



Loon Lines

VOLUME IV, ISSUE III

For more information about MN SHAPE, please visit our website at www.mnahperd.org or the national site at www.shapeamerica.org

**AUGUST
2015**

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS



Sue Tarr

On you mark, get set, GO!!!

I hope you all had a GREAT summer and are gearing up for the start of your school year!

A few resources that might help you get ready for your year:

- <http://www.shapeamerica.org/standards/pe/>
- <http://www.apens.org/15standards.html>
- <http://www.shapeamerica.org/standards/health/>
- <http://www.shapeamerica.org/standards/dance/>
- <http://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/>

Check out our re-designed website (<http://www.mnahperd.org/index.htm>) we are still working on it, but hopefully, the new design brings you back to the site on a regular basis!

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We have a jam-packed fall conference just waiting for you. Be sure to save the date, November 13 at Wayzata High School! We will host the Awards Celebration November 12 at the Green Mill – specific details will be on the conference registration materials. Please join us in celebrating all the award winners!!!

In preparation for the upcoming election for positions on the Board of Directors at our Fall Conference, I encourage each of you to consider running for a position on the Board. If you are interested in serving on the Board, email me your contact information. Here are the positions:

Division Vice President Elects:

- Future Professionals (university students)
- Dance
- Health
- Higher Education
- Physical Education
- Aquatics/Recreation



Continued on page 2

We also have a number of Standing/Ad Hoc Committees you could serve on:

- State Conference Planning Committee
- Finance Committee
- Foundations Committee
- Legislative/Advocacy Committee
- Membership Committee
- Nominations Committee
- Public Relations Committee
- Recognition/Awards Committee
- Professional Development Projects Committee
- Future Professionals Coordinator
- Jump Rope for Heart Coordinator
- Hoops for Heart Coordinator
- Physical Best Coordinator
- Technology Committee

Just in case you have NOT heard, the SHAPE America National Convention will be in Minneapolis from April 5-9, 2016 at the Minneapolis Convention Center....it would be MOST awesome if the MN SHAPE membership, all 400+ of us, would attend this convention! For additional information, check out this link: <http://www.shapeamerica.org/events/convention2016/>

It has been an honor to serve MN SHAPE as your President these past two years. We have made great strides in this time; I am most proud of the Board of Directors for revising our Bylaws and Operating Codes. Please contact me (susan.tarr@mnsu.edu) with issues, projects, or questions about Health, Physical Education, DAPE, Recreation, & Dance.

Message from the President Elect

Mike Doyle



In mid-July I was able to attend the SHAPE America Central District Scherrer Leadership Summit in Steamboat Springs, CO. As a group we developed action plans for the next year for MNSHAPE.

First we would like to increase the number of MN Physical Education teachers that attend Lobby Day at the State Capital next spring. We will be discussing the process at the general session at the MNSHAPE Conference and have the information available on the MNSHAPE website when it's available. We are very close to passing a PE bill in MN but we need Physical Education teachers from around the state to talk with their legislators about the importance of quality PE in our schools. The 2016 Lobby Day is scheduled for March 16.

Our next action plan is to reward all of our Jump/Hoops for Heart coordinators that raised \$2000 or more at their event the past year with a free MNSHAPE and SHAPE America membership. This is especially helpful this year with the SHAPE America national convention taking place in Minneapolis on April 5-9, 2016. Thank you to all of the Jump/Hoops for Heart coordinators for all of your hard work over the past year.

Our other action plan is to invite administrators and legislators in our state to our state conference. We have created an advocacy document that will be hand delivered to all of the legislators at the State Capital and emailed to all of the administrators in the state of Minnesota. The purpose of the advocacy document to explain the importance of quality Physical Education in our schools and invite them to drop by and see what quality PE looks like at our state convention at Wayzata High School on November 13. We are also working with the American Heart Association to create a step by step process for our MNSHAPE members to invite their state legislators to their gyms to witness the value of Physical Education in our schools.

