



# LOON LINES

February 2021

Volume X, Issue I



## Message from the President

*Tom Roberts*

On behalf of MNSHAPE we hope this message finds you healthy and safe. Never in my wildest dreams did I ever think I would be delivering my physical education curriculum from my basement. I am sure there are numerous similar stories from physical educators throughout Minnesota. The challenge of providing quality, purposeful physical education instruction during a pandemic remains daunting.

As HPE professionals we need to focus on the “education” part of physical education as opposed to the activity part. A quality physical education curriculum not only includes fitness and physical activities, it also includes teaching students the effects of physical activity as it relates to their bodies. The social interaction that cooperative activities provide are invaluable.

Socio-emotional learning (SEL) should also have a prominent role in your curriculum. I have included an example of an SEL activity I implemented in my class below.

Please feel free to reach out to us if you need any support or a voice to advocate for your program. We also encourage you to become involved in MNSHAPE and take advantage of the benefits that come with membership ( please visit our web site at [www.mnshape.net](http://www.mnshape.net) to see a list of benefits). MNSHAPE is always looking for talented, dedicated HPE professionals to serve on committees and task forces ( you do not need to be a member to serve).

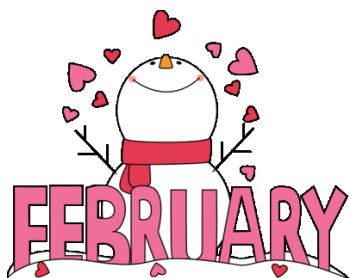
Here are some upcoming dates to remember:

1. **February 11th/1 8th (4:30 - 6:00 p.m.)** - MNSHAPE RISE monthly Professional Development offering. **Topic:** Physical Education/ Dance
2. **March 11th (4:30 - 6:00 p.m.)** - MNSHAPE RISE monthly Professional Development offering. **Topic:** Future Professionals/Higher Education /HealthMovesMinds.

### Inside this issue:

MNSHAPE Benefits	5
Phy Ed Conference	6-7
Remote Teaching	10-12
MNSHAPE Rise Meeting Ling (Feb 11)	13
Membership Form	15

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



## MNSHAPE President Tom Roberts

SHAPE America has announced the slate of candidates for this year's election to its governing Board of Directors. MNSHAPE President, Tom Roberts, has been selected to be a candidate for an at-large position on that board. MNSHAPE is extremely proud of Tom and the work he has been doing on MNSHAPE's behalf.

Qualifications: Tom has twenty-eight years of teaching experience; he has attended Shape America's National Convention many years; he has served on the MNSHAPE Board of Directors for many years, first as the American Heart Association/MNSHAPE Coordinator, and now as president.

Tom is a strong advocate for health.moves.minds on the state and national level, serving as the coordinator for his school and representing Minnesota at the national level. The promotional messages he developed have been shown in many other states and are being shown on SHAPE America's website. Tom's last year health.moves.minds event was a featured article in SHAPE America's Momentum magazine. Tom is a kind, caring, knowledgeable, concerned, strong advocate of Best Practices, sincere teacher who is devoted to helping all Minnesota students. Please don't forget to vote if you are a SHAPE America member – Tom Roberts would be a great asset to the SHAPE America Board of Directors!!

### Voting is a 3-Step Process

You will receive voting instructions and a link to the ballot via email on March 16<sup>th</sup>, 2021

Remember to:

1. Mark your ballot
2. Submit your vote
3. Confirm your vote

**Voting Deadline is April 15<sup>th</sup>, 2021 – 3:00 pm (Eastern Time)**

## DEADLINE APPROACHING!!!

MNSHAPE awards several scholarships throughout the year for students in undergraduate and graduate school. Two that have a deadline of April 15<sup>th</sup> are the Mary Lampe Scholarship and the Trish Meek Developmental Adapted Physical Education Scholarship. **Applications are available on the MNSHAPE website.** We encourage students to apply for the appropriate scholarship.

**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/education 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, 2021.**

**TRISH MEEK DEVELOPMENTAL ADAPTED PHYSICAL EDUCATION SCHOLARSHIP** – The Trish Meek DAPE Scholarship is awarded to a full-time undergraduate student pursuing licensure in Developmental Adapted Physical Education (DAPE). **DUE April 15, 2021.**

Apply online at [www.mnshape.org](http://www.mnshape.org)

## Register Now for Virtual –SPEAK Out! Day

*Derek Picha*

SHAPE America announces that SPEAK Out! Day this year will be held virtually, reminding us that it is still critical for us to advocate with members of Congress about the importance of effective health and physical education programs.

All advocacy training and Congressional meetings will be virtual – and SHAPE America says to help accommodate everyone’s teaching schedules it will be spread out over several days.

