



February 2020

Volume IX, Issue I

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

# LOON LINES

## Message from the President

*Lisa Smith*

A new decade is here and there is so much to look forward to!

The biggest news I have to share with you is the date and location for the 2020 MNSHAPE state conference!

**Date: November 2- 3, 2020 - That is a Monday/Tuesday**

**Location: Lakeville South High School, Lakeville MN**



In an effort of transparency, I want to remind you that Tuesday of the conference is Election Day. The conference will be over with plenty of time for most attendees to travel home to vote, otherwise absentee voting may be necessary - I will have stickers for our absentee voters if they would like one! So, please save the date for #MNSHAPE20!

The theme this year and for the conference is: “**We A.R.E MNSHAPE**”! **A** for Advocate - helping members advocate for ALL students. **R** for Relate - Building relationships with members and providing support, especially with the new standards. **E** for Educate - empowering members to embrace their own growth.

I am focusing on the **A** for this issue - **Advocate!** We are here to help you advocate for your students and yourselves! Please don't hesitate to reach out with any needs you or your students may have.

MNSHAPE has worked hard with advocates over the years to ensure students across the state receive quality and equitable physical education and health programming from pre-K to the high school level. In the last 10 years, MNSHAPE has constantly supported education legislation efforts. In 2010, we worked to adopt the NASPE Physical education standards as our state standards. There were no grade level expectations with the national standards, so MN local districts were required to develop their own grade level benchmarks and credit requirements. Over the next few years, our membership identified inconsistencies in grade level expectations and credit requirements. Based on this, in 2013, MNSHAPE and advocates supported legislation that directed the Department of Education to survey schools to determine physical education practices across the state, thus came the 2015 MDE legislative report, “A Report

*(Continued on page 2)*



### Inside this issue:

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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)**

*(Continued from page 1)*

on K-12 Students' Experience with Physical Education in Minnesota Schools". Following this and the on going inconsistency in credit requirements and programming K- 12, led MNSHAPE and advocates to support legislation that required the Department of Education to adopt the 2014 Shape America Standards and Grade Level Outcomes for K-12 Physical Education as the state required physical education academic standards. Most recently, MNSHAPE worked with the Department of Education to develop the 2018 Minnesota K-12 Academic Standards in Physical Education and Grade-Level Benchmarks and are currently assisting in the professional development for schools to be ready to implement the new standards in the 2021-22 school year! So far in 2020, we have written letters of support and testified on three active bills on behalf of our membership, please take a few moments to review if you are interested: [HF3166](#)- Vaping awareness and prevention instruction for public school students required. [HF3164](#) - Vaping prevention pilot grant created, and money appropriated. [HF3186](#) - Graduation requirements, to be aligned to the standards requirements, lines 8.24-8.25 includes the physical education language.

In March, there will be nine educators from across Minnesota traveling to Washington DC to meet with congressional representatives and their staff to advocate for full funding of ESSA Title IV, Part A funding during SHAPE America's annual Speak Out Day!

Would you like to be a part of our advocacy efforts? What are you doing in your communities for advocacy? Are you in need of any support? Please reach out to us here at MNSHAPE, we would like to hear your stories and are more than happy to help and support!

As part of our growth as an organization we are looking deeply at what it means to be a MNSHAPE member and how we can best serve. We need some valuable information from you, our members, please take a few moments to anonymously provide meaningful feedback [by filling out this Google Form](#).

Finally, as always, I would like to extend the ongoing invitation for any members to attend any of our upcoming board meetings and/or serve on any of the MNSHAPE committees or task forces! Saturday May 2, 2020 is our next meeting. Also, please consider joining any of these committees and task forces: The health. moves. minds. Committee, the Equity, Diversity and Inclusion Task Force, The Legislative and Advocacy Committee, The Professional Development Projects Committee and the Retirees Committee. All are chaired by a member of our Board of Directors and virtually meet as often as the chair sees fit, but typically no more than once a month. We need your creative minds to help serve our members to the fullest potential!

Please email me at [lisa.smith@mnshape.org](mailto:lisa.smith@mnshape.org) with any questions or concerns, and especially with any interest in attending a board meeting or joining a committee or task force!

We. A.R.E MNSHAPE!