We have very exciting year ahead in professional development here in Minnesota. On September 24-25, 2015 is the 40th annual Developmental Adapted Physical Education Conference at Camp Friendship near Annandale, MN. We are very fortunate to have the 2015 SHAPE America National Adapted Physical Education Teacher Of the Year Greg Lukshaitis from Beaverton, OR showing us the adaptations and activities that he uses with his students. We also have 2014 SHAPE America National Dance Teacher Of the Year MacKenzie Mushel from Fort Collins, CO, who received her degree in Adapted Physical Education at the University of Wisconsin-La Crosse. She will be demonstrating movements and dances that can be adapted for everyone. The keynote speaker will be Dr. Amanda Stanec from St. Louis, MO who had a minor in Adapted Physical Education while receiving her doctorate degree at the University of Virginia. Dr. Stanec will be discussing how we define Physical Literacy in Adapted PE. Go to www.mndape.org for conference information.

On November 13, 2015 is the annual MNSHAPE Conference at Wayzata High School. We have decided to have a one day conference this year with the hope that teachers will be able to use most of their professional development days for the SHAPE America Conference in Minneapolis in April 2016. I am very excited to have Paul Zientarski from Naperville, IL as our keynote speaker. We are also very fortunate to have the 2014 SHAPE America National Middle School Physical Education Teacher Of the Year Dianne Wyatt from Abilene Middle School in Abilene, KS. We are also welcoming 2015 Central District SHAPE America Elementary School Physical Education Teacher Of the Year Lynn Burrows from Fraser Valley Elementary School in Fraser, CO. November 13th promises to be an action packed day of Physical Education and Health Education professional development. I hope to see you all there.

As the new school year begins please remember the importance of our profession. With the short amount of time that a student spends in school during their lifetime we are the ones that will prepare them for a healthy active lifestyle. We are the ones that can inspire and influence these students to make the right choice when it comes to healthy living.

MN group at
Leadership
Summit



Make a difference in the lives of your students.

Jump Rope For Heart and Hoops For Heart are educational fund-development programs. Each year more than 7 million children participate in a service learning event, engaging teachers, schools and their community in a shared collaboration to improve the health and educational success of students.

Teachers receive

- classroom resources
- teaching tools + support
- professional development
- networking opportunities

Students learn

- heart healthy living
- physical activity skill-building
- civic engagement
- teamwork and cooperation

Schools can

- increase access to PE
- earn equipment vouchers
- promote student success and well-being



Sign up to hold an event in your school and shape a new generation of healthy, physically active and engaged citizens!

Learn more! shapeamerica.org/jump

Happy New School Year from Jump and Hoops!

Sandy and I would like to welcome you back to school and to let you know that we are here for you.

MN-SHAPE and SHAPE America partner with the American Heart Association to provide a wonderful, healthy learning experience for our students. As teachers we realize that almost all of our students and families can identify someone that has been affected by heart disease. To also realize that those same students and families benefit from the research and educational tools that the American Heart Association provides makes this a great partnership.

If you have questions about running a Jump or Hoop event we can help. Sandy has been running *Hoops for Heart* Events for many years in Mankato. I have many years of experience running *Jump for Heart* Events in Duluth. We hope to be a resource to help make your event successful.

Your AHA Youth Market Representative is available too. Please welcome them into your school and find a suitable time to meet with them. They have been all over the state and have watched many different events. Make sure you ask them about any tricks or unique experiences they can share with you. They can even pair you up with an experienced colleague for any of you that might be new to Jump Rope for Heart or Hoops for Heart.

Again, welcome back to school and let us help you with your *Jump Rope for Heart and Hoops for Heart Events*. Let's keep this partnership with American Heart pumping strong.

Amy Kaiser
MN Jump for Heart Coordinator
eakaiser@msn.com

Sandy Hasse
Hoops for Heart Coordinator
Shassel@isd77.k12.mn.us



American
Heart
Association®

life is why™





Dynamic Physical Education Introductory Activities

Dr. Shannon Norman
snorman@bemidjistate.edu



All activities and information is cited and adapted from:

Pangrazi, R.P., & Beighle, A. (2010). *Dynamic Physical Education for Elementary School Children*, 16th edition. San Francisco: Benjamin & Cummings.

