



# MNSHAPE Monthly LOON LINES

APRIL 2022  
Spotlighting Health & DAPE



MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

# MNSHAPE

*Empowering Learners to Think on the Move*

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*Next Loon Lines Issue Spotlight on Emerging Leaders and Higher Education Divisions*

## Message from the Executive Director

*Megan McCollom*

### And the Entire MNSHAPE Board



As part of MNSHAPE's partnership with Special Olympics Minnesota, we have had the pleasure of having Nick Cedergren serve on the MNSHAPE Board of Directors for the last few years. Nick brought his expertise from another non-profit organization to MNSHAPE which helped us look introspectively at our organization. Nick has been a wonderful addition to our board and has brought many new ideas and suggestions. Nick also helped us host a pre-conference with Special Olympics at our fall conference in 2019.

Through MNSHAPE's partnership with Special Olympics Minnesota, SHAPE America was able to begin a partnership with Special Olympics. Nick will be helping us find someone from Special Olympics Minnesota to serve on the MNSHAPE Board of Directors after his term is over.

***MNSHAPE would like to thank Nick for all his work with us  
and we wish him well on his future endeavors!***



*Vice President Lisa Smith*

## Spotlight Article– Health Division



*Vice President-Elect Kelly Walerius*

### Engaging Health Activity (Stress/Emotions)



Using Come On Six – the dice game, is a great way to induce stress and emotions in your class. This is a fantastic way to highlight the importance of reducing stress when switching from one activity to the next. This game can be used as a station game while you have other activities that reduce stress in your classroom. Some examples of other activities that could be done on the same day are a mindful breathing exercise, color pages, a music station, journal prompts, and etc. (It is highly recommended that you do this activity in a place where you can get loud as the game can become pretty intense for some players.)

**Come On Six Materials:** one piece of paper for the group, one pencil/pen for the group, and one die per group, and a group of players sitting in a circle

**Come On Six Rules:** All players will roll the die. The player with the lowest number shall start writing the numbers 1-100 on the piece of paper while the person who rolled the highest number will start rolling the die. The person who has the die will say “Ready, Set, Start” and then proceed to roll the die while the person who has the paper and writing utensil will start writing down the numbers while saying them out loud. Each player will only get one roll to get a 6, if they get a number 1-5 they need to pass the die to the person on their left. The die will continue being passed around the circle excluding the person who is writing the numbers on the piece of paper. The person who is writing the numbers will continue writing and saying the numbers out loud until a person who is rolling the die rolls a 6. At that point, they yell out six and take the paper and writing utensil. The die continues to be passed to the person to the left until a six is rolled. To win the game, you need to be the person who writes down the number 100 on the piece of paper.

**Reflection Questions (before moving on to the stress reduction stations):**

1. When the activity began, what was the level of excitement in your group?
  - a. How did the excitement level change as your group go closer to the number 100?
2. How can we compare this activity to the stressors that occur in our lives?
  - b. How does your anxiety level change as we get closer to the event that is causing us to be anxious?
3. Do we sometimes cause ourselves to become more anxious than needed in situations? Explain.



### Wonderful Health Ed Resources

1. Slow Chat Health – <https://slowchathealth.com/>
2. Chromebook Health and PE – <https://www.cbhpe.org/>
3. One Love – <https://www.joinonelove.org/education/>
4. Health Teacher Central – <https://www.healthteachercentral.org/>
5. Health Teacher Central Facebook Group – <https://www.facebook.com/groups/1687430148140310/>

### Interest Form for Virtual Health Teacher Workshops

<https://forms.gle/kPsh3Jh6eDRq24ceA>

*Please complete the form by June 1, 2022 to be a part of the virtual workshop for Health teachers*



### Upcoming Events:

#### **April 26-30th: 2022 SHAPE America National Convention & Expo**

Connect with your fellow health and physical educators at the premier HPE event of the year!

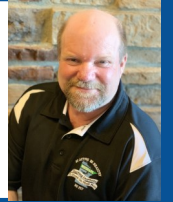
To register, go to <https://convention.shapeamerica.org/Convention/Registration.aspx>

Advanced rates are available now through April 12th.



*Vice President Jen Heebink*

## Spotlight Articles– DAPE Division



*Vice President Elect Pete Westby*

### **MNDAPE Comes Back to the Backyard!**



This February of 2022, MNDAPE was finally able to return to holding a regional conference for DAPE IN YOUR BACKYARD for the first time since the pandemic started. Hosted by regions 6 and 8 of the MNDAPE Leadership Committee (Barb Eiler's regions),

This year, the conference was held virtually on Zoom and was well attended; 115 people attended the conference. Attendees were able to hear 30 minute sessions from a variety of MNDAPE Leadership Committee members and speakers who deeply impact the Adapted PE world.

1. Rich Burke shared about Due Process to start off the morning.
2. Justin Lund and Nick Cedergren shared about the growing inclusion movement and Unified PE at the Elementary level.
3. Justin also teamed up with Kelly Anderson to share about their online resources to enhance adapted PE engagement and events, even hearing about their online/virtual adapted PE activity day that drew in adapted PE programs from all across Minnesota.
4. Mike Doyal presented on, "Pear Decks in PE/Unified PE" and shared how we as teachers can use pair decks and see student interaction with the deck in a variety of ways to hit standards.
5. After a session on Standard Based IEPs with Rich Burke and Sue Tarr, the virtual conference closed out with a region meeting and "wrap up" to close the conference.

While we were not together in person, the virtual conference was well done, well attended and the professional development of all presenters was stellar. ***Thank you to all who participated, presented and organized so we can be better together and stronger teachers to our students.***

We at MNSHAPE and MNSHAPE wish you well on the final couple months of the school year and we look forward to SHAPE New Orleans (SHAPE NOLA) at the end of April.

We also would love to have you out to our next ***MNDAPE conference at Camp True Friends in Annandale, MN on September 29-30th.***

*True Friends is a nonprofit organization providing life-changing experiences that enhance independence and self-esteem for children and adults with disabilities. True Friends' programs include camp, respite, retreats, team building, therapy and adaptive riding, and travel; serving over 25,000 individuals annually. True Friends serves individuals in Minnesota and throughout the United States.*

This is a ***DO NOT MISS*** conference if you are an Adapted PE teacher. The MNDAPE family is excited to have you out for some incredible professional development (with the famous bonfire in the evening!) See you at camp!

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**2022 MNDAPE Conference**  
*September 29-30th*  
**Presentation Proposal forms are now available.**



**Presentation Proposal Forms will be accepted until June 25, 2022**

<http://www.mndape.org/program-proposal-form>





# 2022 MNSHAPE Presentation Proposal

*Presentation Proposals are due June 1, 2022*  
 2022 MNSHAPE Fall Conference November 7-8, 2022  
 Lakeville South High School  
<https://www.mnshape.org/fall-conference>

**MNSHAPE**

MNSHAPE is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs.

MNSHAPE is dedicated to improving the skills, knowledge, health and well-being of all Minnesota Students.

Contact information for MNSHAPE Board of Directors is posted on [www.mnshape.org](http://www.mnshape.org)

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The mission of the MNSHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization’s activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email [Liz.parr-smestad@MNSHAPE.org](mailto:Liz.parr-smestad@MNSHAPE.org)

**You can also access this newsletter in PDF format on the web at [www.mnshape.org](http://www.mnshape.org).**