



# MNSHAPE Monthly LOON LINES

Oct. 2022

Spotlighting MNSHAPE Fall Conference



MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

# MNSHAPE

*Empowering Learners to Think on the Move*

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# 2022 Conference

Nov. 7-8, Lakeville South High School

*You Can't Afford to MISS This!*

To Register go to [www.mnshape.org](http://www.mnshape.org)

\*You must be a MNSHAPE member to attend  
(become a member at the MNSHAPE site)\*

## Monday

### 9:00-3:00

### MNSHAPE

**35 Sessions!**  
**18 Exhibitors!**  
**Free Lunch!**

**Awards Celebration!**

## Tuesday

### 9:00-1:20

### MNSHAPE

**24 Sessions!**  
**Door Prizes!**

<b>Monday</b> <b>Nov. 7th</b>	Classroom 1 Health	Classroom 2 Health & HPE	Classroom 3 PE	Lecture Hall Higher Ed/ Emerging Leaders	Performance Gym	Aux Gym A	Aux Gym C	Dance Studio	Weight Room Strength & Condi- tioning
	Session 1 9:00 - 9:50	A Panel Presenta- tion: Health Edu- cation Scope & Sequence- What is it? Why do it? Swartout	Engaging the Masses in PE Class QuaverEd, Jay	Meaningful Inclu- sion through Uni- fied Physical Edu- cation Jennings, Pearson, Armstrong	"Expanding Upon the Capacity to Learn through the Reciprocity of Care" McClellan	2022 National Ele- mentary Teacher of the Year Reflec- tion Button Becca L-A-K	College Cup Braun, Culver, Gammon- Deering	<b>ACTION! Team Games to Boost Engagement</b> Satre	<b>BRAINball® – Teaching Math and Literacy through Movement</b> Cortinas- Vogt, Strenger
Session 2 10:00 - 11:20	<b>General Session</b> Auditorium <b>MNSHAPE Awards Celebration</b> <b>10:50-11:20</b>								
Session 3 11:30 - 12:20	Creating Commu- nity to Ensure a Successful Health Class Milne	Overcoming Ad- versity & Fostering Leadership in the HPE Class- room Smith	The Standards.. and the Change Process Thissen-Milder	Riding the Roller Coaster Heebink	Let's Move and Play! The Cooper- ative Way! Cortinas-Vogt, Haynes	National Archery in the School Pro- gram (NASP) Brake	PaddleZlam and Heart Rate Moni- tors Brown	Dance What You Know! Sports Based Creative Dances! Harding	Finding a Walk-Up Song in your HS Strength Class Mumm
Lunch 12:20 - 1:05	Lunch (provided) & Exhibitor Time Cafeteria & Main Hallway								
Session 4 1:10 - 2:00	Overview of Founda- tional Docu- ments, Tools, and Resources for 21st Century Health Edu- cation	Joyful Flourishing through Meaning- ful Experiences in Physical Educa- tion Mally, Tarr	How to become an Elementary Uni- fied Champion School Roberts	Emerging Leaders Q&A Panel Braun, Gammon- Deering	Let's Move and Play! The Physical Literacy Way! Cortinas-Vogt, Haynes	STEM in the Gym Straker	Biking Lessons for P.E. -- Walk! Bike! Fun! Olson, Lindor	Teaching Dance For Teachers Afraid To Teach Dance Roos	Strength and Con- ditioning for All Moon, Goeser
Session 5 2:10 - 3:00	Health Toolbox Exchange Matheson, Waleri- us, Tensen	Using the Mean- ingful PE frame- work to Make In- structional Deci- sions Mally, Tarr	Reimagining Learning through Pure Power McClellan	Mock Interviews Picha	Everyone Remem- bers The Para- chute! Roos	Let's workout! StrongNation paired with polar heart rate moni- tors Weinzierl	Indigenous Games in Physical Educa- tion Holloway		Teaching the Ba- sics to Large Groups Sahli
Session 5 at Kenwood Trail Middle School (19455 Kenwood Trail Lakeville, MN 55044) 2:15 - 3:05							TRAVERSE WALL® CLIMBING Mrvos		

