

**PROCEEDINGS
FOR
THE TWENTY SECOND ANNUAL
SHARING THE WEALTH IN
ELEMENTARY, MIDDLE AND HIGH SCHOOL
PHYSICAL EDUCATION CONFERENCE**

**January 22-23, 2009
Jekyll Island Convention Center
Jekyll Island, Georgia**

**Sponsored by the
Department of Kinesiology & Physical Education
College of Education
Valdosta State University**

Conference Directors

**Judy Phillips
Valdosta State University**

**Deb Baber
Bibb County Schools**

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not included in this document will be placed on the Web Site after the
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OTHER PROGRAMS NOT INCLUDED IN THE PROCEEDINGS

THURSDAY, JANUARY 22, 2009

Welcome and Information: From 7:00 - 10:00 PM in Hartley Auditorium
Presiding: **Judy Phillips**, Conference Co-Director, Valdosta State University

Presiding: **Deb Baber**, Conference Co-Director, Bibb County Schools
SHIRLEY HOLT-HALE, Linden Elementary, Oak Ridge, Tennessee
DON PUCKETT, CHIP CANDY, Haines 6th Grade Center, Medford, New Jersey, **MELANIE CHAMPION**,
South Brunswick Middle School, Southport, North Carolina, **JIM ROSS**, Ridgewood, New Jersey, **TIM**
ELROD, Conover, NC and **MARK ROTHSTEIN**, Atlanta, with Opening Fun.
Also, Get Acquainted and Social Hour. Munchies will be provided.

Friday, JANUARY 23, 2009

Maximize Skills, Participation, Teamwork and Fun. **J.D. HUGHES**, Mirror Lake Elementary, Villa Rica

Can You Spell F-U-N? The Big Kahuna Can! **TIM ELROD**, A. L. Shuford Elementary School, Conover, NC

"Fourteen Years of National Standards in Physical Education--What Have We Learned?" **SHIRLEY HOLT-HALE**, Linden Elementary School, Oak Ridge, TN

Physical Education Leadership Role - Children's Wellness: Physical Activity and Nutrition Learning Strategies - An Effective Solution. **RENAE BUSS**, Lemars Community School, LeMars, IA

New SPARK Tricks for your K-6. **PATTY LANIER**, The SPARK Program, San Diego, CAN

Crossin' the Midline- Come Find Out What All of This Brain Based Research Is All About. **CHIP CANDY**,
Haines 6th Grade Center, Medford, New Jersey

World of Rope Jumping. **MARK ROTHSTEIN**, Atlanta

The Best Games Ever! Kid Tested-Kid Approved! **JIM ROSS**, Orchard School, Ridgewood, NJ

Game-A-Rama: If It's Not One Game, It's Another. **CURT HINSON**, PlayFit Education Inc., Hockessin DE

FRIDAY NIGHT DANCE

DANCE Hosted by **DON PUCKETT**, Winston-Salem, North Carolina, with DJ Ronnie Akers, Reinhardt
College, Waleska, GA

There will be Certified Athletic Trainers onsite during all activities.
They may be contacted through the Share the Wealth Registration Desk.
First aid supplies are also available at the Registration Desk.

EXHIBITOR HOURS - CALDWELL HALL
FRIDAY 8:00 AM - 4:00 PM
SATURDAY 8:30 AM - 2:00 PM

NOTE: Presenters are from Georgia unless otherwise noted.

CPR UPDATES available for individuals who have received certification within the last three years. Each of the four sessions is limited to eight participants, but times within each session are flexible and will not take the entire block of time. Please sign up at the Registration Desk as soon as possible, as space is limited!

FOUR SESSIONS: Friday, 9 - 12 Saturday, 9 - 12

1 - 4

1 - 4

LINE DANCING

Line dancing is a non threatening, success oriented activity that is fun and easy to do. This section will contain some basic steps and a few dances to get you started.