INTRODUCTORY ACTIVITIES:

- Occurs during the first part of a lesson (2-3 minutes or 3-5 minutes)
- Purpose is to prepare students for physical activity
- Requires minimal organization and equipment
- Allows time for practicing classroom management skills
- Helps children warm-up physiologically for the lesson
- Offers students immediate movement upon entering the gym
- Places demands on large muscle movement
- Raises heart rate, warm-up the body and prepares muscles for fitness development activities
- Teachers can change the activity each week to add variety to the warm-up procedure and satisfies the students desire to move

Level I (Grades K-2)

Follow the Leader
 Push-up Tag
 Countdown
 Sneak Attack

Level II (Grades 3-4)

Addition Tag
 High Fives
 Medic Tag
 Marking and/or Walking Tag

Level III (Grades 5 and up)

Clothes Pin Tag
 Triangle plus 2
 Crows and Cranes and/or Odds and Evens

Activities can be:

Locomotor movements
 Rhythmic Movements
 Partner or Small Groups
 With or without Equipment
 Short Instructional Games

Follow The Leader:

Students should move individually around the gym inside the boundaries. On teacher's signal they should stop and listen for the next set of directions. When instructed they should get into groups of 3 or 5 (line formation). On "go" the leader chooses a locomotor movement and the group follows staying as close as possible. When the students hear "new leader" the student in the back sprints to the front and performs new movement.

Push-Up Tag

Students are staggered around the gym in their own space. Teacher picks 3 taggers. On go, the taggers chase the students. If "tagged" the students assume push-up position or a bridge. When tagged on the back shoulders by another student, they get up and run again to avoid being tagged. This is a continuous tag game. Choose new taggers after a minute or so to allow opportunity for student engagement.

Countdown

Students are in staggered position around the gym. With the teacher they countdown 10-9-8-7-6-5-4-3-2-1--BLAST OFF!! each time getting lower and lower to the ground (while staying on their feet). On blast off, they jump up in place and perform a locomotor movement around the gym until they hear "FREEZE" or the teacher's signal. Repeat above cycle. Can incorporate counting forward, by twos, or Spanish counting to add variety to the activity.

Sneak Attack

Students are directed to move about the gym. On teacher's signal they go toe-to-toe with a partner. One person takes a knee. Standing students are directed to one side of the gym, students on the knee to the other side. Now you have two teams. One group faces the wall, on signal the other group sneaks up on the group facing the wall without tagging them. When the teacher claps, the groups turn and run to the opposite line. If tagged, they must join the other team. Have the students go back to their line and the opposite group will now face the wall and the other group does the sneak. Repeat a few times.

Addition Tag

Students are staggered around the gym in their personal space. Two students are joined elbow to elbow in the center of the gym, they are the taggers. On "go" they chase the other students, if tagged they join by interlocking elbows. The person in the middle can no longer tag. Once the line gets 4 people in a line, the line splits in to 2 groups of 2, now there is 2 sets of taggers. This continues until everyone is in a group of 2 or 3. If it happens quickly, start a new round.

High Fives

Students move around the gym performing designated locomotor movement. Whenever they pass someone face to face they give a high five. Change movements when teacher directs them and change high fives to low fives, side fives, jumping high fives etc. Teach the way you want them to give high fives.

Medic Tag

Students are staggered around the gym in their own space. Everyone is IT, if a student feels a tag or gets touched they must put hand across chest and hold shoulder. If touched twice they cross the other hand over to opposite shoulder, third time sit down, fourth time tagged they get to stand up and start over (healed). Students with a free hand are encouraged to rescue the sitters to keep the game continuous.

Marking Tag

Students get toe-to toe with a partner when directed. On "go" one person chases the other staying as close as possible without tagging. On FREEZE or teacher's signal the students stop in their place. If the chasing student can reach out and touch the person they are chasing without moving their feet they get a point. On "go" they switch roles and repeat with teacher's signal. Walking is a good movement to use with this activity.

Clothes Pin Tag

Each student gets one or two clothes pins and places them on the back of their shirt. Everyone is staggered around the gym and in their own space. On "go" they chase each other and trying to get as many pins as possible. When they acquire a pin they place them on the front of their shirt. On the teacher's signal they stop, count the pins on their shirt, place them in the middle of the gym. Each student picks up their pin, puts it on their back and restart the activity.