<b>Tuesday</b> <b>Nov. 8th</b>	Classroom 1 Health	Classroom 2 Health & HPE	Classroom 3 PE	Lecture Hall	Performance Gym 1	Performance Gym 2	Weight Room Strength & Conditioning
	Session 1 9:00 - 9:50	Using AVID® Strate- gies in the Health and	Exploring the Experi- ences of Rural, Physi-	Time to Save! Intro- duction to Online	Higher Ed Discussion Session	Rope Flow Play Darst	OPEN Active Class- rooms and Recess
Session 2 10:00 - 10:50		Reinventing Teach- ing: Growing With Students in the HPE Classrooms Smith, Gietschier- Hartman	Maximize Physical Ed- ucation: Engaging Students Bell-to-Bell Roos	Basics for Working with Students with Disabilities Needham	Assessment in Ele- mentary PE: Painless, Profitable, and Pur- poseful with 2022 Na- tional Elementary PE Teacher of the Year Becca L-A-K	PE to the MAX! Salmi	Charge em' up! Key movements and strength training skills to prepare for HS Strength and Con- ditioning Berg
Session 3 11:00 - 11:50	Stress Management Techniques Short, Milner	Participatory Activi- ties to Engage Stu- dents Within the Health Classroom Milne		Getting involved with MNSHAPE Picha	Skate What: Incorpor- ating Skateboarding into your PE Program Schwamberger		Block Zero: Laying the Foundation for Athletic Development Breyen
Session 4 12:00 - 12:50	Skill Cues for Skills- based Health Educa- tion Ford		Utilizing Paras in In- clusive Education Treinen	Using Canva in the Classroom Walerius	Hoop Play! Darst	Bravely Unified: Teaching all Students Heebink	Teaching Proper Weightlifting Tech- nique Sahli
Closing 1:00 - 1:20	Closing and Door Prizes in Performance Gym						

# Award Winning Presenters

**Sarah Gietschier-Hartman**– Clayton, MO

**2018 SHAPE America National Middle School Physical Education Teacher of the Year**

SHAPE America Central, Member-at-Large, District Leadership Council , PHYSEDAgogy Team.

**Mary Harding**– Golden Valley, MN

**2002 National Dance Teacher of the Year**

Head of the dance program at the Perpich Arts High School since 1990. Member of the Minnesota Standards writing team and NCCAS dance writing team. She is the dance education specialist at Perpich.

**Jen Heebink**– Buffalo, MN

**2022 SHAPE America National Adapted PE Teacher of the Year**

2022 Central District Adapted PE Teacher of the Year, 2020 MNSHAPE Adapted PE Teacher of the Year.

**Becca L-A– K** - Austin, TX

**2022 SHAPE America Elementary Physical Education Teacher of the Year**

National Board Certified and is excited to support more students and teachers from across the country!

**Jessica Matheson**- Rockford, MN

**2022 SHAPE America National Health Education Teacher of the Year**

2022 Central District Health Education Teacher of the Year, 2020 MNSHAPE Health Education Teacher of the Year and was on the 2017 Minnesota Physical Education Standards Review Committee.

**Scott Meier**- Farmington, MN

**2020 NHSSCA Mid-American Region Strength Coach of the Year**

**Andy Milne**– Barrington, IL

**2017 SHAPE America's National Health Education teacher**

2019 TEDx talk “This Is Not Your Parents’ Health Class” has been very well received by members of the health education community.

**Jeff Mumm**– Thief River Falls, WI:

**2020 Inducted into the MFCA HOF, Teacher of the Year & the Peter Hess award**

**Tanner Roos**– Iowa

**2021 SHAPE America CD Elementary PE Teacher of the Year**

2019 SHAPE Iowa Elementary PE Teacher of the Year.

**Darrell Salmi**– Stillwater MN

**2018 MNSHAPE Secondary Physical Education Teacher of the Year**

2017 Butch Nash Outstanding Assistant Football Coach,

**Pam Straker**- Pasadena, TX

**2021-2022 Texas AHPERD Elementary PE Teacher of the Year**

**Dr. Mary Thissen-Milder**:- St. Paul, MN

**Physical Education Consultant at the Minnesota Department of Education**

*Congratulations!* **2022 MNSHAPE Award Winners**



**Health and Fitness Advocacy Award**

**Nick Cedergren**  
Special Olympics MN



**Young Professional Award**

**Macayla Braun**  
Elk River Schools



**DAPE TOY**

**Justin Lund**  
Bloomington Schools



**Elementary PE TOY**

**Derek Pichka**  
Austin Schools



**Secondary PE TOY**

**Lisa Smith**  
Lakeville Schools



**George Hanson DAPE Award**

**Sherry K. Holloway**  
Bemidji State University



**Lou Keller Award**

**Bonnie Reimann**  
Gustavus Adolphus College

**Thank you US Games for Sponsoring these Awards!!!**

**Join us at the MNSHAPE Awards Celebration during the Fall Conference: Nov. 7th, @ 10:50**



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)

### MNSHAPE Executive Committee

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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).**