



Feb/Mar 2019

Volume VIII, Issue I

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

# LOON LINES

## Message from the President

*Sue Bremer*

I hope you are all enjoying the snow and all the winter activities that go along with winter. I know many of you have been enjoying a lot of snow days. Hopefully, you won't have to be going to school to many extra days in June.

The MNSHAPE board is hard at work preparing for next year's fall conference. Mound Westonka High School will be the site of our conference next year and it will be held October 17th and 18th. We sure hope you will make plans to attend.

Many of your MNSHAPE board member, including me will be attending Speak Out day in Washington D.C. in early March.

We will be advocating for Physical Education and Health and hope to have some great conversations with our

members of Congress and House of Representatives.

We will represent at least 3 Districts in the House of Representatives.

I hope you have been attending or plan to attend one of the MDE Physical Education Standard and Benchmark Meetings that have been taking place across the state.

MNSHAPE has been helping sponsor these workshops. They have been very well attended and the feedback has been very good. If you are unaware of these workshops, check out our website for dates and locations around the state.

SHAPE America's National Conference will be happening in April and I look forward to attending some great sessions. Check out SHAPE



America's website for a list of the sessions.

Please consider nominating a fellow teacher for one of our MNSHAPE Awards and Teacher of the Year Awards. You can see them listed on our website along with a nomination form.

Enjoy the rest of the winter! Spring will be here soon (I hope).



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**For more information about MNSHAPE, please visit our website at [www.mnshape.org](http://www.mnshape.org) or the national site at [www.shapeamerica.org](http://www.shapeamerica.org).**

**JOIN TODAY AT [WWW.MNSHAPE.ORG](http://WWW.MNSHAPE.ORG)**

## A message from President-Elect

*Lisa Smith*

Greetings MNSHAPE members! 2019 sure has started off with a bang, hasn't it? What a great time for winter outdoor sports enthusiasts! While I enjoy my occasional trip down the slopes on some fresh powder, a nice quiet winter hike and my yearly dip into Lake Superior for the Special Olympics Polar Plunge, you can typically find me daydreaming of warmer weather. Specifically the type of weather that can be found in Tampa, Florida! You know what else can be found in Tampa, FL? This year's SHAPE America National convention! On April 9-13, 2019, thousands of Phy Ed, Health, Recreation and Dance professionals from all over the world will gather to connect over best practices, new innovations and so much more. SHAPE America hosts a yearly national conference. I hope you are able to attend this year or in years to come. See their website for justification toolkits and other help for attending.

<https://convention.shapeamerica.org/>

If a national convention is out of reach right now, I encourage you to attend any of the following fantastic professional development opportunities coming up this year right here in MN and close to home:

June 27-28, 2019 - Waukeez, Iowa - IAHPERD State Convention - Get your summer break off to a

great start by heading down I-35 to our neighbor to the south for an awesome two days of professional development! See their website for more details <http://www.iowaahperd.org/2019-state-convention.html>

July 31-Aug 1, 2019 - Sioux Falls, SD - The SHAPE America Professional Learning Institute, Co-Hosted by the Central and Western Districts, are putting on a conference "*Exploring the Mind Body Connection - Social Emotional Learning in HPE*". *Head on out to the Black Hills this summer to explore social and emotional learning competencies and ways to teach and assess SEL skills in physical education, health and activity settings. The call for proposals is still open if you have something you would like to contribute. See the website for more details.*

<https://www.shapeamerica.org/events/sel/default.aspx?hkey=1ceaf8da-74bc-4b42-a0ec-3bbebfede2c6>

September 26-27, 2019 - Camp Friendship Annandale, MN - MNDAPPE Conference - Fantastic adapted and inclusive physical education professional development! The setting is amazing at Camp Friendship and the MNDAPPE leadership committee does a fantastic job of putting on this on. See the website for more details: <http://www.mndape.org/fall-conference.html>



**Finally, SAVE THE DATE!!! For the MNSHAPE State Conference. We are at a NEW location and the conference will take place over MEA!**

October 17-18, 2019 - Mound Westonka High School - MNSHAPE State Conference! Two days jam packed full of the best phy ed, health, recreation and dance professional development you can find! Please join us! More details to come, stay tuned!

Attending conferences always leaves me energized and feeling supported in our profession! I hope you consider attending one or more of these opportunities!

