

Loon Lines

VOLUME IV, ISSUE II

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

MAY 2015

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS



Sue Tarr

Message from the President

Happy May Day! I hope you and your students have been enjoying a GREAT Minnesota spring! As the school year is rapidly coming to a close, I wanted to share some of the exciting events that have recently occurred in our profession during the past few months:

- Per usual, I was able to attend some GREAT professional development sessions (e.g., Supporting Students with Disabilities in General and Adapted Physical Education; Engage/Activate/Advocate General Session; Teaching and Learning I (poster session); Major of the Year Award Ceremony and Reception; PE Metrics: The Next Generation; Reframing our PETE Program: The move to an internship Program) at the Seattle SHAPE America National Convention.



St. Cloud State University Health/Physical Education Major of the Year Haley Sprenger

- I also attended the Delegate Assembly on behalf of MN SHAPE.

- I also participated in the March 25, 2015 Minnesotans for Healthy Kids Coalition Lobby Day at the State Capital in St. Paul. This was such an AWESOME experience Talking with my senator and representative about the importance of physical education for Minnesota kids was quite moving! I would STRONGLY encourage all MN-SHAPE members to participate in this lobby day in 2016 or the National Speak Out Day in Washington, DC to lobby with our MN elected officials.



Lobby Day

- I would STRONGLY encourage ALL MN health, physical education, and DAPE teachers to attend the SHAPE-America convention in Minneapolis: April 5-9, 2016 – no excuses since it is our own backyard!

Upcoming news:

- MN DAPE fall conference is September 24-25, 2015 at Camp Friendship (Annandale): this will be our 40th year of hosting this conference – please join us for some EXCITING professional development!

- MN SHAPE fall conference is November 13, 2015 at Wayzata High School: we are planning for a jam-packed day of professional development! Session proposals are due May 31, please complete the proposal form at: <http://goo.gl/forms/4HebOhz1Lb>

Just a gentle reminder: let's get out there and advocate for our schools' health, physical education, and DAPE programs; our students' lives depend on US! Follow us on: twitter (@mnshape, @mndape, @shape_america); facebook: MN-SHAPE

I am honored to serve MN-SHAPE as your President. Please contact me (sjtarr@stcloudstate.edu) with issues, projects, or questions about Health, Physical Education, DAPE, Recreation, & Dance.



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Message from the President-Elect

Mike Doyle

Some very exciting things have been happening in the federal and state legislators in the last few months. In early April the United State Senate HELP (Health, Education, Labor, and Pensions) Committee passed a new version of the Elementary and Secondary Education Act known as the Every Child Achieves Act. This would finally take the place of No Child Left Behind which has been around since 2001. Most importantly the Every Child Achieves Act includes Physical Education as a core subject.

The following is from page 529 of the Every Child Achieves Act:



“(11) CORE ACADEMIC SUBJECTS.—The term ‘core academic subjects’ means English, reading or language arts, writing, science, technology, engineering, mathematics, foreign languages, civics and government, economics, arts, history, geography, computer science, music, and physical education, and any other subject as determined by the State or local educational agency.”;

Everything after the word geography is new in this legislation. This is a huge step in the right direction for Physical Education nationwide because it puts our subject area in the same sentence as the others. This tells administrators, superintendents, and school boards that Physical Education is just as important as the other subject areas in our schools. This also gives Physical Education access to Title I and Title II funds that can help pay for professional development for teachers. The Every Child Achieves Act also keeps funding the same for the PEP grants. The journey is not over yet. It has passed the HELP Committee but it still needs to pass a full senate vote to become law. Minnesota Senator Al Franken is a member of the HELP Committee that helped get the bill this far and has been very supportive of Physical Education. We now need to make sure that Senator Amy Klobuchar supports the Every Child Achieves Act when it goes to a full vote in the Senate. I would like to thank everyone that emailed, tweeted, or called Senator Al Franken’s office back in early April when the Every Child Achieves Act was being marked up.

Here in Minnesota we have also had good news lately with HF 844 The Omnibus K-12 education policy and finance bill. Because of all the efforts of the people that participated in the Healthy Kids Coalition Lobby Day on March 25th Physical Education has been added to many parts of the new Education Bill.