Sincerely,  
Lisa Smith

**THE DATE IS SET  
THE LOCATION IS SET  
SAVE THE DATE NOW!!!  
MNSHAPE STATE CONFERENCE  
November 2 & 3, 2020  
Lakeville South High School  
Lakeville, Minnesota**

**STEP IT UP - GAME ON  
ANY SCHOOL CAN DO IT!!!**



INFO ON  
PAGES 8-9!

Step It Up! was a great fundraiser in which we exceeded our expectations of how user-friendly and how well the overall process was. In Medford, we have roughly 500 students in grades K-6. We had about 50% of our students participate in this fundraiser. The fundraiser was straightforward to follow and was updated by the classroom and by each participant. The students were very excited about the prizes that they were able to achieve with Step It Up! With this fundraiser, we were able to keep 40% of the money raised, which is much more than other Physical Education fundraisers. The coordinators at Step It Up! always answer any questions promptly and gave an excellent presentation for our school, which was well-received by the students. The whole process was easy for parents and was even more accessible for us at school, where other fundraisers can be time-consuming. We would recommend this fundraiser to any PE department at any grade level to supplement their budget. With the money we raised in Medford, we are looking into installing a rock wall in one of the gyms.

Adam Slander, Chris Haakonson, Medford Public Schools

## Message from the President-Elect

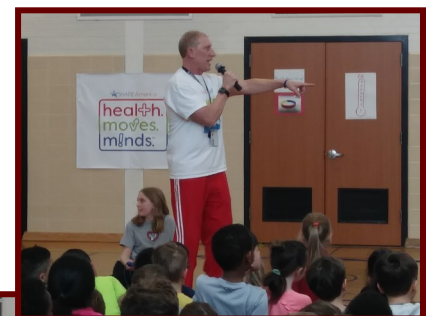
*Thomas Roberts*

Greetings fellow HPE professionals. There has never been a more exciting time to be in the HPE profession. Here is a list of events and initiatives that invigorate me regarding our profession:

1. Speak Out Day- It is with great passion that I look forward to attending my first Speak Out Day in Washington D.C.(March 10th and 11th) Meeting with legislators and advocating for quality HPE funding at the state and national level will be a rewarding experience.
2. MN Physical Education Standards Sessions offered by MDE in collaboration with MN Shape and Shape America. Check out the remaining sessions led by Mary Thissen-Milder listed at the bottom of this issue (The MDE Standards sessions are also listed on our website). These sessions are a great way to collaborate with like minded HPE professionals and discuss best practices re: MN PE Standards implementation and assessment.
3. Shape America National Convention-Salt Lake City (Apr. 21-24). I always enjoy connecting with other talented HPE professionals at the Shape National conference and growing professionally through activity sharing and conversations on how to advocate for quality HPE programs. Not to mention the wonderful vendors who attend and support our HPE profession.
4. HealthMovesMinds- Shape America's new service learning initiative focuses on teaching our students strategies on how to successfully deal with socio-emotional issues.HMM includes grade specific curricula that centers around themes such as Kindness and Mindfulness. I am proud to be conducting a HMM event from Feb. 26th to March 26th.
5. If you are not currently a MN Shape member I encourage you to join TODAY. Please go to our website to see the many benefits of joining our great organization.
6. Lastly, please remember to go to our website and nominate any HPE professionals that you know who are worthy of recognition for their contributions to their students and our profession.



[healthmovesminds.org](http://healthmovesminds.org)  
[mnshape.net](http://mnshape.net)



# Changing the way Dance was done!

*Liz Parr- Smested & Joe McCarthy*



Dance

Celebrating  
**BLACK  
HISTORY**

The King of Dance  
Michael Jackson

## Michael Jackson in 1983, at the age of 24, was Famous for his Moonwalk:

**Step 1:** Start with your feet together. That's easy enough, right?

**Step 2:** Raise your right heel so that you're standing on the ball of your right foot.

**Step 3:** Shift your weight onto that still raised right foot so that the left one feels weightless.<sup>[1]</sup><sub>[SEP]</sub>

**Step 4:** Lower your right heel slowly while moving your (still weightless) left foot backward until the toes of your left foot are aligned with the heel of your right foot. If you do it right, it should look like your left foot is floating backward across the floor.

**Step 5:** Lift your left heel and shift your body weight so that you're now standing on the ball of *that* foot.

**Step 6:** Repeat steps 4 and 5, this time with the opposite feet.

## Michael Jackson is the King of Pop and Hip Hop

### The Circle Slide

This dance move combines a Moonwalk slide with heel and toe pivots. Like the moonwalk, the circle slide should be performed in socks or soft-soled shoes on a smooth surface.