Basic Steps

1. Step touch - step to the side with one foot and close with the opposite foot which will take 2 counts. These can be done to the right or the left.
2. Hustle - this is 2 step touches in the same direction - 4 counts.
3. Grapevine - step to the side with one foot, step behind this foot with and opposite foot, uncross your feet by bringing the first foot you out to the side while moving in the same direction, and close the second foot to the first - 4 counts.
4. Toe touch - simply touch your toe in front, back, or to the side depending on the routine. These are done as singles, doubles, triples and sometimes for 4 counts.
5. Heel touch - same routine as the toe touches.
6. Walking - walk forward and back for the desired number of beats.
7. Rock - with knees slightly bent, you shift your weight from side to side and let your hips sway with the motion.
8. Pivot - the pivot foot stays on the floor. Step forward with the opposite foot, do a quarter turn toward the pivot foot and close(put feet together). If you do 4 pivot steps without closing, on the first three you should make a complete circle.
9. Butterfly - raise up on your toes and click your heels for the number of desired counts.
10. Step Ball Change - shift your weight to one foot, then to the opposite foot and then back to the original foot. (Rt. to Lft. or Lft. to Rt. to Lft.) This can be used with varying tempos and is the same as what is called the Cha Cha step.
Pick some slow to moderate music and practice these basic steps. Try to do each step for 4 or 8 counts. The line dances in this section will be written for 4-4 time.

WIPE OUT

Fast punches reaching high for 4 counts, left 4 counts, right 4 counts. Repeat this pattern for first part of the drum segment of the song.

For the first musical portion pretend to jog.

For the next set of drums do muscle poses for 4 counts each.

Pretend to jump rope for the next musical portion.

Drums -- muscle poses.

Music -- close with slow punches reaching high right 2counts, high left 2 counts, right cross 2 counts, left cross 2 counts. Continue until the end of the music.

"The N.J. Wave" (Pre K through Adult)

Both hands wave high right (4 counts)

Both hands wave low left (4 counts)

Both hands wave high left (4 counts)

Both hands wave low right (4 counts)

Repeat each wave above for 2 counts each

Place right hand on left shoulder (1 count)

Place left hand on right shoulder (1 count)

Place right hand on right hip (1 count)

Place left hand on left hip (1 count)

Jump forward (2 feet to 2 feet) (2 counts)

Do a 1/4 turn right jumping 2 feet to 2 feet.(2 counts) For Pre K through 1st grade just jump backwards instead of doing the turn.

Repeat the dance!

When first teaching the N.J. Wave start with the 4 count waves but as the dance is learned you can skip the 4 count waves and start the dance with the 2 count waves. The jumps may also be done by just jumping forward and the back. It is easier to learn dances without turns and add the turns later.

Share the Wealth 2009

presenter: Don Puckett

"Whoomp It Up" (2nd grade through Adult)

Hustle right (4 counts)

Hustle left (4 counts)

Step forward right and pump as if you are pushing a bicycle pump (2 counts)

Step forward left and pump (2 counts)

Step forward right and pump (2 counts)

Step forward left and pump (2 counts)

1/4 jump turn to the right (2 counts)

180 degree jump turn to the left (2 counts)

Do three jumps to complete a 3/4 turn and end up facing opposite of original front. You will land on both feet and clap. This turn and clap will take 4 counts.

Repeat the dance moving opposite of original front.

"Super Freak" (2nd grade through Adult)

Part 1 (The Egyptian)

Point the right arm, palm down 2x to the right side

Point the left arm, palm down 2x to the left side

Point the right arm, palm up 2x to the right side

Point the left arm, palm up 2x to the left side

Part 2 (Hitchhike)

Point the right thumb over the right shoulder 2x like your are hitchhiking

Point the left thumb over the left shoulder 2x

Part 3 (Roll)

As you lean forward and bend at the waist, roll your hands around one another and return to an upright position (4 counts)

Part 4 (Disco Point)

Point the right hand across the left thigh (2 counts)

Point the left hand across the right thigh (2 counts)

Part 5 (The Slap)

Slap right hand on the left thigh and leave it (1 count)

Slap left hand on right thigh and leave it - Hands are crossed (1 count)

Slap right hand on right hip (1 count)

Slap left hand on left hip (1 count)

Part 6 (Jump)

Jump forward 2 feet to 2 feet three times and on the third jump cross your right foot behind the left foot. As you uncross your legs you will do a 1/4 turn right. This sequence takes 4 counts. (Jump, Jump, Cross, Turn)

Part 7 (Reach)

Reach high with the right hand (1 count)

Reach high with the left hand (1 count)

Reach low with the right hand (1 count)

Reach low with the left hand (1 count)

REPEAT THE ENTIRE DANCE!

Share the Wealth 2009

presenter: Don Puckett

"The Alley Cat" (K through Adult)

Point the right toe forward and close 2x (2 counts)

Point the left toe forward and close 2x (2 counts)

Point the right toe back and close 2x (2 counts)

Point the left toe back and close 2x (2 counts)

Lift the right knee across left thigh and back down 2x (2 counts)

Lift left knee across right thigh and back down 2x (2 counts)

Lift the right knee across left thigh and back down 1x (1 count)

Lift the left knee across the right thigh and back down 1x (1 count)

Clap (1 count)

1/4 jump turn to the right

Repeat the dance!