Here are the new additions to the HF 844:

53.12 (c) *The department must adopt the most recent National Association of Sport and
53.13 Physical Education kindergarten through grade 12 standards and benchmarks for physical
53.14 education as the required physical education academic standards. The department may
53.15 modify and adapt the national standards to accommodate state interest. The modification
53.16 and adaptations must maintain the purpose and integrity of the national standards. The
53.17 department must make available sample assessments for school districts to assess students'
53.18 mastery of the physical education standards beginning in the 2018-2019 school year.*

53.23 *Subd. 3. Rulemaking. The commissioner, consistent with the requirements of
53.24 this section and section 120B.022, must adopt statewide rules under section 14.389 for
53.25 implementing statewide rigorous core academic standards in language arts, mathematics,
53.26 science, social studies, physical education, and the arts.*

54.29 (g) *The commissioner must implement a review of the academic standards and
54.30 related benchmarks in physical education beginning in the 2024-2025 school year and
54.31 every ten years thereafter.*

55.14 *Subd. 2. Teachers. Physical education must be taught by teachers who are licensed
55.15 to teach physical education. A physical education teacher shall be adequately prepared
55.16 and regularly participate in professional development activities under section 122A.60.*

56.1 *Subdivision 1. School performance reports. (a) The commissioner shall report
56.2 student academic performance under section 120B.35, subdivision 2; the weekly
56.14 amount of time students in kindergarten through grade 8 are scheduled to spend in physical
56.15 education class, the percent of students in kindergarten through grade 12 who receive a
56.16 passing grade in physical education, and the number of required physical education credits
56.17 high school students must complete to graduate;*

HFF 844 has passed all of the Education Committees, but is still waiting for a full vote from the MN Senate and MN House before it becomes law. Let's keep our finger crossed that the Physical Education language stays intact.

I would also like to thank everyone that participated in our MNSHAPE regional workshop at Bemidji State University on May 2. Especially to Shannon Norman, Lindsay Leko, Megan McCollom, and Tara Storts for leading presentations and to everyone else that attended that also share their ideas about quality Physical Education. It was great to start up a free workshop in the northern part of the state and by next year we will be hosting free workshops in the northern and southern parts of the state.

Finally I would like to be sure that everyone is aware that this fall will be the 40th Annual MN Adapted Physical Education Conference at Camp Friendship in Annandale, MN on September 24-25. Featured speakers included Dr. Amanda Stanec from St. Louis, Dr. Ron Davis from Texas Women's University, 2014 SHAPE America Dance Teacher of the Year MacKenzie Mushel from Colorado, and 2015 SHAPE America Adapted Physical Education Teacher Of the Year, Greg Lukshaitis from Oregon. This will be a very memorable conference that you do not want to miss. Information, program proposal forms, registration forms, and speaker bios can be found at www.mndape.org

www.mndape.org

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

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

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

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

<http://truefriends.org/>

**Conference
Details**

Professional Cost: \$175.00
includes conference, lodging & meals (no purchase orders).

Post deadline cost: **\$200.00**

Undergraduate Student Cost: \$50.00 includes conference, lodging & meals. Post deadline cost: **\$60.00**

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

Registration Questions:

Contact Rich Burke at
richard.burke@
moundsviewschools.org

Conference Questions:

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

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

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

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

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

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

Featured Speakers include:

Greg Lukshaitis—2015 SHAPE America Adapted PE Teacher Of the Year (Oregon)

MacKenzie Mushel - 2014 SHAPE America Dance Educator Of the Year (Colorado)

Dr. Ron Davis—Professor of Adapted Physical Education at Texas Woman's University

Participants receive *Continuing Education Units* in the following areas:

- 1) Differentiation, 2) Mental Health, 3) Positive Behavior, 4) Reading, and
- 5) Technology Integration

2015 MN DAPE Conference Registration Form (Clip and Mail)

Name: _____

Email: _____

Home or Cell Phone: _____

Home Mailing Address: _____

City: _____ State: _____ Zip Code: _____

School District: _____

School Address: _____

School Phone: _____

What percent of your teaching contract is DAPE? _____

What percent of your teaching contract is PE? _____

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

Make check payable to: **MN DAPE Leadership Committee**

Send registration form & check by **September 11, 2015** to:

Rich Burke
15706 Highland Heights Dr.
Minnetonka, MN 55345

Minnesota Developmental Adapted Physical Education (DAPE)



40th Annual Fall Conference – September 24 & 25, 2015



PROGRAM PROPOSAL DUE June 15, 2015

Name(s) _____
(If more than one person is presenting a session, please include all addresses in email message)

Lead Presenter Work Address: _____ Lead Presenter Home Address: _____

Work Phone: _____ Home Phone: _____

Work Email: _____ Home Email: _____

Presenter(s) Biography: Information for booklet and introduction of speaker:

Title of Presentation:

Description of Presentation:

Type of Presentation: Lecture/Classroom Active Participation/Large Space

Audio Visual Requests (LCD Projectors will be supplied):

****\$50.00 stipend will be given per presentation session****

Please email proposal to: Mike Doyle michael.doyle@wayzata.k12.mn.us

Do You TABATA?