1. Stand on the ball of the right foot with the heel raised and your left foot flat on the floor. Your weight should be on the right foot, which should be slightly behind the left.
2. Slide your left foot back, keeping it flat on the floor.
3. Shift your weight to your heels and lift your toes off the floor while pivoting to the left. Lower your toes so that your feet are flat on the floor.
4. Lift the heel of your right foot and pivot to the left on the ball of your right foot.
5. Repeat steps 1 - 4.

*Studies show that Dance Improves Classroom Performance*

*which requires discipline, focus and counting!*

**How will YOU change the way you do DANCE?**

Liz Parr- Smested, MNSHAPE DANCE BOD, [liz.parr-smestad@mnshape.org](mailto:liz.parr-smestad@mnshape.org)

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

We are looking for amazing Dance presenters for the 2020 MNSHAPE Conference, if you or someone you know would like to present, please email us.

## Field Day Fun!

*Sean Ryther*

Field Day is one of the most anticipated days of the year for students. Some schools like doing a theme for their field day. Themes are great and you can really generate some buzz around the theme especially if the theme is popular with the students. Some popular themes are Super Heroes, the Avengers is big lately. Star Wars is a hit with all ages. One that shows much popularity is American Ninja Warrior.

I had the fortune of meeting a doctor of physical therapy and fitness professional who has brought the American Ninja Warrior idea to schools and community events with his mobile ninja course called Ninja Anywhere.



After reaching out to Dr. Josh McLain, PT, and CEO of Ninja Anywhere, he told me, “We believe that movement is healing, life-giving, and empowering.” Hearing his philosophy on physical activity and reaching our young learners about the importance of physical activity while having a ton of fun, I was stoked to find someone with the same values I held.

Dr. McLain explained to me that he brought a semi-trailer that has been custom-designed to have the side and back walls raise and the mobile ninja course on wheels provides hours of fun for the students. In addition to the ninja course, there are balance and agility obstacles, team-building games, and several huge inflatables. It is a PE teacher’s dream. I would go as far as saying it could be your “Field Day in a Box” or for sure it could supplement a large portion of it.

We used this as part of our field day event along with our typical Track and Field stations, tug-o-war and other events. The students and the parents were blown away by how much fun it was! I received many positive comments saying it was the “best field day ever!”

We are slotted to have Ninja Anywhere come out Hilltop Primary School again this June for our field day. Dr. McLain is always raising the bar as he has ventured into schools, community events, and private parties. He is locking arms with physical educators and wellness professionals that are helping others have a love for movement and making it a priority in our children’s’ lives. If you’re interested in learning more about this game-changing field day opportunity. Check them out on <https://www.ninjaanywhere.com/>

Sean Ryther  
MNSHAPE Board Member  
Hilltop Primary School PE Teacher

## Passion

*Mary Thissen-Milder, PhD, Physical Education Coordinator, Minnesota Department of Education*

Researchers have found one common characteristic in great teachers: PASSION. Great teachers inspire passion in their students. In Physical Education that means we want to inspire students to be lifelong participants in some form of physical activity and help them find activities they passionately pursue.



We are in the midst of the second year of a [three year implementation training plan](#) to prepare schools to be ready for full implementation of the [2018 Minnesota Academic Standards in Physical education and Grade-Level Benchmarks](#) offered by the MDE, MNSHAPE and MNDAPPE partnership. One of the first things we do in this years' workshop is to ask teachers to remember why they teach physical education. Being passionate to share the importance of lifelong physical activity and the impact on good health with students is a very common theme.

One of the things we have learned during these conversations, is that this passion is connected to the quality of curriculum, instruction, assessment and grading practices. We have learned from each other that even with the best of intentions, passion can be buried under impacting factors that challenge teachers, such as facilities, equipment, class size, weather, staffing, school policy, administrative support, etc.. This can often leave teachers feeling overwhelmed and defeated. In the workshop we try to help teachers identify factors they can control, and let go of those they can't as they go through their curriculum development process. To do this, we utilize best practices resources such as SHAPE America's [The Essential Components of Physical Education](#). These resources support what teachers need to be successful in implementing best practices in instruction, curriculum, assessment and grading. The good news is that we have also found that providing opportunities for discussion around these best practices has led teachers back to their love and passion for teaching physical education.