# SAVE THE DATE

**SAME GREAT CONFERENCE, DIFFERENT SITE!!!**

**Thursday and Friday, October 17 & 18, 2019**

## **50+ Sessions for Physical Education & Health**

Adapted Physical Education  
Curriculum, Instruction, Assessment and Grading  
Dance  
Health Education  
Physical Activity  
Technology in the Classroom" & Gymnasium  
Professional Preparation

Mound-Westonka High School, 5905 Sunnyfield Rd E., Minnetrista, MN- a great location to inspire collaboration and teamwork. . . and on October 17 & 18, it's where hundreds of health and physical education professional will come together to learn from each other and from the leaders in our field. We all need to implement the NEW State Physical Education Standards - so come meet and share with the best. There will be multiple sessions on assessment and grading. Soooo - Save the Date - October 17 & 18, 2019 as we move together toward tomorrow - "Teaching Learners to Think on Their Feet."

**SHARE YOUR EXPERTISE  
SUBMIT A PROGRAM PROPOSAL**

Go to our website - [www.mnshape.org](http://www.mnshape.org) and click on 2019 Conference - It will be ready on March 15, 2019 to start submitting those program proposals.

## MNSHAPE Opportunities

*Jacob Morelli & Annika Culver*

Are you looking to attend the 2019 MNSHAPE conference but are worried about funds? Well then you are in luck. MNSHAPE offers a variety of scholarships for individuals such as the Mary Lampe, Trish Meek, and the Ellen Cromwell. As well as recently established Nancy Christensen Club Scholarship. Opened to all Physical and Health Education Clubs around the state. The criteria for applying is located on the MNSHAPE.org website under Grants and Scholarship.

Are you interested in being on

the front lines of PE and Health in Minnesota? Are you an aspiring teacher? Do you want to rock one of those sweet “Blue Pullovers”? Then we have an opportunity for you! We are currently accepting recommendations for the next MNSHAPE Board of Directors Future Professional Vice-President Elect. For more information feel free to contact either Jacob Morelli at [jacob.morelli@mnsshape.org](mailto:jacob.morelli@mnsshape.org), or Annika Culver at [Annika.culver@mnsshape.org](mailto:Annika.culver@mnsshape.org). We are always looking for eager future PE and Health

Professionals to join us at our yearly conferences. If there is anything that you would like to see and/or do at the next conference let us know of any comments, questions, or concerns that you might have.

Thank You!

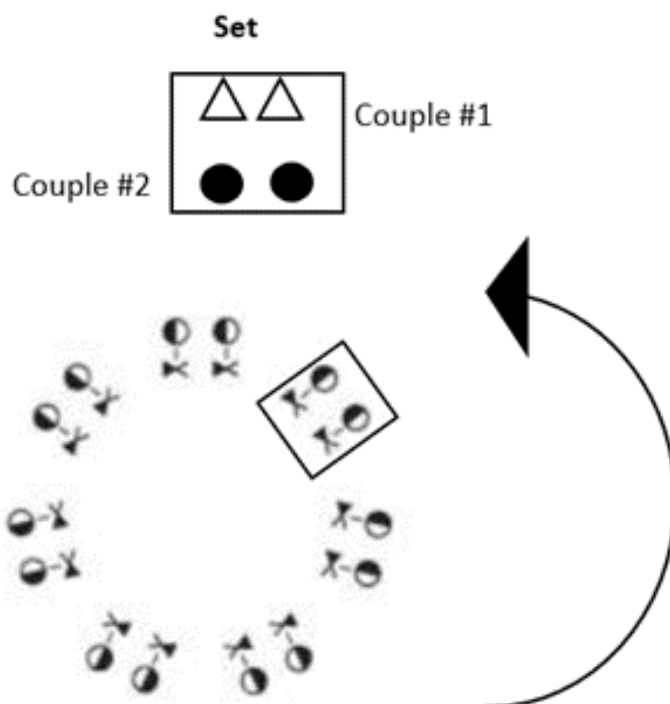


## Creative/Traditional Folk Dance - II

*Jane A.K. Carlson, Vice-President of Dance, University of Minnesota Duluth*  
*Glenn Carlson, University of Minnesota Duluth*

### Green Sleeves Folk Dance (English Folk Dance)

- **Objective:** To review and refine a traditional folk dance. Using the same music, add an object (stability ball) to create a routine to the beat of the music.
- **MN Benchmark 4<sup>th</sup> Grade - 4.2.1.2:** Apply the relationship awareness concepts in practice tasks and educational dance.
- **MN Benchmark 6<sup>th</sup> Grade - 6.1.1.1:** Demonstrate correct rhythm and pattern for one of the following dance forms: folk dance.
- **YouTube:** <https://www.youtube.com/watch?v=MUATGAGPhH0>
- **YouTube:** <https://www.youtube.com/watch?v=utbRAmU3kzs>
- **Music:** Green Sleeves (WWCD-1042)
- **Skills:** Walking, star formation, over and under
- **Formation:** Double circle with couples in sets of four, facing counterclockwise. Two couples form a set and are numbered #1 front couple and #2 back couple. The inside hands of each couple are joined. Or students can be in general space in groups of four.