**Here is what you need to do: register before February 24<sup>th</sup> and attend the following:**

**1. February 24 – SPEAK Out! Day Prep Webinar** – time is yet to be determined

This webinar will cover virtual congressional meeting logistics, the meeting scheduling process, and provide you with information that you will need to prepare for virtual congressional meetings. **(THIS IS A MANDATORY MEETING)**

**2. March 15 – SPEAK Out! Day Prep Session** – time is yet to be determined

As an attendee you will receive training on the current makeup of Congress, recent legislation impacting education, our asks for virtual congressional meetings, and how to respond to potential pushback you may receive during meetings. **(THIS IS A MANDATORY MEETING)**

**3. March 16-19 – Virtual Congressional Meetings** – Here

you will work with state delegates to schedule virtual meetings with Minnesota’s members of Congress. SHAPE America staff will provide an online shared meeting schedule and will make email introductions to congressional offices. SHAPE America staff will also be available to provide support for meetings, as needed, throughout the week.

HERE IS YOUR CHANCE TO  
TAKE PART IN THE  
2021 VIRTUAL SPEAK OUT! DAY –  
March 15-19

**Register Now!!!!**



## Message from the President-Elect

### Unlocking your Advocacy Potential

*Derek Picha*

Hello MNSHAPE members and MN health and physical educators. As we have endured and persevered teaching during the COVID-19 pandemic, one thing has become clear: quality health and physical education are more important now than ever! This article will share a handful of tips for you to shine a light on all the great things you are doing for your students and communities by unlocking your personal advocacy potential.



1. Start small - it is important to reach your local decision makers. Consider presenting some highlights of your program at a school board meeting in your district. Extend an invitation to your superintendent and school board members to observe, or better yet participate in one of your classes!
2. Family & community engagement - families and community members can be a powerful force when it comes to a school district's priorities. Open the doors and windows to your classroom so that the wonderful things you are doing for your school and students are visible. Consider planning a family fitness or wellness night at your school, post to your school's social media pages. Bring Your Family to PE week, sponsored by Active Schools US, is another powerful way to shine a positive light on your program.
3. Expand your reach - Utilize social media to advocate for your health and physical education program. If you have permission, share photos or videos of some of your lessons and tag your local administrators, representatives, or even news outlets. Consider participating in local or even national advocacy events, such as SPEAK Out! Day.

Please don't hesitate to reach out and let us know what MNSHAPE can do for you.

## Health Division February 2021

*Deb Van Kel and Madison Bergren*

We are excited to connect and collaborate with Health and Physical Educators across Minnesota.

We are seeking your insight to provide Skills Based Health Education resources, lessons and ideas that interest you and your professional learning and growth. Can you please fill out the following [MNSHAPE Skills Based Education Inquiry form](#) by February 26, 2021.

National Health Education Standards now under SHAPE !! See Stephanie Morris', CEO SHAPE, message below:

*(Continued on page 5)*



*(Continued from page 4)*

*As leaders within our health and physical education community, I am writing to share some exciting news with you. Per an agreement undertaken with the American Cancer Society in late 2020, SHAPE America now holds all rights to the National Health Education Standards, including all revisions and/or derivatives. As leaders in the skills-based health education community, we are thrilled for the opportunity to both safeguard and champion these critical standards for our health educators and their students. And given that they were last published in 2007, we are equally thrilled to embark on an inclusive and collaborative journey in the near future to update these standards in close partnership with our members, health education teachers, health education teacher education professionals and, of course, critical national voices in the health education and public education arena.*

*We will provide further information regarding a timeline and process for undertaking this work in the weeks ahead, but in the meantime we also wanted to let you know that we will be putting the K-12 School Health Education Grade Level Outcomes Task force on hold as we explore revising the standards. As valued leaders within the health and physical education community, I wanted to personally share this news with you and to encourage you to reach out to me or the SHAPE America team with any questions.*

*Our thanks to you for your leadership and contributions towards championing health education in our schools!*

Too many students are in school learning the many things they cannot do while not being provided the opportunity to do the many things they can do. When students' character strengths and skills are embraced within the school, students are more confident, engaged and connected to the school.

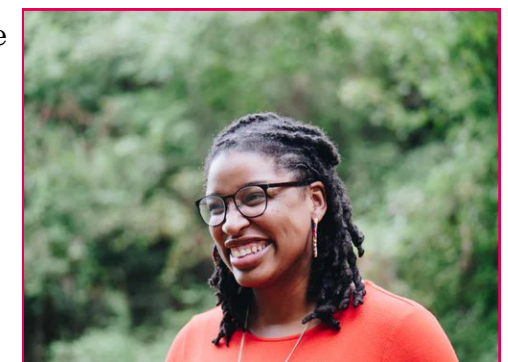
Watch the Ted Talk Video: [Bring out the best in people.](#)

**February is American Heart Month!**  
[Tennis Ball Heart.](#)

In this activity, students squeeze a tennis ball to demonstrate the strength of the human heart. Working in teams or individually, they think of ways to keep the heart beating if the natural mechanism were to fail. The goal of this activity is to get students to understand the strength and resilience of the heart.

**February is Black History Month!** [Exploring the Mental Health Stigma in the Black Community.](#)

While Black Americans experience a wide range of attitudes toward mental health treatment, there's a stigma surrounding mental illness that prevents some people from getting help.



