

## Lesson Featuring Futuristic and Cutting Edge Teaching With Technology Practices

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**Abstract:** See how 5<sup>th</sup> Grade students at the Grundy Center PE4life Academy are being held accountable through measured objective evidence using heart rate intensity. By teaching students to move to the beat of their own hearts, students are giving permission to adjust intensity using immediate and scientific feedback. This visual evidence provides student and teacher accountability for all class formats, as demonstrated in the unit activities demonstrated in this real classroom setting. Come see how the heart rate monitor acts as the students “Guide On The Side” during class while other technology applications such as Pocket PC’s, a ceiling mounted projector system, and the revolutionary PManager grading system is used to increase rigor and relevance to student learning and teacher accountability. Come see the future practices of physical education in action "today".

**Rick Schupbach** has twenty-six years of teaching experience in Iowa. In 1993 Mr. Schupbach was honored as the Iowa Elementary PE teacher of the year. During his tenure at Grundy Center he has presented at numerous conferences and workshops in the Midwest and nationally. These presentations are highlighted by his featured lesson at the 2003 National PE Day in Washington D.C., his testimony on Prevention and Wellness Initiatives before the Senate Committee on Appropriations in 2004 and his presentations at the National PE conference in 2005 and 2007. In 2003 Rick’s program at Grundy Center Elementary School was recognized as the 1<sup>st</sup> Elementary PE4life Academy in the nation. Trainees or visitors observing the Grundy Center program have included groups from Finland, China, Korean, Russia, as well as 25 teams representing 12 different states from around the nation as well as Iowa U.S. Senator Tom Harkin and the United States Secretary of Education Arnie Duncan. Since 2005, Rick has led the Grundy Center physical education program in the implementation of a unique program in collaboration with the University of Northern Iowa and Polar Electro. This distinctive UNI/Polar Masters Program is entitled “Teaching with Technology” and uses the Grundy Center physical education program as the model for delivery of cutting edge “best practice” of integrating technology in physical education. Graduate students from across America travel to Grundy Center, Iowa for an intense one-year, totally immersed, and contextually based experience with hand on applications learning how to apply the latest technology strategies in physical education. Mr. Schupbach completed his Masters Degree in 2007 from the University of Northern Iowa in physical education. In 2008 Rick was inducted into the University of Northern Iowa “Hall of Excellence” only the second physical education instructor without a doctorate degree to be honored.

**Bev Ahern** has taught physical education for the past 25 years and was the Iowa Physical Education Teacher of the Year in 2002. She has taught five years in Keokuk and 19 years in Spencer, Iowa and joined the Grundy Center Community School District in 2009. During the past 15 years, Bev has seen the change of the secondary physical

education from emphasis on sports skill instruction to lifelong activities and fitness. She strongly believes that by using technology, it will help students to gain a better understanding of different levels of fitness and to drive decision for changing instruction. Bev is now serving as a member of the Iowa Governor's Council on Physical Fitness and Nutrition since 2008.