- **Directions:**

1. (16 beats) Walk forward 16 steps.
2. (8 beats) Right-hand star – Each member of couple # 1 turns to face the couple behind all put right hands in the center and circle clockwise (star) for 8 walking steps.
3. (8 beats) Left-hand star – Reverse direction and form a left-hand star. This should bring couple #1 back to place facing in the original direction.
4. (8 beats) Over and under – Couple #2 arches (join inside hands and create an arch holding arms up high, and couple #1 backs under the arch using four steps while couple #2 moves forward four steps. Couple #1 then arches and couple #2 backs under four steps each.
5. (8 beats) Over and under – Repeat movements in 4.
6. Repeat 1-5 until the end of the song.

- **Creative Challenge:** Use stability balls, allow students to create in groups of 4 their own movements to the song of Green Sleeves.



# Higher Education Division

*Ben Schwamberger*

Hard to believe, we are already into the month of February and that it has been roughly three months since last fall's MNSHAPE conference. The planning has already started for the upcoming 2019 conference. There were some notable events that occurred last fall, which both the higher education and future professionals divisions will continue to support for the upcoming 2019 conference. One of these, which was a tremendous hit for future professionals was the expert panel. Five current professionals from within both the PK-12 setting and higher education setting answered questions posed from future professionals. This session lasted 50 minutes, and it became clear we could have extended it beyond the 50 minutes. We will be proposing another expert panel for future professionals for the 2019 conference.

Another great opportunity that was created last year was offering professional development funding for future professionals. This was an idea that came to fruition last year and was created through collaboration by both the higher education and future professional divisions, and supported by the MNSHAPE Board of Directors. Future professionals who were part of recognized university health and physical education club had the opportunity to receive funding

for attending the MNSHAPE conference pending the clubs met key requirements. Health and physical education clubs from Bemidji State, University of Minnesota, Duluth, and Winona **State received** funding which provided a great opportunity for those future professionals at little to no cost. We hope to continue to offer this great opportunity, with more university health and physical education clubs taking part this year. As important as professional development is for current professionals, we cannot forget about our future professionals who will be the leaders of tomorrow.

Finally, we are looking for interested candidates to serve in the president-elect of higher education position for 2019-2020. For this position, candidates should be in a position of higher education and ideally working within a physical education teacher education program. This position will work closely with the acting vice president of higher education. It is also expected that this position will work with other Board of Directors on MNSHAPE and will meet four times throughout the year along with attendance at the MNSHAPE fall conference. This position is a two-year commitment, serving as in the elect position for the first year and vice president in the second year. If you are interested in

learning more about this great opportunity please contact Ben Schwamberger ([ben.schwamberger@mnshape.org](mailto:ben.schwamberger@mnshape.org)), current Vice President of Higher Education.

Finally, the new Minnesota academic standards in physical education and grade level benchmarks were also a large emphasis at the conference last fall with various sessions being offered to ensure current, and future professionals have an understanding of how to appropriately apply them in their classrooms. As higher education professionals, we are also making a conscious effort to ensure future professional have a clear understanding of these standards and benchmarks, and how to apply them into a physical education curriculum. With the implementation of the standards and benchmarks in all Minnesota school districts by the 2021-2022 school year, all teachers will need to be on board, and future professionals may be that much more of an asset to physical education programs across the state. As I work with my methodology students on understanding the new standards and grade level benchmarks and how to apply them into a proper scope and sequence, it is clear to me that Minnesota indeed does value physical education.

## “Our top tips and activities for a substitute teacher”

*Lisa Rahkola and Darrell Salmi*

### “Elementary Animal Name Game” - A great way to learn names quickly to help with classroom and behavior management

Get into small groups and each person picks an animal that they want to be. Then each person goes around the circle and shows their animal and you have to then repeat the animal of everybody in the group. Everyone repeats all that have been said-if incorrect, start over with first person.

“Momentoes” – Share the most memorable place your shoes have been or some other interesting story your shoes have been.

### “Cone Ball” - great for middle school and high school classes. (I learned this game from Jessica Shawley and my students love it!)