Mary Cappel

What is Tabata? A high intensity interval training method developed by Dr. Izumi Tabata, and made famous by the Japanese Olympic Speed Skating Team. It is a 4 minute protocol involving 8 rounds of intervals—20 seconds of activity followed by 10 seconds of rest. Results have been proven to be found in both the aerobic and anaerobic systems when using this method.

Pete Driscoll, an elementary physical teacher at Hartland Elementary School in Hartland, Vermont, presented a very popular, high-energy session at SHAPE America 2015 in Seattle on his program Tabata Kids. Participants were led through a wide variety of applications using the 20-second on, 10-second off method. High intensity activities, locomotor movements, jump rope skills, warm-ups, and even assessment opportunities were all practical examples of Tabata use. Pete has used Tabata in his classes for several years, and his students love it! Brain research led him to see the potential for increased cognitive capacity in students using Tabata in classroom activity breaks as well, which he piloted in his wife's classroom to great success. Finally, Pete's brother Jay, who is a professional musician, created music specific to the Tabata interval timing, including coaching cues to help the listener through the starts and stops of the intervals.

The Tabata method is easy to learn and apply, practical in many settings, and highly motivational for students of all ability levels. If you are interested in checking out the Tabata Kids system, visit www.TabataKids.com, contact Pete Driscoll at pete@tabatakids.com, and the Tabata Kids music can be found on iTunes, Amazon MP3 and Google Play.

2015 Call for Conference Program Proposals

The conference committee invites you to submit a presentation proposal for the 2015 MN SHAPE State Conference which will be held again at Wayzata High School, Plymouth, MN November 6, 2015. Presenting during the annual conference provides you with state recognition at a major conference. By featuring you and your peers as presenters, MN SHAPE provides professional practitioners and students with exemplary practical applications and networking opportunities.

Please visit our website to review the proposal or use the one right here in this addition of the Loon Lines. If you have any questions, please feel free to send an email to Amy Hinkemeyer at amyhinkemeyer1@gmail.com or Nancy Christensen at nancy1485@gmail.com.

MN-SHAPE Teaching Learners to Think on their Feet
 2015 Fall Conference
Program Proposal
 November 13, 2015 • Wayzata High School
www.mnahperd.org

NAME:

MAILING ADDRESS:

CITY: _____ **STATE:** _____ **ZIP:** _____

WORK PHONE: _____ **CELL PHONE:** _____

EMAIL: _____ **SUMMER EMAIL:** _____

BRIEF BIOGRAPHY (Info to introduce speaker(s):

TITLE OF PRESENTATION:

DESCRIPTION OF PRESENTATION: *(Word Limit 50)*

ROOM PREFERENCE: GYM CLASSROOM WEIGHT ROOM AUXILIARY GYM/DANCE
Circle the one that best applies.

PREFERRED AUDIENCE: PE ELEMENTARY PE MIDDLE SCHOOL PE HIGH SCHOOL TECH
Circle all that apply. HEALTH DAPE DANCE HIGHER ED OTHER _____

I prefer that my presentation NOT be recorded by conference attendees.

Presentation Information:

All presenters must be current members of MN SHAPE or other state organizations and be registered for the conference. All presentations should be 50 minutes in length. Please note that Honorariums will NOT be offered for the 2015 conference, but a special gift will be awarded.

Please mail or email form to:
 Amy Hinkemeyer
 150 Spruce Street
 Kindred, ND 58051
amyhinkemeyer1@gmail.com

Program proposals must be received by
May 31, 2015. If you do not receive
 confirmation of receipt, please resend.

Looking for Dance Resources or Ideas for Dance(s)?