Triangle Plus Two

Students are directed to get into groups of 5. Three in the group hold hands and form a triangle. The other two stay on the outside. On go the two outside students are playing tag, the triangle prevents the chaser from getting to the other student by moving their triangle and obstructing the tagger using no contact. If the person being chased gets tagged they are the chaser. The group stays in their own space only moving within a few feet of their area. After a short period of time, switch roles, they now join the triangle and two triangle students are now on the outside. The chaser cannot go through or reach through the triangle to tag the other person.

Crows and Cranes

Students get toe-to-toe with a partner. Divide the group, one person on one side of the gym, the partner on the opposite side. Bring the lines together so they are standing about 3 feet apart. Designate one side crows and the other side cranes. The teacher will call out crows or cranes. If the teacher calls Crows, the crows will chase the Cranes to the opposite side of the gym. If the Crane is tagged they join the Crows team. The two lines meet in the middle again. If the teacher calls out Cranes, the Cranes chase the Crows, if tagged they join the other team. Repeat for a few rounds.

Odds and Evens

Same format as Crows and Cranes. Need 2 large dice. One side is Odds the other side is Evens. Roll one of the dice. If it lands as an even the evens chase the odds. If it is odd, odds chase the evens. Try a couple rounds. Then roll both of the dice. The students need to add them together before they determine if they are odd or even. Move on to subtraction, multiplication, etc. based on the level and progress of your students.

MN SHAPE STATE CONFERENCE

**Thursday, November 12 – Awards Celebration
Plymouth Green Mill/Kelly Inn, 6:00 p.m.**

**Friday, November 13 – Full Day Conference
Wayzata High School, Plymouth, MN – 8:00-4:00**

Minnesota Society of Health & Physical Educators (MN SHAPE), formerly known as MNAHPERD invites you to a full day conference packed with sessions for everyone on Friday, November 13 at Wayzata High School in Plymouth, MN. Whether you are looking for ways to incorporate new technology into your curriculum or getting up to speed on new standards, we have it covered. Sessions include topics such as clogging, rock climbing wall, zumba, google classroom, teen risk behaviors, Jump & Hoops and much more! We are also pleased to welcome our keynote speaker, Paul Zientarski who is known nationally for his work in Learning Readiness in Physical Education. We would like to extend a special thank you to Polar for making this possible. Along with Paul we have two Teacher of the Year Award winners, Diane Wyatt and Kjersten Udem.

Don't miss this opportunity to connect with your peers and stay connected to the latest trends. We have a special offer this year in which \$100.00 will include your membership and your conference registration for professionals who register before September 25th. If you already have your membership conference registration is only \$65.00.

To register and to see the full conference schedule, visit www.mnshape.com. Exhibit opportunities are also available.

2015 MNSHAPE State Conference

http://www.mnahperd.org/fall_conference.htm

KEYNOTE SPEAKERS



Paul Zientarski
Naperville, IL



Lynn Burrows



Diane Wyatt

Paul is the Learning Readiness PE Coordinator for Naperville School District 203 in Naperville, Illinois where he spent the last 26 years as the Department Chairman for *PE, Health and Drivers Education* at Naperville Central H.S. Paul retired in May 2010 after 40 years in education.

Through LRPE, Naperville Central High School has seen dramatic improvements in test scores, behavior, and childhood obesity. School districts from across the country and around the world visit to learn why this program is so successful. Many of these schools are using concepts learned by visiting Naperville Central, including schools in Denmark, China, So. Korea, Sweden, Japan and Canada.

The Learning Readiness PE program has been highlighted on PBS “Needs to Know”, CBS’ “Early Morning Show”, ABC, NBC, CBC and FOX network news casts. ESPN and HBO also ran segments on this highly successful program. Documentaries of the programs at Naperville Central High School have been produced by TV affiliates in Denmark, South Korea, Sweden and China. Videos can be viewed by visiting www.learningreadinesspe.com.

Paul holds a BS in Physical Education and an MS in Communication Science along with an Administrative Certificate. Zientarski is the Co-Director of DuPage County Institute for Physical Education and has held this position since 1986. He is a co-author of a book titled “What Teenager Drivers Don’t Know, The Unwritten Rules Of The Road”.

Paul has been awarded the “Healthy School Hero” by the *Action for Healthy Kids*. He has been inducted into the Athletic Hall of Fame at Quincy University and the Illinois Track Coaches Association Hall of Fame. He was appointed to the Illinois Stakeholder and Expert Task Force for Physical Education.