Are you interested in joining this conversation? The dates and registration for the remaining workshops can be found on the [MDE HPE website](#).

## edTPA Tips for Cooperating Teachers

*Annika Culver*

### Tip #1: Learn the basics of edTPA

edTPA is most likely a different type of assessment than what you were exposed to while earning your teaching credentials. Before you start working with teacher candidates, it's important to learn some specifics about the assessment.

Take some time to read the rubrics for your content/specialization area. There are several foci areas for teacher candidates that have not always been emphasized in education programs. For example, academic language has become a huge focus for teacher candidates.

### Tip #2: Explain your reasoning to your teacher candidates when you teach

As an experienced teacher, you likely make several decisions every class period without even thinking about them. However, edTPA requires candidates to explain the reasoning behind their decisions. The more candidates hear you justify the choices you make in your teaching, the better idea they will have about what good reflection looks like when they themselves are teaching.

*(Continued on page 8)*

*(Continued from page 7)*

When the teacher candidate begins taking over the classroom, make sure to ask them questions during your conference time that push them to explain their reasoning. This reasoning can include analyzing things that went well, but candidates should also brainstorm what changes they could make to improve the lesson and why. Making your thinking explicit might be the best thing you can do to help your student teachers understand effective decision making.

**Tip #3: Consider when teaching candidates will give lessons**

When teacher candidates choose lessons for the assessment, make sure they consider the timing in the semester when they will be presenting them to the class. The student teacher needs enough time before their lesson to get comfortable in front of the room and to get to know the students in order to accurately respond to prompts provided by edTPA. They also need enough time when they are done teaching to reflect on their video and assessments given to students.

**Tip #4: Help student teachers manage their time effectively**

In several states, teacher candidates are required to pass edTPA in order to receive their teaching credentials. Your student teacher will need help managing their time in your classroom. In addition to creating the lesson plans, recording video, and assessing, the candidate will be writing extensive commentary responses explaining their teaching. While we want to help our teacher candidates be prepared for teaching and all the responsibilities that go along with it, you may want to consider this written assessment in your overall plans for student teachers

**Tip #5: Help teacher candidates with the technicalities of edTPA**

In addition to the basic requirements of what candidates have to accomplish for edTPA, there are many additional details to consider. For example, your student teacher will need signed permission forms from parents in order to video record students for edTPA. It's also important to find a good place in the classroom to record so that you can see what students are doing and hear conversations. We recommend having a trial run in which you help teacher candidates record a lesson before the real one. This way you can help teaching candidates reflect on their teaching and make sure that there will be no technical issues on the actual day.

Working with teacher candidates is both challenging and rewarding. edTPA can seem like an intimidating process to all stakeholders, but it is a great opportunity for both teacher candidates and coordinating teachers to learn and grow as educators. We hope our tips are helpful as you encourage your teacher candidates to do their best on edTPA. Enjoy the time you have working together!

Vickie Graziano and Laura Lancaster - <https://www.una.edu/education/teacher-education/edTPA/5%20Tips%20for%20Cooperating%20Teachers.pdf>

**edTPA Resources for Teacher Candidates:**

**edTPA The Easy Way - YouTube Video** <https://www.youtube.com/user/shelbykflowe>

Shelby has a ton of tips and tricks for you to use to succeed on your edTPA! She talks about Task 1 - Planning, Task 2 - Instruction, and Task 3 - Assessment. She also has videos about how to score extra points on the edTPA, what video equipment is best, breaking down the rubric and lesson planning tips!

**10 Tips of edTPA Success** [https://www.edweek.org/tm/articles/2014/07/29/ctq\\_jette\\_edtpa.html](https://www.edweek.org/tm/articles/2014/07/29/ctq_jette_edtpa.html)

**edTPA Physical Education Resources** <https://sites.google.com/a/carthage.edu/edtpa-pe-resources/home>  
Walks you through each step of the edTPA specifically for Physical Education.

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## **MNSHAPE SCHOLARSHIPS – IT COULD BE YOU!!!**

MNSHAPE awards three different scholarships throughout the year for students in undergraduate and graduate school. These are: the Ellen Cromwell-Cercle Student Travel Scholarship, Mary Lampe Scholarship, and the Trish Meek Developmental Adapted Physical Education Scholarship. Applications are available at the MNSHAPE website and due at different times throughout the year. We encourage students and professionals alike to apply for the appropriate scholarships.