"The Hully Gully" (modified) (3rd grade through Adult)

Grapevine right (4 counts)
Grapevine left (4 counts)

Moving forward - step on right foot and hop, step on the left foot and hop and then walk right, left, right. As your right foot comes down in the walking steps do a 1/4 turn right and swing the left foot out in front keeping it in the air. The step hops, walking, and turn will take 8 counts. (step, hop- step, hop- walk, walk, walk, turn)
Walk backwards starting with the left foot that is still in the air. Walk left, right, left, left, right (4 counts)
Repeat the dance!

"The 3 Kick Continental" (3rd grade through Adult)

Grapevine right (4 counts)
Grapevine left (4 counts)

Moving forward - Step ball change leading with the right foot, Step ball change leading with the left foot (4 counts)
Jump and kick right foot forward (1 count)

Jump and kick left foot forward (1 count)

Jump and kick right foot forward and lift the right knee in front (2 counts). When the right foot comes down it will be the first step in the grapevine right to start the dance over.

"Rise" (3rd grade through Adult)

Hustle right (4 counts)

Hustle left (4 counts)

Hustle forward diagonally right (4 counts)

Hustle forward diagonally left (4 counts)

Step touch right (2 counts)

Step touch left (2 counts)

Step touch right (2 counts)

Step touch left (2 counts)

Hustle backwards diagonally right (4 counts)

Hustle backwards diagonally left (4 counts)

8 rock steps (side to side in place 8 counts)

4 pivot steps turning to the left (4 counts)

Repeat the dance!

"Jekyll Island Stomp" (3rd grade through Adult)

Touch the right heel forward 2x (2 counts)

Touch the left heel forward 2x (2 counts)

Touch right foot in front, behind, to the right side, and lift in front (4 counts)

When the right foot comes down it will be the first step in the grapevine right (4 counts)

Grapevine left (4 counts)

Walk forward and do a 1/4 turn right - (Right, close left, step right and turn keeping the left foot in the air) (4 counts)
(Right, together, Right, Turn)

Walk backwards starting with the left foot - (Left, right, left and stomp the right foot)
(4 counts)

Keep the right heel on the floor and fan your right foot out, in, out, and in (4 counts)
Repeat the dance!

"The Medford Shuffle" (3rd grade through Adult)

Hustle right (4 counts)

Hustle left (4 counts)

8 step pattern (8 counts)

1 Place right foot in front

2 Right foot behind

3 Right foot in front and turn the toe to point to the right wall

4 Step out with the left foot (you are now facing the right wall)

5 Cross left foot in front of right

6 Step to the right with the right foot (feet are now shoulder width apart)

7 Bring the right foot to the closed position with the left foot

8 Jump in place and clap

Repeat the dance!

5,6,7,8

- 8 cts. - Grapevine Right and Grapevine Left
- 8 cts. - Moving forward: Angle step right and clap, angle step left and clap, angle step right and clap and angle step left and clap.
- 8 cts. - Slap right hand on right thigh, slap left hand on left thigh, slap right hand on right hip, slap left hand on left hip, clap 2 times and point at head and toes.
- 8 cts. - Walk backwards 4 steps (Rt, Lft, Rt, Lft) and jump in place 4 times (the songs says 5,6,7, 8)

Repeat

*Start the dance after the initial count in the song: "It's time to begin 5,6,7,8".

"MEN IN BLACK"

- Walk forward R,L,R,L
 - Walk backwards L,R,L,R
 - Repeat Walking Steps
 - Bounce in place 8 counts
 - Slide step right (Step r and touch l to r)
 - Slide step left (Step l and touch r to l)
 - Repeat Slide Steps
 - Touch Right Heel forward and back 2x
 - Touch Left Heel forward and back 1x
 - Touch Left Heel forward and do a quarter turn right
 - Do Alien Head Bobs for 4 counts
 - Freeze or wave your arms for 4 counts
- START OVER!**

CUPID SHUFFLE - Song used - Cupid Shuffle by Cupid

During the first part of the song just loosen up and get the beat
Start when you hear - "Down, Down, Do Your Dance"

- 8 cts Right - r, close lft, r, close lft, r, close lft, r, close lft.
 - 8 cts. Left - lft, close r, lft, close r, lft, close r, lft, close r.
 - 8 cts. Kicks - kick r front and back, kick lft front and back, kick r front and back, kick lft front and back.
 - 8 cts. Quarter turn Right - Do a funky bob and jive as you do a quarter turn to the right using 8 cts.
- Start over!