(Continued from page 5)

Over the course of the year there are four Loon line articles shared with members. Each newsletter will highlight 2 of the National Health Education Standards. Our February newsletter focuses on National Health Education Standards #1 & #2.

National Health Education Standard	Resources & Lesson plans
1. Students will comprehend concepts related to health promotion and disease prevention to enhance health. (CC)	1. <a href="#">Health Care strategies</a> Cassie Brooks 2. <a href="#">Human Body Systems</a> Facebook Hyperdoc Community
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (INF)	1. <a href="#">Mental Illness Advocacy</a> Janelle Key 2. <a href="#">Influence Stations</a> Amber Arnold Dudley
<ul style="list-style-type: none"> <li>• Alcohol and Other Drugs • Community and Environmental Health • Family Life and Sexuality</li> <li>• Injury Prevention • Mental Health • Nutrition • Personal and Consumer Health</li> <li>• Physical Activity • Tobacco</li> </ul>	
**lessons found on Facebook Health Teacher Central, Facebook Hyperdocs Community, Teachers Give Teachers	

### Brief introduction of your representatives:

#### *Deb Van Klei*

Currently in my 25th year of teaching and have been an active MN SHAPE board member since 2019. My current role in Stillwater Area Schools supports all teachers in setting professional growth goals as a part of our Learning and Innovation department. In this role, I'm grateful for the opportunity to encourage all academic disciplines to consider incorporating movement as a part of their instructional practices to support students with their social, emotional learning. Prior to that I coordinated our Carol M White PEP grant, and taught Health and Physical Education for over 18 years. I'm honored to serve on the board of directors for MN SHAPE. Feel free to contact me with any ideas you might like to share.

[vankleid@stillwaterschools.org](mailto:vankleid@stillwaterschools.org)

@debvanklei



651-351-8388

"Health literacy is the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others."

#### *Madison Bergren*

Hello, I currently serve at Saint Peter Public Schools as a Kindergarten through Fourth grade Physical Education teacher. I graduated from Gustavus Adolphus College with a Health and Phy. Ed. degree. At the same time attending the University of Mankato to earn my DAPE licensure. I am currently attending the University of Saint Marys and working toward a Masters in Education with a concentration in Mental Health. In my free time I enjoy the outdoors and coach the Saint Peter Girls Varsity Hockey team. This is my first year on the SHAPE board. I am excited to work with great educators while continuing to learn and expand my own knowledge!

[mbergren@stpeterschools.org](mailto:mbergren@stpeterschools.org)

(507)934-2754 ext.3059

# Do You Know the Benefits of MNSHAPE?

*Macayla Braun, Vice President of Future Professionals*

Are you a new future professional member of MNSHAPE but don't know what this organization has to offer? Are you a current future professional member of MNSHAPE but don't know what your benefits are or how to use them? Then this is for YOU!

## **1. Members receive a \$1,000,000 General Liability Insurance Policy.**

- If you are going to be completing field experience in the classroom for student teaching soon, MNSHAPE has you covered! You are covered for claims made by negligent acts accidentally committed resulting in bodily injury, personal advertising injury or property damage to others.

## **2. Scholarship opportunities to attend state, district, and national conventions.**

- MNSHAPE has four different scholarships ranging from \$250-\$750 that can help you attend state, district and national conventions! This is a great way to gain experience in the profession and learn from seasoned professionals.

## **3. Opportunity to be recognized as a State Teacher of the Year in Health, Physical Education (elementary, middle, high school), Dance, and DAPE.**

- Once you graduate and start teaching, you have the opportunity to be nominated and recognized as a MNSHAPE teacher of the year!

## **4. Annual State Conference with CEU credits.**

- You will have the opportunity to attend the annual MNSHAPE conference where you can network, explore and learn new ideas or concepts from experienced HPE teachers, and so much more all while earning CEU credits.

## **5. Reduced rates to MNSHAPE sponsored workshops and clinics.**

- Being a member also gives you discounts on other workshops and clinics that are sponsored by MNSHAPE.

## **6. Regular email updates on professional issues.**

- Stay in the know with everything going on in your future profession.

## **7. Access to resources found on our website, [mnshape.org](http://mnshape.org)**

- FREE access to any and all resources on the MNSHAPE website.

## **8. Leadership and service opportunities on the MNSHAPE Board of Directors and/or committees.**

- Are you loving everything about MNSHAPE and want to become more involved? Having a membership allows you the chance to become a member on the MNSHAPE Board of Directors or any MNSHAPE committee.

If you have any questions or want more information about what MNSHAPE can do for you, feel free to contact the current Vice President of Future Professionals, Macayla Braun, at [macayla.braun@mnshape.org](mailto:macayla.braun@mnshape.org).

# Physical Education Division

*Darrell Salmi and Annika Culver*

We are very excited to present the Physical Education portion of our year long MNSHAPE Rise Conference on February 11th and February 18th! Both days promise to be outstanding with tremendous teacher presenters and relevant topics. Be sure you have a current [membership](#) and get the dates on your calendar because you do not want to miss out on this free conference. See you there!