Standards: 9.3.2.1, 9.4.2.1,

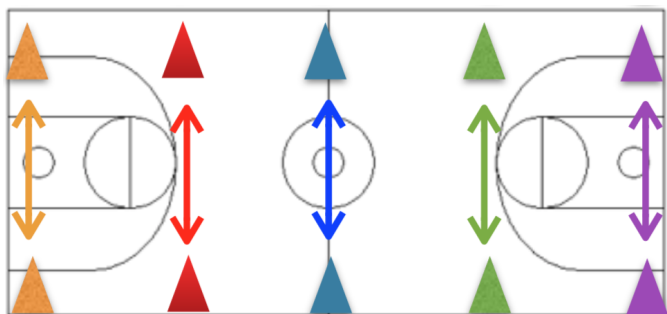
Setup: Start with 3 vs 3 games. Each team will have a cone placed inside of a hula hoop on the sideline of the basketball court.

Objective: Passing and moving the ball to hit or knock down opposing team’s cone.

Scoring: 1 pt. If you hit the cone and 2 pts if you knock the cone over.

Rules: The “rule of 3”: 3 steps and 3 seconds to shoot or pass the ball. Defense: Cannot reach in or grab the ball. One defender can be the goalie and they cannot step inside the hula hoop.

Equipment: 2 hula hoops, 2 cones, on foam ball for each “mini” court.



This is a fun and fast paced game that involves communication and thinking on your feet. Students will move and use variety of speed changes and direction changes to help create time and space giving their team the best chance to score.

Tips: Always have your routine, attendance and special notes available for the substitute. For example, having your warmup, two instant activities, and the primary activity is important to the success of the students and the substitute teacher. Detail is important, but keep it simple and keep it brief.

## Minnesota Standards Workshops Kick off across the State

*Mary Thissen-Milder, PhD*

The Minnesota physical education regional standards workshops have begun! Special thank you to the MDE State Leadership team for the workshop design. Members include MNSHAPE Executive Board Members: Nancy Christianson, Megan McCollom, Sue Bremer, and Lisa Smith; MNDAPPE Leadership Team: Rich Burke; and MDE Standards Development Committee: Sue Tarr, Cynthia Johnson, and Kristi Mally. The workshop design focuses on a 3 year plan to incrementally prepare teachers to implement the standards by the 2021-22 school year.

The first year workshop design is intentionally entitled “Developing a Shared Understanding of the 2018 Physical Education Standards and Benchmarks”. To *develop a shared understanding* means that as physical educators, we are having legitimate, accurate, intentional conversations about

our new standards and benchmarks. Teachers attending the workshop develop a deeper understanding of:

- Individual standards and descriptive focus areas
- Academic language and learning progressions in the benchmarks
- Deconstructing benchmarks
- Bundling Benchmarks

Responses in the workshop evaluation have been extremely positive. Participants report leaving the workshop feeling much more informed about the standards and benchmarks and less stressed about how to initiate their review processes.

The workshops are being conducted at regional sites across the state from January through June, 2019. It is highly recommended that physical educators attend this training in school district teams. There is no cost to attend these trainings,

but registration is required. Due to inclement weather, two workshops have been added to the schedule in the metro area, and one in the Staples area. To access the workshop schedule, go to the [MNSHAPE webpage](#), under the Standards section.

The focus of year 2 workshops (January through June, 2020) will focus specifically on curriculum design, creating a master climate for student learning, assessment and grading.

Two photos are enclosed:

1. One that shows workshop participants at tables. If a caption underneath is wanted “PE workshop participants take a deeper dive into the new physical education standards”.
2. One that shows the bundling activity. If a caption underneath is wanted “PE workshop participants work together to bundle benchmarks”.



PE Workshop deeper dive into the benchmarks



PE Workshop Bundling example



## **FYI, MNSHAPE Members, Advocacy SPEAK Out! Day: March 5-6, 2019 Registration**

**Registration is due by February 13, 2019 - no exceptions**

Please join us for the 2019 SPEAK Out! Day, SHAPE America's annual member advocacy event in Washington, D.C. Represent your state, meet with your members of Congress and network with fellow SHAPE America members in order to "speak out" in support of school health and physical education.

The *Every Student Succeeds Act* (ESSA) identifies school health and physical education (HPE) as part of a student's well-rounded education, giving every HPE teacher an opportunity to elevate their program and gain support from their school and local community. ESSA requires broad stakeholder engagement in order to implement comprehensive and effective state and school district plans. Key contacts and stakeholder groups from your state are listed below.

