

Fit Environment Resources: State of Iowa and Marion County

Iowa Department of Education- iowa.gov/educate

Marion County Conservation –co.marion.ia.us/offices/conservation/index.htm

Aquatic study

Spin cast fishing: fishing rods, tackle, Fish Iowa! Video and educational materials

United States Army Corps of Engineers-Red Rock - Jamie Gyolai

www2.mvr.usace.army.mil/RedRock/Recreation/visitorscenter.cfm

Field trip opportunities

Canoes

Kayaks

Backpacks

Bird watching

Following animal tracks/trails

GPS/geocaching

Night hikes

Climbing wall

Snowshoes

Water safety

Community programming

Iowa Department of Natural Resources: <http://www.iowadnr.gov/>

Archery in the Schools program: www.iowadnr.gov/law/shootingsports/ais.html

Fish Iowa!

Iowa State Extension Office (ISU)- Vicki Speake (1-515-294-5738)

GPS kits

Lake Red Rock- Pella/Knoxville

Bicycling trails

Hiking trails

Beach

Frisbee golf course

Big Rock Park- Pella

Plants/invasive plant list available

Walking trails

Cross country skiing trails

Shelter

Caldwell Park- Pella

Ice skating

Fishing

Shelter

Sunken Gardens Park- Pella

Ice skating

Volksweg Trailhead Park- Pella

Start of the bike trail to Lake Red Rock

West Market Park- Pella

Playground equipment

Field trip area with shelters

Red Rock Lake Association-Jamie Gyolai- www.redrocklakeassociation.org/

Kayaks

Canoes

Marketing

Marion County Turkey Federation- John Rietveld

Marion County Pheasants Forever-Dave Pendroy

Iowa: <http://www.pheasantsforever.org/page/1/FindaChapter.jsp?state=IA>

Hickory Ridge Archery Club- Corey Thorson-www.hickoryridge3d.com/home.html

Marion County Sportsman's Club – (Knoxville Gun Club)- www.mcsportsman.com

Pella Cycling Club-

Iowa Bike and Fitness- Marty

Heartland AEA-www.aea11.k12.ia.us

Orienteering- compasses, GPS systems

Adaptive P.E.- various equipment, access to handicap accessible bicycles

Central College-www.central.edu

Faculty and staff

Eagle study

Frisbee golf course

Student teachers, support

Sustainability workshop

Pella Chamber of Commerce-www.pella.org/

Community members-

Speakers/expertise

Support

MS/HS mentors (example: taking care of outdoor environment)

Dutch Meadows- Pella

Fishing pond (private)

Pella Nursery- Pella

Fishing pond (private)

Henry Schuring- Pella

Fishing pond (private)

Pella Regional Hospital- www.pellahealth.org

Guest speakers

Field trip opportunity

Sterling Physical Therapy- www.sterlingosp.com

Nutritional support

Injury prevention

Weight training

Guest speaker

Work Systems Rehabilitation and Fitness- www.worksystemspc.com

Guest speakers

Field trip opportunity

Non-Marion County:

Lake Aquabi- Wesley Woods- Indianola-www.wesleywoodsowa.org/

Canoeing

Fishing

Ropes courses

Hiking

Edmundson Park-Oskaloosa

Frisbee golf course

Neal Smith National Wildlife Refuge: www.fws.gov/midwest/nealsmith/

Field trip opportunities

Prairie/Savanna restoration

Environmental education

Research

Annette Nature Preserve- Indianola www.warrenccb.org/areas/anc/anc.html

Field trip location

Challenge course

Horseback riding

Coursework Resources:

Fish Iowa!

A comprehensive module to teach basic spin casting, ***Fish Iowa!*** Incorporates physical education, health, biology, geography, and family and consumer sciences into a program that focuses on fishing. It is designed for use in formal settings with middle school through senior high students, but easily adapts to non-formal programs such as camps, scout outings, etc. *Fish Iowa!* works with students with all levels of abilities.

Program support includes free-loan rods and reels (see the list of rod and reel distribution centers). Materials are available to Iowa educators and youth leaders **only** through training sessions (one-on one) and workshops. Email the Aquatic Education Program to locate a *Fish Iowa!* trainer near you, or check out the workshop page.

iowadnr.gov

***Project Wild and Wild Aquatic: www.projectwild.org**

Learning about wildlife in the environment is just part of the goals of these programs. They allow student experiences to be the source of the teaching. The activity guides are full of activities that may be immediately added to any K-12 curriculum. More than 12,000 Iowa educators have participated in workshops and use the materials with more than 500,000 Iowa youth. Check out the national Project WILD web site for more information or attend a workshop.

iowadnr.gov

***Fit Environment: Integration of Outdoor Recreation and Environmental Concepts**

Provides resources for a "greener" curriculum and facility as well as introduces adventure curriculum and sources for funding. This course is one day in the summer that covers canoeing/kayaking and GPS work and one day in the winter that covers snowshoes and cross country skiing.

iowadnr.gov

***AWLS! ! American Wilderness Leadership School**

AWLS allows educators of all types (teachers, scout leaders; etc.) to experience a variety of outdoor skills. If you are inexperienced in the outdoors and always wanted to learn, or if you are already at a higher level of outdoor skill, and want to learn more, AWLS is for you. It is co-sponsored by DNR and Safari Club

International. Two workshops are held each summer (AWLS I and II). **For additional information**, contact [A. Jay Winter](#), 641/747-8383.

This is one of 4 AWLS courses offered in the US.

The 5 day class covers a variety of adventure activities such as canoeing/kayaking, GPS work, fly fishing, camping, bird identification and banding, archery, rifle and hand gun shooting, environmental activities, team building, and plenty of good food! Well worth the credits/cost.