## Here's the presenter lineup for Thursday, February 11:

**Presenter:** Kelly Zerber **Title:** Teaching Dance to Your Own Beat! **Time:** 4:45-5:15

We aren't all natural dancers, and that is okay! You can teach rhythms in so many different ways. Come check out some creative and fun activities and dances to bring rhythm and music into your PE classes.

**Presenter:** Tom Horner **Title:** SEL in All PE Learning Models  
**Time:** 5:15-5:50

Explore fun ways to engage middle and high school students through in person, hybrid, and distance learning models. Identify new ways to teach SEL skills in the physical education setting.

**Presenter:** Ryan Johnson **Title:** Establishing Your Coaching Identity **Time:** 5:50-6:20

In this lecture, Coach Johnson will describe some of his observations of coaching and how his Identity has evolved over time. As we mature in the profession and develop our style, philosophy, and identity we will see that it can change and grow. Coach Johnson will share his thoughts and feelings on the integration of behavior management and soft skill development and how factors such as these are just as vital to coaching as are the physical outcomes.

**PHYSICAL EDUCATION  
CONFERENCE**

**MNSHAPE  
RISE**

*Teaching Learning  
To Think On  
Their Feet*

**KELLY ZERBY**  
Dance to your Own BEAT

**FEB. 11  
4:30-6:15  
SIGN UP TODAY!  
MEMBERSHIP  
REQUIRED**

**TOM HORNER**  
SEL  
(Social/ Emotional Learning)  
2019 HS PE  
TEACHER OF THE YEAR

**RYAN JOHNSON**  
Establishing your  
Coaching Identity



## Here's the presenter lineup for Thursday, February 18:

**Presenter:** Kristi Mally **Title:** Playful Experiences in Dance **Time:** 4:45-5:15

Join this interactive session to learn how to create *playful dance experiences that support an emotionally safe space where students connect, think, and move with one another.*

**Presenter:** Mark & Becky Foellmer **Title:** Flippity in HPE **Time:** 5:15-5:50

Please join us as we explore the many ways Flippity can become part of your teacher tool belt and assist you in delivering lessons to your students. Some of Flippity's features are team and group pickers, curriculum review tools and games, instant activity options and even badge systems to motivate your students. Come learn all that Flippity has to offer teachers - all entirely free.

**Presenter:** Randy Spring **Title:** Reci-PE for Success - What's on Your P.E. Plate?

**Time:** 5:50-6:20

What are you cooking, how are you cooking it, and are your customers satisfied? From the appetizer, main course, dessert to the table we put it on, learn what our Reci-PE is for daily success and satisfied customers in our physical education program. Reflect on your own Reci-PE's, to make sure your students leave your table filled, but hungry for more!

**PHYSICAL EDUCATION CONFERENCE**

**MNSHAPE RISE**

Teaching Learners To Think On Their Feet

**KRISTI MALLY**  
Playful Dance

**FEB. 18**  
**4:30-6:15**  
**SIGN UP TODAY!**  
**MEMBERSHIP REQUIRED**

**RANDY SPRING**  
Reci-PE for SUCCESS!  
2020 MNSHAPE  
Elementary PE Teacher  
of the Year

**MARK & BECKY FOELLMER**  
Flippity App in HPE

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

## Looking Back, Moving Forward!

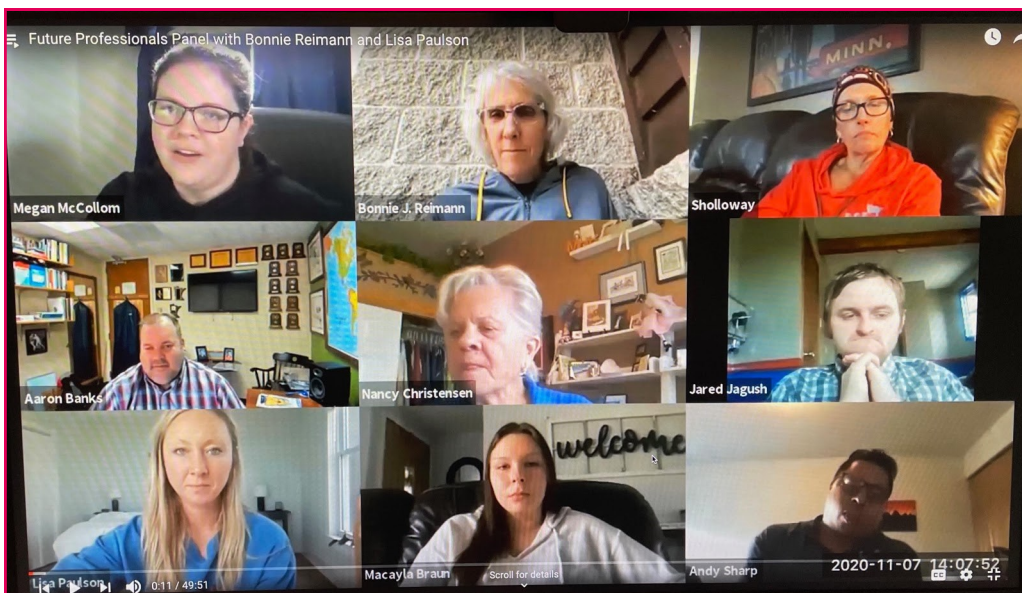
*Dr. Aaron Banks (Higher Education, Gustavus Adolphus College)*

Winter greetings from your higher education representative, Dr. Aaron Banks (Gustavus Adolphus)! Looking back, much thanks go out to Dr. Bonnie Reimann (Gustavus Adolphus College) for two years of exceptional service to the Higher Education division of the MNSHAPE board! Moving forward, welcome to the newly elected representative of the Higher Education division, Dr. Amber Fryklund. Dr. Fryklund is new to the MNSHAPE board and serves future professionals at Bemidji State University!