**All of these scholarship applications can be found on the MNSHAPE Website.**

### **Ellen Cromwell-Cercle Student Travel Scholarship**

This scholarship is awarded to full-time undergraduate students majoring in the field of health, physical education, recreation, or dance to assist them in traveling to district or national conventions.

**DUE DECEMBER 15 OF EACH YEAR**

### **Mary Lampe Scholarship**

The Mary Lampe Scholarship is awarded to full time undergraduate and graduate students in good standing with MNSHAPE in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis.

**DUE APRIL 15 OF EACH YEAR**

### **Trish Meek Developmental Adapted Physical Education Scholarship**

Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE) This scholarship was established in 1999 in memory of Patricia (Trish) Lee Meek. Trish was a Special Olympics athlete, excelling in swimming. Trish influenced the career of her mother, Dr. Sherry Folsom-Meek. Because of Trish, Sherry has become an expert in the DAPE field and a strong advocate for people with disabilities. Sherry's passion has assisted many students in their pursuit of teaching students with disabilities.

**DUE APRIL 15 OF EACH YEAR**



MNSHAPE is excited to announce that we have teamed up with Game On! This dynamic program helps schools raise record breaking amounts for physical education departments just like yours. Game On! is inspired by the hit TV show American Ninja Warrior. It is TRANSPARENT and so EASY!

#### Highlights:

- Your Game On! Ambassador will guide you every step of the way!
- Receive and KEEP American Ninja Warrior physical education equipment!
- You receive 40% of all donations to spend and may allocate amounts to a charity of your choice!
- Maximizes student participation and enjoyment!

#### Profit Comparison Game On! Vs. Previous Fundraiser:

- Average Game On! School grossed a total of \$23,860 Vs. \$11,495 with previous fundraiser
- Average Game On! School received a **profit** check for \$9,543 Vs. \$0.00 from previous fundraiser
- Average Game On! School received (in addition to their **profit**) a \$3,000 P.E. Shopping Spree Vs. a \$550 Voucher with previous fundraiser
- MNSHAPE receives 10% (\$2,387 avg.) of Money Raised per participating school with Game On! Vs. 5% with previous fundraiser (\$566)

Game On! is shattering records nationwide and we are thrilled to give schools in MINNESOTA this amazing opportunity!

Our local Game On! Ambassadors are looking forward to hearing from you.

Craig Hawley (612) 868-1746 [Craig@StepItUpkids.com](mailto:Craig@StepItUpkids.com)

JJ Begley (651) 341-9044 [JJ@StepItUpKids.com](mailto:JJ@StepItUpKids.com)

Thank you, good luck and enjoy,

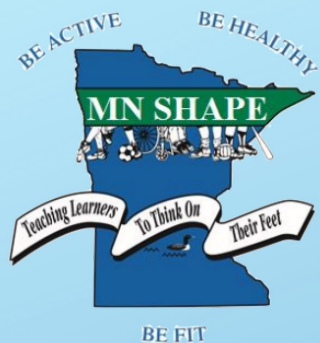
*Nancy Christensen*

MNSHAPE

EXECUTIVE DIRECTOR

**NEW**

**Minnesota Society of Health and Physical Educators is excited to announce a NEW partnership with Game On!**



presented by **POP!**



*COMMUNITY SERVICE LEARNING PROJECT*  
**FUNDRAISE ★ PHILANTHROPIC ★ FUN**

Receive and KEEP American Ninja Warrior physical education equipment!

The Game On! team does 90%+ of the work!

You receive 40% of all donations in CASH!

Maximize student participation and enjoyment!



*Inspired by*  
**American Ninja Warrior and Wipeout!**



**CONTACT US TODAY!**

Craig Hawley  
 JJ Begley

(612) 868-1746  
 (651) 341-9044

Craig@StepItUpKids.com  
 JJ@StepItUpKids.com

# Looking for a lesson plan on Mental and Emotional Health? Check out: "The Happiness Project"

*Lisa Paulson and Deb Van Klei*



## Step 1: Self-Care Tool Graphic Organizer

1. What are 5 (or more) strategies that help YOU cope positively with stress?

\*Include a variety of types of stress reduction/stress management techniques. \*Be specific - instead of just saying "listening to music" consider listing your favorite stress-reduction songs/artists/genres.

When I feel (enter uncomfortable emotion/situation you experience here), I can use (enter positive coping skill/strategy here).