[iowadnr.gov](#)

IOWATER

IOWATER is a statewide volunteer water quality monitoring program. Introductory workshops are open to any individual or group that is interested in water quality. Upon completion of the workshop, you will be a certified IOWATER Citizen Monitor. The workshop is based on eight hours training; exact times varying depending on location. Workshop **registration fee** is \$20, which covers all program fees, meals, and testing equipment. Group registration fee is \$30 for up to three people; ten dollars for each additional person. To register for any of the IOWATER workshops listed below, or for more specific registration information, please contact the individuals listed for the workshop you are interested in.

[iowater.net](#)

***Hunting and Conservation Camp for Boys**

The Hunting and Conservation Camp for boys is designed to introduce a variety of outdoor skills to boys ages 12 - 15. Participants are allowed to experience outdoor skills: shooting (shotguns, rifles, archery, and muzzleloaders), trapping, dog training, hunting (waterfowl, deer, and turkey), gun care/cleaning, game calling, and conservation. It is sponsored by DNR and Pheasants Forever. To register, contact your local Pheasants Forever chapter or the Springbrook Conservation Education Center

[iowadnr.gov](#)

*** Outdoor Journey For Girls**

Outdoor Journey for Girls is aimed at introducing outdoor skills of girls ages 12 - 15. The three day, two night workshop teaches a variety of outdoor skills including: canoeing/water safety, orienteering, fishing, archery, shooting rifles/shotguns, wildlife conservation, camping, game care, fur harvesting, fish identification, and fish cleaning/cooking. The second day is devoted to certifying the girls in the state's Hunter Education program.

Outdoor Journey is sponsored by DNR, Pheasants Forever, and Iowa Women in Natural Resources (IWINR). To register, contact your local Pheasants Forever Chapter or the IWINR. For more information contact IWINR

[iowadnr.gov](#)

***NASP: [iowadnr.gov](#)** (Contact: Ben Berka)

The **National Archery in the Schools Program (NASP)** is a joint venture between state Departments of Education and Wildlife. Several archery equipment manufacturers and organizations are also partners. The program promotes student education and participation in the life long sport of Archery. The program's focus is

to provide International style target archery training in physical education classes, for grades 4-12.

Apply for a grant with the DNR after completing the course!

Project Learning Tree: www.plt.org

Project Learning Tree is an award-winning environmental education program designed for teachers and other educators, parents, and community leaders working with youth from preschool through grade 12.

TOM Teaching on the Move Workshop with Tom Spalla: tjspalla@hotmail.com

Tom Spalla, middle school P.E. instructor at Drexler Middle School in Dubuque offers one day workshops for graduate credit at varying locations around the midwest. His typical visits in Iowa include Cedar Rapids and Grimes (first Tuesday in Aug.) Great forms and elementary teachers activities includes warm up activities, a variety of skill units, dance/rhythms, yoga,...

NBPTS National Board for Professional Teaching Standards: nbpts.org

National Board Certification is an advanced teaching credential. It complements, but does not replace, a state's teacher license. It is valid for 10 years, and renewal candidates must begin the renewal process during their eighth or ninth years as NBCTs. National Board Certification is achieved upon successful completion of a voluntary assessment program designed to recognize effective and accomplished teachers who meet high standards based on what teachers should know and be able to do. National Board Certification is available nationwide for most preK-12 teachers. As part of the certification process, candidates complete 10 assessments that are reviewed by trained teachers in their certificate areas. The assessments include four portfolio entries that feature teaching practice and six constructed response exercises that assess content knowledge.

Outdoor fitness equipment resources:

Sportime: www.sportime.com

Gopher Sports: www.Gopher.com

Big Fitness: www.bigfitness.com

Ekho: www.ekho.us

Polar: www.polarusa.com

Sully Archery Pro Shop: 641-594-3151

Additional Physical Education Resources (including nutrition) and websites:

AAHPERD-www.aahperd.org/naspe

Includes NASPE teacher toolbox ideas

IAHPERD – www.iowaahperd.org

PE 4 Life- www.PE4Life.org

Conference, ideas, activities, & contacts:

American Heart Association-

My Life Check-www.mylifecheck.org

Be the Beat- www.bethebeat.org

Iowa Department of Public Health- www.idph.state.ia.us/pickabetersnack

USDA- mypyramid.gov

Water safety- www/bobber.info

PE Central- www.pecentral.org

Activities, lessons, assessments

PE 4 Life-www.PE4Life.org

PE articles- pelinks4u.org

Find teaching and administrative positions- www.iareap.net

Discipline- disciplinehelp.com

Midwest Dairy Council- www.midwestdairy.com

Milk marketing-milkdelivers.org

Jammin Minutes- www.jamschoolprogram.com

Fitdeck cards-www.fitdeck.com

Camping- www.ultimatecampresource.com

Recommended Reading/Resources:

PE4Life- Human Kinetics, 2007

Fitness for Children- Curt Hinson, 1994

Games Kids Should Play at Recess- Curt Hinson, 1997

SPARK- John Ratey, 2008

SPARK Curricula K-2/3-6

SPARK Lifelong Wellness K-2/3-6

Adventure Curriculum for Physical Education (Elementary)

Project Adventure- Jane Panicucci

Creating Healthy Habits- Katie Kilty, 2006

Kansas Physical Essentials Curriculum- (K-1, 2-3, 4-5)

AAHPERD Physical Best Activity Guide- AAHPERD

AAHPERD Physical Education for Lifelong Fitness- Human Kinetics