Looking back, it is hard to believe that we have been in, out, or somewhere in the middle of quarantine for nearly a year. The past 12 months have challenged those working within higher education to prepare future professionals for an altered world of teaching. Zoom meetings, digital etiquette, synchronous vs. asynchronous meetings, lesson planning for online delivery, and technologically driven assessments have provided opportunities for continued growth. Although our traditional methods and strategies were altered, the primary purpose of what we do remains: to create healthy and physically literate individuals through intentional education. I would like to thank all of the wonderful teachers that have helped guide us and our future professionals over the past year. Your assistance, suggestions, modeling, and words of encouragement are more appreciated than ever!

Looking forward, I thought it necessary to highlight some important events that continue to inform our daily actions as health and physical educators. This edition of Loon Lines is intended to provide a brief, yet motivational, respite as we patiently await vaccine administration and the cessation of the pandemic. On to the highlights....

**2020 Fall Conference** – Different than in years past, the 2020 MNSHAPE Fall Conference was delivered using an online format (see photo). The Higher Education division worked with the Future Professionals division to deliver an interesting session. A panel of veteran and first year teachers was assembled to discuss “advice from the trenches”. The ultimate goal was two-fold: to consider hiring practices so that our future professionals successfully land their first job, and to promote personal wellbeing during the first years of one’s teaching career. Prior to the session, each panelist completed an online survey. Data was collected and results were used to lead the discussion. Important topics discussed included job interview questions, the benefits of membership within one’s professional organization (state and/or national), and how to build resiliency during the “ups and downs” of the first teaching years. Watch the online session [here!](#)





**Black History Month** – February brings one of the most celebrated cultural heritage months of the calendar year! Black History Month is a federally recognized celebration of the countless contributions that African Americans have made to our shared democracy. February provides an important opportunity for schools and teachers to reflect on the continued struggle for racial justice and equality. In a year where a deadly virus took the lives of 400,000+ Americans, racial divides and simmering resentment exploded following the deaths of George Floyd, Breonna Taylor, and others. Whatever it may look like, do your part to celebrate and promote diversity, equity, and inclusion.



**American Heart Month** – With all of the challenges happening in the world this past year, many American's are struggling to maintain their health. The continual lock-down or lay-low periods have increased sedentary behaviors while decreasing social interaction. While I might be preaching to the choir, neither is good! Heart disease is the leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, smoking, or being overweight. Furthermore, feeling connected to others and having positive, close relationships benefit one's overall health, including blood pressure and weight. As an educator, you have the perfect opportunity to promote heart healthy behaviors! For some great teaching ideas, check out this [site!](#)

About

**232,000**  
people in Minnesota  
have coronary  
heart disease.



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

**Learn more at [hearttruth.gov](http://hearttruth.gov)**

Source: CDC Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2019.



## “What We Have Learned About Teaching PE Remotely”

*Lisa Paulson (Rahkola) and Deb Van Klei*

Many issues have come up while teaching PE remotely. One of the biggest issues has been physical education has become a low priority in many schools during distance learning, especially at the early primary grade levels. Physical education and physical activity are now more important than ever. Advocate for your program and your students. Advocate, advocate, advocate!

The second issue has been students not showing up or engaging in their distance learning physical education class. There has been a variety of expectations in schools across the state, the extremes are zooming with every one of their classes to posting an assignment with the expectation the student isn't required to complete it. Finding ways to engage students in distance learning can be difficult. Students get bored when the same old stuff is offered again and again. Trying to keep things fresh by offering variety and novelty along with making sure your students see “your face” can make all the difference. Another idea is to break up assignments into 5-7 minute pieces or even short activity breaks of 1-3 minutes. This will give students their “brain boosts or breaks” and get them away from their screens and sofas.

A third issue is many teachers started the school year in the distance learning model and may not know their students. Videoconferencing can help you get to know your new and returning students online. If you are not required to zoom, check in with your students weekly, biweekly, during their homeroom morning meetings or establish your own zoom office hours. It is important to make or keep a connection with your students. Online teaching's benefit is that we get to see our students in a new light and you may get a small glimpse into their lives, meeting their pets during a zoom call or seeing their backyard skating rink.

And lastly, equipment disparities have been an issue while trying to teach remotely. Not all of our students have access to the same equipment at home so we have had to be creative with equipment, using sock balls or making a paddle out of a paper plate or book. Some teachers were able to have a PE bag of equipment for each student to use for remote or in person learning.