When I feel tense and need to relax, I can

When I feel lonely or isolated and need to connect with others who care about me, I can

When I feel anxious or fidgety and need to move, I can

When I feel \_\_\_\_\_, I can

When I feel \_\_\_\_\_, I can

2. Identify your Circles or Web of Support, including these 3 parts:

A. Who are your closest friends that you can go to for help?

B. What adult(s) can you go to for help? Who in your family, school, and community can be supportive if you need help? Be specific with names.

C. What school or community connections/links can you seek out for support?

3. List at least two online or national resources that you would use to help yourself or someone else in a mental health crisis. Be sure to include the phone number, textline number, and/or web address.

4. Write at least 3 reminders to yourself of why you believe life is worth living, things you're looking forward to in the future, and/or things you want to accomplish in your life.

\*If you are struggling to create this list, consider talking to a good friend, family member, or trusted adult and ask them what they love/value about you.\*

## Step 2: Establish a Happiness Project (see below)

5. Pick from the following Happiness project options...

a. Journaling: Journal your thoughts and feelings daily for 10 minutes for 10 consecutive days.

b. Gratitude Practice: Write down 3 positive things that happened that day for 10 consecutive days.

c. Drinking more water: Drink half of your body weight in ounces daily for 10 consecutive days.

d. Getting more sleep: Get 9 hours or more of sleep daily for 10 consecutive days

e. Exercise: Exercise moderately to vigorously for 30 minutes or more per day for 10 consecutive days.

f. Acts of Kindness: Do one act of kindness (does not have to be big) daily for 10 consecutive days.

g. Meditation: Meditate for 10 minutes or more daily for 10 consecutive days.

h. Morning Routine: Create a morning routine for yourself and practice this routine daily for 10 consecutive days.

i. Other: If there is an idea that you have been wanting to try that is not listed above, but you think this would make a positive impact on your life please tell me what that is and make this happen for 10 consecutive days.

*(Continued on page 13)*

(Continued from page 12)

### Step 3: Reflection before and after of your Happiness Project

Directions: Respond reflectively and honestly to all of the questions below. This is a chance for you to think about your experience and consolidate your learning for the purpose of continued growth and introspection. Being honest in your evaluation of your thinking will help you learn how to take care of yourself and will also show that you can demonstrate Self Management skills in a proficient or exemplary way, so please take the opportunity to be 100% honest about what is great about your work as well as what you would want to change. **REMEMBER THIS REFLECTION IS WORTH 75% OF YOUR GRADE**

Please complete questions 1-5 prior to beginning your Happiness Project.

1. What is one thing you have learned about yourself as a result of learning about happiness, stress, and coping skills in the past week?
2. What are you going to choose for your Happiness Project (step 2)? Why?
3. Defend your choice of project (step 2). Is this the idea that will have the greatest impact on your happiness? Why or why not?
4. What is your plan for establishing this new routine?
  - a. What time of day are you going to accomplish this task(s)?
  - b. How are you going to remember to complete this task for the next 10 consecutive days?
  - c. What materials (if any) do you need to prepare yourself to be successful with your Happiness Project?
  - d. Is there anyone in your life who you want to share your Happiness Project with so that they can help support you with your goal?
5. After completing the Happiness project over the next 10 days, what do you anticipate will happen in your life?

***Please complete questions 6-10 after your Happiness Project.***

6. What are you most proud of regarding your happiness project?
7. Were you able to complete 10 consecutive days of the project? If you missed a day, please explain.
8. If you had to change something about your project, what would you change and explain why those changes would make your project better?
9. Look back at question #5. Were the results in line with what you were expecting? Why or why not?
10. How would you score your final project? Using the following proficiency scale, highlight the score you

Beginning	Developing	Proficient
I can demonstrate knowledge of the strategies, resources and ideas that could help me live a healthy, fulfilling and joy filled life.	I can demonstrate the use of strategies, resources and ideas that could help me live a healthy, fulfilling and joy filled life	I can demonstrate awareness of my needs by using strategies and resources that help me live a healthy, fulfilling and joy filled life.

think you have demonstrated through your project, then be prepared to defend your self-assessment in #11.

11. Explain your reasons for scoring your project the way you did in #10. Give real examples of how you met the main requirements of your identified state of proficiency. For example, if you score your work as Proficient, explain how you demonstrated awareness of your needs through the project you created.

## 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 To You	\$1,000,000
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)  
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# MNSHAPE

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

## Loon Lines

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### 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

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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 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).