In addition, Paul has made presentations across the country on Learning Readiness PE, PE4LIFE philosophy, Childhood Obesity, Physical Education Curriculum, Technology Use in Physical Education, Small-Sided Games, and Brain Breaks in the classroom. He has done presentations in 23 states to all kinds of audiences, community groups and businesses including the President’s Council on Health, Fitness and Nutrition in Washington D.C. Paul did a presentation at a TED X Talk in Bend, Oregon in the spring of 2015.



**MN SHAPE FALL CONFERENCE
REGISTRATION FORM**
November 13, 2015 ♦ Wayzata High School
4955 Peony Lane, Plymouth, MN 55446

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

School (if applicable) _____

Are you a member of MN SHAPE? YES NO

(Must be a member of MN SHAPE or another state organization to attend the conference)

2015 Conference Registration

Early Bird Registration – Due Sept. 25th

- \$100 Professional Conference & Membership
- \$65 Professional Conference Only

Advanced Registration – Due Oct. 21st

- \$115 Professional Conference & Membership
- \$80 Professional Conference Only
- \$50 Student Conference & Membership
- \$25 Student Conference Only

Onsite Registration

- \$130 Professional Conference & Membership
- \$95 Professional Conference Only
- \$65 Student Conference & Membership
- \$40 Student Conference Only

Retired

- \$50 Conference & Membership
- \$30 Conference Only

**Onsite registrations are not guaranteed a lunch ticket.*

Awards Presentation:

Monday, November 12, 2015 ♦ Plymouth Green Mill/Kelly Inn ♦ 6:00 p.m.

_____ \$10 each

*Award winners are provided with 2 tickets.

PAYMENT

Check Enclosed (Check # _____)

Please make checks payable to MN SHAPE.

Cash

Credit Card # _____ Exp. Date _____ 4 Digits on the back _____

LODGING

Hotel rooms have been blocked at Crown Plaza in Plymouth, MN at a rate of \$119. Please contact the hotel directly to reserve your room before **October 9th, 2015**

Crowne Plaza Minneapolis West ♦ 3131 Campus Drive ♦ Plymouth, MN 55441 ♦ 763-559-6600

Please return form with payment to:

Nancy Christensen, 25673 Muskrat Lake Dr., Detroit Lakes, MN 56501

Cancellation Policy: All pre-registration cancellations must be requested in writing before October 30, 2015 and will include a \$5.00 processing fee. Faxes and emails are acceptable. No refunds will be made after October 30, 2015. Please email or fax Nancy Christensen at nancy1485@gmail.com or 218-846-2416 (fax).

FOR OFFICE USE ONLY

Date Rec'd _____ Amount Rec'd _____ Rec'd by _____

40th MINNESOTA DAPE LEADERSHIP FALL CONFERENCE

Information on pages 12-13

Hello and hope everyone has had a relaxing summer! As we transition back into the school mind set I would like to remind everyone that coming on September 24th and 25th of 2015 is the 40th MINNESOTA DAPE LEADERSHIP FALL CONFERENCE!!!

Please make plans to attend this years gathering being held once more at Camp Friendship in Annandale, MN. The Leadership Team has put together another great conference with many outstanding speakers/presenters. This year we have Dr. Amanda Stanec as our Keynote Speaker. Also we have Greg Lukshaitis from Oregon, Dr. Ron Davis, and MacKenzie Mushel as Featured Speakers.

Please visit our website at mndape.org to read more about our speakers and to find out more about this years sessions along with the registration form for this event!!!

The 40th Annual Minnesota Developmental Adapted Physical Education Conference

September 24-25, 2015

Camp Friendship
Annandale, MN



Greg Lukshaitis



2015 SHAPE America National Adapted PE TOY
Oregon

MacKenzie Mushel



2014 SHAPE America National Dance TOY
Colorado

Dr. Amanda Stanec



Founder/Owner Move Live Learn, LLC
Missouri

Dr. Ron Davis



Professor of Adapted Physical Education/Activity at
Texas Woman's University

Other session topics include:

