual

Check it out online! <http://www.geocaching.com/>

November 14th at Middle Creek Wildlife Refuge.

We met at the Nature Center at 1:00pm.

Instruction was provided by Ed Yohn, PE teacher at Reynolds Middle School, Lancaster City

We had a great time learning a new activity! It was an opportunity to ask questions, gain hands-on experience and have some fun with other professionals. The kids had a great time too!



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**Please share with
us what you are**



Great Group Adventure!



Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment.

doing in your classrooms! Send a short description and picture to Nancy White

nfitness@ptd.net
or Cindy Hess
cindymom@ptd.net

We want to showcase any new ideas or directions you may be taking your program!
Thank you!



Geocaching is International

Need music for your Physical Education Dance Class?



Check out I-Tunes Download

We are looking for suggestions for songs to create an "education friendly" CD for PE dance classes. Please send your suggestions to nfitness@ptd.net

Help us get better to serve you! Please send articles, pictures or future events that you would like to see in our newsletter.



Get off your butt!

Be part of no child left on their behind.

Register now!

Be part of the local Professional movement for Health and Physical Education.

Come learn and share with your local colleagues!

**Dates
to Save!**

LLAPHERD LINKS!

Mark your calendar!



Next year! PSAPHERD State Convention
Convention to be held at Seven Springs!

More info coming!

<http://www.psahperd.org/convention.php>