AEROBIC TINKLING

By substituting the elastic cords for traditional bamboo poles you make this activity safer and more exciting. The elastic cords make possible to create any geometric design and will allow you to cross several cords to form multiple dancing spaces.

The workers in this activity put the cords around their ankles and create the dancing spaces by jumping in 4/4 time (2 jumps with the feet together and 2 jumps with feet apart).

The dancers will move in and out of the cords with single in and out, double in and out, straddle, and crossover steps. It is best to place the cords on the floor about 24" apart and practice all of the footwork without the workers jumping. Be patient and you will come to appreciate the fundamentals of rhythmic movement

Once the basic steps are learned you can add traveling steps and start working around and through some different geometric patterns.

You are encouraged at this writing to research the traditional Filipino tinkling dancing, which will add to the variety of steps possible for this activity. There is a workbook available with the "Aerobic Tinkling Cords" through U.S. Games

AEROBICS

Aerobics may be used in varying degrees for different age groups. Following the leader is the best way to start groups with this type of activity. As skills progress, the use of videos and student designed routines becomes popular.

Listed below will be some basic steps to be taught in a large group or set up as an aerobic circuit.

- * Bounce and twist - bounce up and down with feet together and twist each time you land.
 - * Elbow to knee - As you lift a knee in front touch it with the opposite elbow as you hop on the foot still on the floor.
 - * Pendulum swing - swing your legs from side to side landing on one foot at a time.
 - * Stride jump - start with one foot in front of the other about 18 to 24 inches. Jump up and switch the front and back foot positions. Repeat as single or double counts.
 - * Knee slap - Lift one knee and slap it with both hands and lift the other knee and slap it with both hands. Just keep doing this in time with the music.
 - * Leg kicks - As you bounce up and down alternate kicking one leg forward and then the other.
 - * Superball - Bounce straight up and down as you try to keep your feet together.
- These are just a few steps and as you progress to "step aerobics" the challenges are greater but the fun increases as well. Be creative and energetic!

FOLLOW THE LEADER (PAPER SHAKE)

Either as one large group or several small groups have one person be the leader and the rest of the group simply mirrors the leader's movements.

On a designated signal the leader chooses someone to become the new leader or set an order in which you will change leaders. Sometimes it is best to ask for volunteers to be leaders if some group members are reluctant to be in front.

This activity encourages group members to use leadership skills and gives the instructor a chance to enjoy the natural creativity of the children.

SOME MUSIC SUGGESTIONS FOR LINE DANCES

These are just suggestions. Please screen your music before using it in the program and be sure it will be acceptable for your goals.

Super Freak	-	God Blessed Texas, Watermelon Crawl, Pink Cadillac
Slappin Leather	-	Boot Scootin Boogie, Move This, Good Times
Cotton Eyed Joe	-	Cotton Eyed Joe, Hampster Dance, Down at the Twist and Shout
Men In Black	-	Men In Black, Pump Up The Jam
Medford Shuffle	-	Bop, Get Down On It, Pump Up The Jam
3 Kick Continental	-	Soothe Me, Ms. Grace
Jekyll Island Stomp	-	I'm Gonna Get You, Boot Scootin Boogie
N.J. Wave	-	Hey Baby (D.J. Otzi), I'm Gonna Get You, Hit Man
Electric Slide	-	Electric Slide, You Make Me Feel Like Dancin, Move This
Rise	-	Rise, Cry to Me, Soothe Me, When the Sun Goes Down
Alley Cat	-	Everybody Have Fun Tonight, Hit Man, Move This
Hully Gully	-	Baby Likes to Rock It, No Parking on the Dance Floor
Whoomp It Up	-	Everybody, Larger than Life, Another One Bites the Dust
I Like It Like That	-	I Like It Like That
Itsy Bitsy Spider	-	Itsy Bitsy Spider - by Disney - "For Our Children - vol 1)
Wipe Out	-	Wipe Out
5,6,7,8,	-	5,6,7,8,
Cupid Shuffle	-	Cupid Shuffle

Great site for downloading music: **MP3 ROCKET**

"Keeping Children First"
by Ambrose Brazelton

"I'm not concerned what's best for me, or what's in fashion or style.
I pledge to do with conscience free, what's best for every child.

Even though problems, programs and people distract with eyes on the money purse,
I commit myself and my every act to **KEEPING CHILDREN FIRST!**