- Google Forms for DAPE Teachers
- Brockport Physical Fitness Test, second edition
- ExerciseBuddy, an iPad App, teaches Individuals with Autism to Exercise
- DAPE for ALL Students Even the most Physically Impaired
- Elementary games, activities and modifications for DAPE students
- Evidence-Based Strategies for Teaching PE to Students with Autism Spectrum Disorder
- Using SHAPE America Standards to Create a B2 Assessment Tool
- Developmentally Appropriate Goal writing on IEP's
- Are sensory issues interfering with student success in GPE or DAPE?
- Putting Disability Sport into your Physical Education Program
- Interdisciplinary/Theme Teaching to Promote Inclusion in Physical Education and Recreation
- Connection is Key: Peer Mentoring for Secondary
- Video Modeling

Go to www.mndape.org for more information

www.mndape.org

**Attention:
DAPE Teachers
K-12 PE Teachers**

**Dates:
Thursday-Friday
Sept. 24-25, 2015**

**Registration:
Thurs., 7:30-8:50 am
Conference ends:
Friday, 1pm**

**Location:
Camp Friendship
10509 108th Street Northwest
Annandale, MN 55302**

<http://truefriends.org/>

**Conference
Details**

Professional Cost: \$175.00 includes conference, lodging & meals (no purchase orders).
Post deadline cost: **\$200.00**
Undergraduate Student Cost: \$50.00 includes conference, lodging & meals. Post deadline cost: **\$60.00**

**Registration Deadline:
September 11, 2015.**

Registration Questions:
Contact Rich Burke at richard.burke@moundsviewschools.org

Conference Questions:
Contact Mike Doyle at michael.doyle@wayzata.k12.mn.us

Bring a sleeping bag, pillow, towel, and soap. Dress comfortably and be prepared for Minnesota fall weather. Cabins are designated Women or Men's. Meals are served family style.

In accordance with the Americans Disabilities Act (ADA), please contact us 3 weeks prior to conference if you need special accommodations to participate.

Save the date! You are invited to attend the:
40th MNDAPE Conference
"40 Years Strong"

For 40 years the Minnesota Developmental Adapted Physical Education Committee has provided a comprehensive conference every fall. This year's conference will focus on being a well-rounded educator. **Well-rounded educators develop well-rounded students.** The student is physically literate which means they have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. We are excited to provide this opportunity for you to learn from a variety of outstanding professionals.

Keynote Speaker: Dr. Amanda Stanec (St. Louis) has published more than twenty articles as well as co-authoring several book chapters related to physical education, sport, health, and wellness topics. She has served on the Board of Directors for Physical and Health Education (PHE) Canada and is well respected for her contributions as Lead Writer for provincial wide physical education curriculum, university kinesiology and teacher education courses, and youth sport leadership and positive youth development programs. She received her PhD minor in Adapted Physical Education from VCU. In her spare time she raises money for and supports Unlimited Play which is a non-profit organization that builds all inclusive playgrounds to promote health, wellness and understanding. Visit www.movealivelearn.com for more info. Twitter @movealivelearn

Featured Speakers include:

- Greg Lukshaitis**—2015 SHAPE America Adapted PE Teacher Of the Year (Oregon)
- MacKenzie Mushel** - 2014 SHAPE America Dance Educator Of the Year (Colorado)
- Dr. Ron Davis**—Professor of Adapted Physical Education at Texas Woman's University

Participants receive *Continuing Education Units* in the following areas:
1) Differentiation, 2) Mental Health, 3) Positive Behavior, 4) Reading, and
5) Technology Integration

2015 MN DAPE Conference Registration Form (Clip and Mail)

Name: _____
 Email: _____
 Home or Cell Phone: _____
 Home Mailing Address: _____
 City: _____ State: _____ Zip Code: _____
 School District: _____
 School Address: _____
 School Phone: _____
 What percent of your teaching contract is DAPE? _____
 What percent of your teaching contract is PE? _____

A check must accompany this registration form. No purchase orders accepted. If registration payment is not received, you'll need to write a personal check to be held until school district payment is received.