As educators, these four issues have challenged us as we teach physical education remotely. We asked some teachers what was working well during remote PE, what improvements could be made during remote teaching and what they wished they had done differently. Here are their responses.

### “What’s working well for you?”

- Making personal connections with the Zoom participants and taking time at the beginning of the lesson to connect with each student. Also, asking students questions and allowing them to talk a little.
- Starting the lesson by recognizing the students and making them feel important.
- Doing LIVE virtual workouts that involve them. “Wheel of names” created excitement that

*(Continued on page 13)*



(Continued from page 12)

- their name would get picked. Rock, Paper, Scissors Fitness where I would play every student once. *When they are personally engaged in the lesson, they get more out of it.*
- Upload the skills videos onto Seesaw so they can look back at it and do it on their own time if they can't stay on for the whole Zoom session.
  - Providing verbal comments/feedback vs. written comments/feedback. The students responded better to my voice, by using an audio file or sending feedback with a video file. For younger students, they can't read the comments so they would respond better when it was a video comment.
  - DAPE in distance was not great; if the parent/caregiver was engaged then students had more fun, activity & success.
  - Use of the MN PE benchmarks and Peardeck and meeting with my middle school and DAPE students synchronously. (Middle School and DAPE)
  - Relationship building was key for me. Greeting students and engaging them was important. I also used a Mystery Box that had an item in it and would give clues to the students throughout the lesson and then they would guess what's in the box at the end of class.
  - Having a mindful minute and yoga pose at the end of class helped the students focus and they looked forward to ending our lesson this way.
  - I created seesaw lessons using bitmojis. The students loved this.
  - Meeting with my students during their homeroom morning meetings biweekly, they were so happy to see the specialist teachers. We are a 1:1 iPad school so each student had their own iPad to take home.
  - Using student choice in some assignments, I seemed to get a better response with those assignments.

## **“What improvements would you make?”**

- I could have done a better job at the beginning of distance learning, teaching and training them how to record their skills on an iPad. I had to send back a lot of videos because I couldn't see the student performing the skill.
- One positive item I observed with hybrid instruction was a student who would not engage with his full class of peers, was more comfortable engaging with the smaller group during hybrid instruction. This way, he was able to play and participate with his peers and he was not afraid to try new activities.
- I would make lessons on google meets required. We were unable to require them with families having only 1 computer per household.
- Finding more ways for kids to talk more and engage more. (Middle School and DAPE)
- I thought it was hard at times when upper elementary students wouldn't have their cameras on. I would maybe have them all create a virtual background and have a background that was all the same and then maybe more cameras would be on.
- I would like to learn more about creating a virtual bitmoji classroom.
- I would have created and used videos with me explaining my assignments along with the written posts.

(Continued on page 14)

(Continued from page 13)

**“I wish I would have . . .”** (finish this statement)

- Reached out to students that were not getting on Zoom. I never had 100% participation and I wish I would have made a conscious effort to reach out to those students more.
- Had more technology tools/knowledge going into the pandemic.
- Having a platform all school uses—seesaw. (Elementary)
- I wish I would have more training on how to use the seesaw platform. Had a list of resources readily available to teach an online physical ed curriculum. (Elementary)
- Created more opportunities for kids to talk and engage more. (Middle School and DAPE)
- Learned more about how to use the chat rooms and other options on Zoom.
- Been able to get equipment to the DL learners.
- Been able to create a more streamlined CANVAS pages/assignments.

Physical educators are resourceful, creative, flexible and have gone above and beyond during the pandemic. MNSHAPE is proud of all of you and what you are doing for students in Minnesota. Keep up the good work!

**Resources used during distance learning:**

- <https://openphysed.org/>
- <https://www.gophersport.com/resources/physical-education-site-resources>
- <https://www.shapeamerica.org/covid19-resources.aspx>
- [https://www.youtube.com/results?search\\_query=coach+wod](https://www.youtube.com/results?search_query=coach+wod)
- [https://www.youtube.com/results?search\\_query=physed+zone](https://www.youtube.com/results?search_query=physed+zone)

**Resources for remote learning:**

- <https://www.ssw.com/blog/virtual-learning-how-to-guide-for-pe-teachers/>
- <https://blog.shapeamerica.org/2020/04/much-ado-about-remote-learning-in-health-and-physical-education/>
- <https://www.gophersport.com/blog/tips-for-teaching-pe-in-a-virtual-setting/>

## COVID-19 Resources for Physical Education and Physical Activity in Minnesota

**NEW!!!** MDE and MNSHAPE just launched a new set of videos that provide the most recent COVID-19 guidance related to physical education and physical activity from the Minnesota Departments of Health and Education, the Centers for

Disease Control and Prevention and SHAPE America. Videos include:

- COVID-19 Health and Safety Guidance for Physical Education
- COVID-19 Trauma Sensitive Guidance for Physical Education
- COVID 19 Considerations for Physical Activity
- COVID-19 Guidelines for Participation in Youth Sports

Find the videos on the [MDE Updates page](#) on the [MNSHAPE](#) website.