### **Key Contacts**

**Mary Thissen-Milder**, Dept of Ed PE Specialist 615-582-8505

## **Tampa '19, National Convention & Expo April 9-13, 2019**

The SHAPE America National Convention & Expo is the only event of its kind! Choose from over 400 sessions featuring world-renowned speakers, honorees, athletes, and researchers. Visit the trade show highlighting over 200 products and service providers. Unite with friends and colleagues, and forge new relationships with professionals from across the country.

## **MN Timberwolves GET FIT Program**

The goal of the program is to develop healthier students through physical activity. The program runs from Feb 1 - March 1. Any student who earns 25 or more points of physical activity will receive a timber wolves prize, poster and 1 free ticket.

1 point = 15 minutes of activity.

With questions contact **KELLEY WOLLAK**, [Kelley.Wollak@timberwolves.com](mailto:Kelley.Wollak@timberwolves.com)

Submitted by:

Joe McCarthy, [jmccarthy@farmington.k12.mn.us](mailto:jmccarthy@farmington.k12.mn.us), MNSHAPE BOD

Kirsten Guentzel, [kirsten.guentzel@gmail.com](mailto:kirsten.guentzel@gmail.com), MNSHAPE BOD

## Liability Insurance Was Added to Member Benefits!

Just in case you need another reason to join MNSHAPE, we want you to remember that a year ago we added a General Liability Insurance coverage to your membership benefits! This comes at no extra cost to you.

That's right! All members of MNSHAPE as of 6/1/2018 have a \$1,000,000 general liability insurance policy for work-related activities! This includes teaching and coaching activities.

What are you covered for: Claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

Policy Limits: General Aggregate	\$1,000,000 (per member)
Products/Completed Operations	\$1,000,000
Personal & Advertising Injury	\$1,000,000
Each Occurrence	\$1,000,000
Damage to Premises Rented	\$1,000,000
To You	
Medical Expense	\$1,000,000
Sexual Abuse/Occurrence	\$1,000,000
Sexual Abuse Aggregate	\$1,000,000

## DID YOU KNOW?

- ⇒ Health and physical education is required in all 50 states and the District of Columbia
- ⇒ Teacher demand is projected to increase 14% from 2010 to 2021
- ⇒ Many states require individuals be licensed to teach
- ⇒ Health and Physical Education teachers earn a median salary of \$54,720 per year

Share this information with a potential student

Source: Bureau of Labor Statistics. (2016). Occupational outlook handbook.

<http://www.bis.gov/ooh/>



**MNSHAPE Membership Form**  
 (or register online at [www.mnshape.org](http://www.mnshape.org))

Name (first, middle, last) \_\_\_\_\_

Home Address \_\_\_\_\_

Home City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

School Where you Teach \_\_\_\_\_

Work Address \_\_\_\_\_

Work City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

Years in the Profession \_\_\_\_\_

**MEMBERSHIP CATEGORIES (Select One)**

- Professional Member       \$40.00
- Student Member             \$25.00
- Retired Member             \$25.00    Year Retired \_\_\_\_\_
- Associate Member          \$40.00

**PAYMENT METHOD**

- Personal Check    **(Make check payable to MNSHAPE)**
- Institutional Check    **(Make check payable to MNSHAPE)**

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

QUESTIONS: Call Nancy Christensen at 218-847-9769 or email [nancy1485@gmail.com](mailto:nancy1485@gmail.com)

# MNSHAPE

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



[WWW.MNSHAPE.ORG](http://WWW.MNSHAPE.ORG)

## Loon Lines

Feb/Mar 2019

### 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)

### MNSHAPE Executive Committee

<b>President</b>	Sue Bremer	(612) 414-7689	<a href="mailto:sue.bremer@mnshape.org">sue.bremer@mnshape.org</a>
<b>President Elect</b>	Lisa Smith		<a href="mailto:lisa.smith@mnshape.org">lisa.smith@mnshape.org</a>
<b>Past President</b>	Megan McCollom	(612) 325-6186	<a href="mailto:megan.mccollom@mnshape.org">megan.mccollom@mnshape.org</a>
<b>Treasurer</b>	Jeremiah Hinkemeyer	(218) 329-2088	<a href="mailto:jeremiah.hinkemeyer@mnshape.org">jeremiah.hinkemeyer@mnshape.org</a>
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<b>Executive Director</b>	Nancy Christensen	(218) 847-9769	<a href="mailto:nancy.christensen@mnshape.org">nancy.christensen@mnshape.org</a> <a href="mailto:nancy1485@gmail.com">nancy1485@gmail.com</a>

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 Amy Knopf at [aknopf@detlakes.k12.mn.us](mailto:aknopf@detlakes.k12.mn.us).

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