Make check payable to: **MN DAPE Leadership Committee**
 Send registration form & check by **September 11, 2015** to:

Rich Burke
15706 Highland Heights Dr.
Minnetonka, MN 55345

How to Become a Leader

Megan McCollom

I had the opportunity to attend the Central District Sally Scherrer Leadership Summit this summer, where I got to spend time with wonderful leaders from all of the states in our district. This was my first time attending the leadership summit and it helped reaffirm the reason why I became a MN SHAPE board member in the first place. I became a board member when I was a college student. At first I thought it would look good on my resume and help me get a job. Quickly after becoming a board member I realized it meant so much more to me than a way to help boost my chances at finding a job after college. Being on the board for MN SHAPE helped my passion for health and physical education grow and it showed me how to be an advocate for my career. I have been able to collaborate with amazing people in our field and help teach others how to advocate for our profession. I have learned new games and activities from teachers all over the world by attending conventions, keeping up with post on various social media, and from networking with professionals in our field. Being a board member has given me an advantage by allowing me to see what is happening with our profession, not just within our state, but all over the U.S. I have learned leadership skills through helping set up and run our local convention, helping with regional workshops, attending the leadership summit, and observing other professionals on the MN SHAPE Board of Directors. Whether you have or have not been a board member for MN SHAPE and you are interested in joining the board, do not hesitate to contact one of the current board members to ask for more information about being a board member. We have positions in various divisions including at large positions, which allow you to get your feet wet and see what we are all about. Contact information is on our newly updated website at www.mnahperd.org where you can also find information about our upcoming fall conference.

SHAPE America Minneapolis 2016 National Convention and Expo

Join us in Minneapolis, April 5-9, for the 2016 SHAPE America National Convention & Expo which will be held in partnership with SHAPE America Central District and Minnesota SHAPE.

- *Learn from experts in the profession. Engage face-to-face with thousands of your peers*
- *Grow your network and build new relationships*
- *Enhance your leadership skills and be a change advocate in your school and community*
- *Discover valuable new programs, products and services for your school*
- *Earn contact hours and CEU credits through hands-on workshops and educational sessions*

Whether you're a pre-K to 12 health or physical education teacher, teacher educator, specialist or student teacher, the opportunities for learning, sharing and networking are waiting for you.

Minneapolis Convention Center
1301 2nd Ave S
Minneapolis, MN 55403

<http://www.shapeamerica.org/events/convention2016/index.cfm>



save the date

2016 SHAPE America National Convention & Expo

APRIL 5-9

MINNEAPOLIS, MN

Mark your calendar for the SHAPE America National Convention & Expo, which offers unparalleled opportunities to engage with thousands of health and physical educators.

- Explore hundreds of sessions that showcase **effective teaching strategies** and best practices
- Learn from **world-renowned speakers** and researchers
- Discover how to **gain more support** for your school's health and physical education program
- **Meet, socialize, network** and trade tips with your peers



shapeamerica.org/convention
#SHAPEMinneapolis



The convention will focus on 50 Million Strong by 2029, SHAPE America's initiative to ensure that all of America's students are benefitting from the skills, knowledge and opportunities to enjoy healthy, meaningful physical activity.

Be a Member of our Profession!

Current Educators and Future Professionals... you can obtain so many benefits by attaining a National Shape America Membership! Please consider putting some of your professional development money and/or book money to your SPA profession!

<http://www.shapeamerica.org/about/membership/>
http://www.shapeamerica.org/about/membership/students_members.cfm

Access to Scholarships & Awards

- **Ruth Abernathy Presidential Scholarship**—Awarded to three undergraduate and two graduate students at SHAPE America's National Convention & Exposition held in the spring of each year.
- **Barbara A. Cooley Scholarship Masters Level**—Open to a master's level student who is currently enrolled in a health education program.
- **Bill Kane Undergraduate Scholarship**—Awarded to an outstanding student officially recognized as an undergraduate health education major at any four-year university/college.

Staying Informed

- **Momentum**—A quick read newspaper that covers SHAPE America's news and updates on the latest trends, people on the move, upcoming conferences and workshops.
- **Etcetera**—SHAPE America's weekly e-newsletter is packed with the latest stories focusing on school-based health education, physical education, physical activity and sport.
- **Quest, Measurement in Physical Education & Exercise Science**, and the **Journal of Sport Sciences** are also available to student members free of charge and are in addition to your selected publications. Available through Taylor and Francis Publishing. Log into your membership account and select "view my journals" to access the Taylor and Francis publications.