## Dance Division

*Liz Parr-Smestead, Joe McCarthy (@JoeMcCarthy09)*

Don't miss the next MNSHAPE/#MNSHAPERISE, on 2/11 & 2/18, (Physical Education Presenters) from 4:30 - 6:15 pm. Free registration/membership required. Check out @MNSHAPE for details.

**DON'T FORGET!**

to include DANCE



### **Benefits of Dance:**

- Improves cardiovascular health
- Improves balance and strength
- Gentle on your body
- Boosts cognitive performance
- Challenges your brain
- Is inclusive
- Can be social
- Helps boost your mood

Dance helps reduce stress, increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition.

### **Here are just a few web sites to find Dances:**

- Just Dance
- Cosmic Kids Yoga
- Kidz Bop Dance Along
- GoNoodle Kids
- Koo Koo Kangaroo

Check out <https://www.mnshape.org/> for more details

**MNSHAPE Rise - February 11**

**Meeting Link:**

<https://fhda-edu.zoom.us/j/99540275287?pwd=ZEpIVU5Bem56QzRLUnZLYStDWE8rZz09>

# Changes in Guidance for Physical Education in 2021

Mary Thissen-Milder, PhD



There have been some changes regarding health and safety requirements for in-school and hybrid physical education class beginning in January, 2021. The

Minnesota [Safe Learning Plan for the 2020-21 School Year](#) now identifies that face coverings must be worn when engaging in indoor physical activity (e.g., during indoor recess, indoor physical education class, or when exercising in a gym). For early learning and elementary schools only: all special lessons must be held in the classroom or outside (weather permitting) however, physical education classes that cannot operate in the classroom may continue to be held indoors outside of individual classrooms so long as students and staff are wearing face coverings.

It is strongly recommended that districts and charter schools require staff to wear face masks and face shields together whenever possible during the school day. School districts and charter schools should strongly consider the following as the only exemptions for their masking and face shield requirement policy:

- When staff are serving students in settings where seeing a person's lips is necessary, staff are strongly encouraged to wear a clear face mask in addition to the required face shield. If they do not have access to a clear face mask, they can choose to only wear the required face shield.
- When staff are providing direct services that require close, physical, and prolonged contact, schools should follow MDH's [Guidance for Delivering Direct Student Support Services: Staff Protective Equipment](#).
- When staff are performing duties in which a face mask and a face shield worn together are creating a safety concern (e.g. visual impairment while operating a vehicle, working in a kitchen, lab etc.), staff may choose to only wear the required face mask.
- For additional information regarding when a face shield (a clear plastic barrier that covers the face) may be used as an alternative to a face covering see MDH's [2020-21 Planning Guide for Schools: Health Considerations for Navigating COVID-19](#).

The following masking exemptions are identified in the [Minnesota Department of Health COVID-19 Sports Practice Guidance for Youth and Adults](#) during the following activities:

- For gymnastics, if there are concerns about safety in regards to choking or the face covering getting caught on objects, athletes (students) may temporarily remove the face covering during activities such as tumbling/stunting/flying or on certain apparatuses. However, athletes (students) must wear face coverings for all other practices and routines.

(Continued on page 17)



*(Continued from page 16)*

- Individuals (students) who swim/dive/participate in water sports should not wear a cloth face covering while they are in the water.

Two other activities are also identified as masking exemptions from the Minnesota Department of Health, but are not pertinent to a general education physical education curriculum: cheerleading and wrestling.

For further information on wearing face coverings during sports activities please see the following guidance: [American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports](#).

All other previous guidance regarding social distancing, equipment, sanitation, hygiene, dressing out, use of locker rooms and activity selection based on risk remain current. Information for all of these topics can be found on the #MNSHAPERISE MDE ZOOM recorded session at [https://youtu.be/KHZhb6\\_N1zU](https://youtu.be/KHZhb6_N1zU).

For questions, please contact Mary Thissen-Milder, PhD, Minnesota Department of Education Physical Education Consultant, at [Mary.Thissen-Milder@state.mn.us](mailto:Mary.Thissen-Milder@state.mn.us).

## DAPE News

*Pete and Jen*

The University of Minnesota Duluth is now offering a new minor in the field of Physical Education! DAPE will now be offered and has started this semester with 5 students enrolled. These class courses will be taught by Dr. Daehyoung Lee, an Assistant Professor from Seoul, South Korea. According to Dr. Daehyoung, this minor will require prospective students to take 29 credits to earn this degree.

Other News: Save the date of April 8th, 2021 as MN SHAPE will be hosting another Thursday afternoon session via Zoom that will focus on the current issues of DAPE. Please register to participate in this great opportunity of learning and sharing!

MN DAPE Updates: The group has started to plan for the Fall Conference of 2021. Please check with the MNDAPPE.org website for further details and conference proposal form to share your knowledge with others!

DAPE IN The Backyard is also being planned at this time. Be looking for emails from the MNDAPPE group for details of this event.

Take care!

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## MNSHAPE HAS A NEW LOOK!!!

