

Kara Foster

K-12 Health and Physical Educator

Lincoln Public Schools

Lincoln, NE

Kara Foster has dedicated her career to promoting quality physical education and physical activity opportunities for all students. She brings over 25 years of diverse experience teaching at every level—from kindergarten through college—in both public and private schools. She earned her Master of Arts in Teaching in Physical Education and Physical Activity Leadership from the University of Northern Colorado and holds dual Bachelor of Science degrees in Health & Physical Education and Elementary Education from Nebraska Wesleyan University. Kara has developed outdoor adventure curriculum, worked on a Nebraska Physical Education Standards review team and led professional development on technology integration and student engagement. She currently serves as a cross country and track coach, where she finds joy in helping students discover a love of movement that extends beyond their school years. A past president of SHAPE Nebraska and an active member of SHAPE America, Kara has embraced the SHAPE community as a group of like minded peers and finds amazing support in that group. Kara continues to advocate for teachers, create inclusive learning environments, and empower students to build the confidence and skills needed for lifelong wellness through movement. Kara prioritizes her own health by enjoying the outdoors on walks, runs, floating in a canoe and spending time with family.