Sharing and Staying Connected

- **SHAPE America's Annual Convention & Exposition and District Conferences**—SHAPE America conferences are the world's largest gathering of school-based health education, physical education, physical activity and sport professionals and students—an unparalleled professional development opportunity. Whether you're a first-year student or graduating this year, you'll be inspired by your colleagues' experiences and ideas. You'll come away enriched, motivated, and invigorated. SHAPE America student members receive a significant discount on registration.
- **SHAPE America's Undergraduate Student Leadership Forum**, the **Graduate Student Forum** and **District Leadership Conferences** bring together students and young professionals to discuss the challenges and opportunities individuals are faced with when starting a career.
- **Facebook**—"Like us" to follow all posts and happenings.
- **Twitter**—Follow us on Twitter @SHAPE_America

Preparing for Your Future

- Find your first job on **CareerLink**. Post your resume online, search jobs and get email notifications when new jobs are posted. Other resources include resume building and interview tips.

A Voice That Matters

- Make your voice heard on matters affecting SHAPE America. Student members are eligible to serve as **delegates** at the SHAPE America National Convention & Exposition.

Saving Time and Money

- **Membership Dues Automatic Payment Plan**—Renew your SHAPE America membership automatically with your credit card on an annual basis.
- **GEICO Insurance**—Student members receive discounts on home and auto insurance.
- **SHAPE America-Sponsored Student Liability**—Available through the Forest T. Jones and the Trust for Insuring Educators, take advantage \$1 million of coverage for \$25/year. Coverage pays all defense costs over and above the limit of liability.
- **More Savings!** - Don't forget the huge savings SHAPE America student members get on books and other resources, and convention registration!

(SHAPE America Website, 2015)



MN SHAPE Membership Form
 (or register online at www.mnahperd.org)

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School Where You Teach _____

Work Address1 _____

Work Address2 _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

of years in HPERD Profession _____

Membership Categories (select one)

- | | Membership Fee (annual/includes processing fee) |
|---------------------|---|
| Professional Member | <input type="checkbox"/> \$35.00 |
| JRH/HFH Coordinator | <input type="checkbox"/> \$25.00 (\$10 discount off professional membership for coordinators) |
| Student Member | <input type="checkbox"/> \$20.00 College attended full-time: _____ |
| Retired Member | <input type="checkbox"/> \$20.00 Year Retired: _____ |
| Associate Member | <input type="checkbox"/> \$35.00 |
| Lifetime Member | <input type="checkbox"/> \$650 |

Payment Method

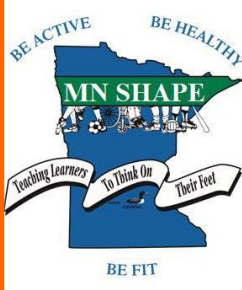
- Personal Check (Make check payable to MN SHAPE)
 Institutional Check (Make check payable to MN SHAPE)

Mail to: Nancy Christensen
 25673 Muskrat Lake Drive
 Detroit Lakes, MN 56501
 218-847-9769 (Home Phone)
 Fax to: 218-846-2416

Questions: Call Nancy Christensen at 218-847-9769 or email nancy1485@gmail.com

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

MN SHAPE Executive Director
Nancy Christensen
25673 Muskrat Lake Dr.
Detroit Lakes, MN 56501



MN SHAPE

www.mnahperd.org

August 2015

LOON LINES

AUGUST 2015

MN SHAPE

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

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

Contact information for MN SHAPE Board of Directors is posted on www.mnahperd.org

MN SHAPE Executive Committee

<i>President</i>	<i>Sue Tarr</i>	<i>(320) 217-2371</i>
<i>President Elect</i>	<i>Mike Doyle</i>	<i>(763) 221-3375</i>
<i>Past President</i>	<i>Jack Olwell</i>	<i>(612) 432-9082</i>
<i>Treasurer</i>	<i>Jeremiah Hinkemeyer</i>	<i>(218) 329-2088</i>
<i>Secretary</i>	<i>Vicki Johnson</i>	<i>(218) 847-5212</i>
<i>Executive Director</i>	<i>Nancy Christensen</i>	<i>(218) 847-9769</i>



The mission of the MN SHAPE 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

Amy Knopf at aknopf@detlakes.k12.mn.us.

You can also access this newsletter in PDF format on the web at www.MNAHPERD.org