MNSHAPE has a new look and will provide you, our members, with much more. We have gone with a new program – memberclicks. Using this new website will allow you to log in and manage your member profile, renew your membership, register for events, track CEU credits, engage with other members, and access your member benefits that were previously mentioned. We'll use this platform to communicate with you about all of the important things going on within the society, so be sure to check back often. The new site is mobile – friendly, too, so you can easily access it from your phone or tablet. We will be offering a tutorial very soon to show you just how much you can do with this new program. More to come!!!

## Recognition and Awards

MNSHAPE presents awards in several categories at the Fall Conference, including Minnesota, District and National Awards. The MNSHAPE Recognition Committee requests that each MNSHAPE member have input into the selection of our award recipients.

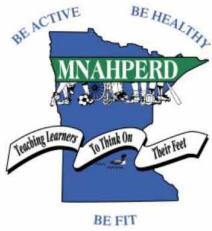
Nominees must be MNSHAPE members, may not be a previous recipient of the award, and must have given outstanding services or contributions in their field of teaching or supervision.

Please take a few minutes to complete the google nomination form or download a hard copy and send to Megan McCollom, postmarked by **April 15<sup>th</sup>**. You may nominate yourself for an award.

Go to our webpage and click on **Recognition and Awards**. It is that easy. Here are the awards we present each year at our conference:

- **Lou Keller Award** – honors and recognizes outstanding service by a college or university professor in health, physical education, recreation or dance.
- **Paul Schmidt Award** – honors and recognizes services and contributions given by an elementary or secondary teacher or supervisor in health, physical education, recreation or dance.
- **Carl Knutson School Health Award** – honors and recognizes outstanding contributions to school health given by a MN health educator.
- **George Hanson Developmental Adapted Physical Education Award** – honors and recognizes outstanding contributions by a teacher or other professional worker in the DAPE profession.
- **Carolyn “Dolly” Strumbel Distinguished Service Award** – honors and recognizes a significant professional retiree who has been a MNSHAPE member for at least 10 years.
- **Aquatics** – honors and recognizes outstanding service and contributions in aquatics.
- **Teachers of the Year** – The purpose of these awards are to honor and recognize outstanding services and contributions in Adapted Physical Education, Elementary School Physical Education, Middle School Physical Education, Secondary School Physical Education, Health Education, and Dance by a school teacher who is a member of MNSHAPE. State winners go onto compete at the district level and hopefully national level if members of SHAPE America.
- **Health and Fitness Advocacy Award** - This award is given in recognition of outstanding contributions in the promotion of health, physical education, recreation and dance by an individual or organization outside the teaching profession.

**YOU KNOW THESE DESERVING AWARD RECIPIENTS,  
NOMINATE YOUR COLLEAGUES TODAY!!!**



**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 work \_\_\_\_\_

School District in which you work \_\_\_\_\_

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

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

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

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

# of years in HPERD Profession \_\_\_\_\_

**Areas of responsibility (circle all that apply):** Advocacy, Agencies, Aquatics, Athletics, Curriculum, Dance, DAPE, Exercise Science, Health, Recreation, Retired, Physical Education, Sport Management, Other: \_\_\_\_\_

**Level of responsibility (circle one):** Community College/University, Early Childhood, Elementary, Middle School/Junior High, High School

**Membership Categories** (select one)

- |                     |   |
|---------------------|---|
|                     | Membership Fee (annual/includes processing fee)                     |
| Professional Member | <input type="checkbox"/> \$50.00                                    |
| Student Member      | <input type="checkbox"/> \$35.00 College attending full-time: _____ |
| Retired Member      | <input type="checkbox"/> \$35.00 Year Retired: _____                |

**Payment Method**

- Personal Check (**Make check payable to MNSHAPE**)
  - Institutional Check (**Make check payable to MNSHAPE**)
- Or you may call with credit card information – 281-847-9796 or 701-306-8032**

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](mailto:nancy1485@gmail.com)

# MNSHAPE

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



WWW.MNSHAPE.ORG

## Loon Lines

February 2021

### 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>	Tom Roberts	<a href="mailto:tom.roberts@mnshape.org">tom.roberts@mnshape.org</a>
<b>President Elect</b>	Derek Picha	<a href="mailto:derek.picha@mnshape.org">derek.picha@mnshape.org</a>
<b>Past President</b>	Lisa Smith	<a href="mailto:lisa.smith@mnshape.org">lisa.smith@mnshape.org</a>
<b>Treasurer</b>	Karen Nash	<a href="mailto:karen.nash@mnshape.org">karen.nash@mnshape.org</a>
<b>Secretary</b>	Vicki Johnson	<a href="mailto:vicki.johnson@mnshape.org">vicki.johnson@mnshape.org</a> <a href="mailto:vjohnson@arvig.net">vjohnson@arvig.net</a>
<b>Executive Director</b>	Nancy Christensen	<a href="mailto:nancy1485@gmail.com">nancy1485@gmail.com</a> <a href="mailto:nancy.christensen@mnshape.org">nancy.christensen@mnshape.org</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).