Heidi Mattinen, VP Dance Division

Cyndee Johnson, VP Elect Dance Division

- If you ever need an idea for a dance or rhythms activity don't hesitate to check out Chad Triolet's or Ben Pirillo's youtube channels. Between the two of these physical education teachers you will have a lot of dances to have fun with in your physical education classes. Afraid to teach dance, just have the students follow along with these awesome physical education teachers using a projector and laptop/computer.
- The 2014 SHAPE America's Dance Teacher of the Year, Mackenzie Mushel, has a great professional development website for teachers interested in dance. She just added videos of dances to "Shake it Off" and "Uptown Funk". Check out her website at: <https://sites.google.com/a/psdschools.org/dance-4-all/home>
- SPARK has been sponsoring free webinars once a month and Mackenzie Mushel did a dance webinar, in the fall of 2014, called "Dance Like No One is Watching!" The webinar is available to view, for free, on SPARK's website (sparkpe.org). SPARK also has a new DVD and CD that would be a great resource for teaching dance. You can check it out at <http://www.sparkpe.org/announcing-sparkdance/>
- Lastly, PE Central has a great section on dance and there are always new dance lessons being added each year. Many of the newer submissions include videos of the dance steps. The newest dance is called "Dancing Directions" and it emphasizes directional movements. Find this dance and many more at pecentral.org
- Twitch from season four of So You Think You Can Dance, teaches another version to Bruno Mar's "Uptown Funk" song from the latest Madagascar movie. It's called the "Penguin Shake." You can find it on youtube by typing in (Penguin Shake Twitch).
- Another great way to get students familiar with dance is have a projector and big screen as they follow along to "Just Dance" versions of their favorite songs. Obviously check to make sure their choice selections are appropriate first. This has worked great for me when students have concerts and a different schedule and I end up having multiple classes in the gym at once for Physical Education.
- Any resources you would like to share, feel free to email them to the MN-SHAPE Dance Division at hmattinene@willowriver.k12.mn.us or cjohnson@esko.k12.mn.us or tweet Cyndee Johnson's [@Johnsoncjjgolfs](https://twitter.com/Johnsoncjjgolfs)

• Keep Dancing!

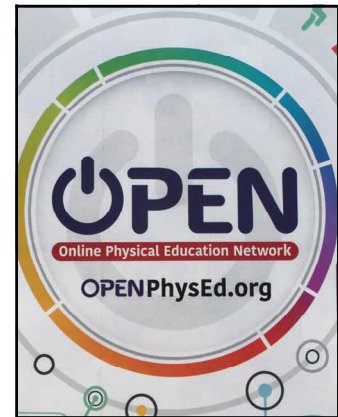
Online Physical Education Network

OPEN (Online Physical Education Network), an outcomes-based physical education curriculum with instructional tools created by teachers for teachers. This FREE resource is available to every teacher in every school, and is a public service of US Games.

The Development Council of OPEN is a high-powered group of leaders in our field—Aaron Banks, Artie Kamiya, Helena Baert, Jim DeLine, Joey Feith, Lori S. Dunn, and Nicolas Kline.

Included in each OPEN Module is:

- Module Overview
- Required Materials List
- Activity Plans (including teaching strategies, academic language tools and depth of knowledge questioning prompts)
- Lesson Plan Tools
- Academic Language Cards
- Station Cards
- Student Assessments
- Teacher Self-Evaluation



All curriculum documents are in a format allowing easy editing and customization. OPEN is a continual work-in-progress, where all teachers can contribute to the project by submitting activities and modules to the OPEN Development Council using templates provided.

This is a fabulous resource! Check it out at OPENPhysEd.org!

Set Them Up For Summer!!

Megan McCollom

You work hard all school year long to teach your students to value physical activity, why stop there? Creating a list of activities for your students to do over the summer is a very easy way to remind them how much they enjoy being physically active. By providing your students and their parents with a list of summer activities, you are giving them an opportunity to continue their growth within physical education. Many community centers, parks, and local businesses provide opportunities for children and their families to get out of the house and be physically active during the summer months. You can reach out to local places in your community in order to gather a list of summer events that are happening, then compile the list and send it home with your students. Make sure to include ideas for students and families who do not want to spend money or who may not have toys and equipment at home to use. Cities often have postings online about upcoming events that are family friendly for the summer as well. Help your students maintain what you have taught them throughout the school year by taking a few moments out of your day to put together a summer activities list.



SAVE THE DATE!!

MN SHAPE State Conference
November 13, 2015
Wayzata High School, Plymouth, MN

Featured Presenter
Paul Zientarsky

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

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

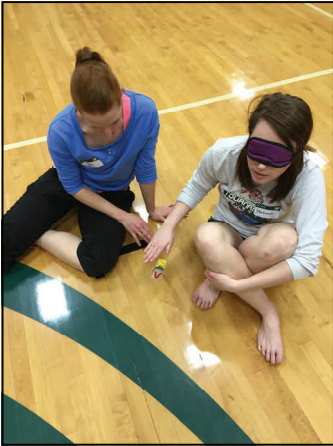
Paul has been awarded the “Healthy School Hero” by the *Action for Healthy Kids*. He has been inducted into the Athletic Hall of Fame at Quincy University and the Illinois Track Coaches Association Hall of Fame. He was appointed to the Illinois Stakeholder and Expert Task Force for Physical Education.

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

MN SHAPE is so proud to bring Paul Zientarsky, sponsored by Polar, to the 2015 MN SHAPE Conference, November 13, 2015.



Regional Workshop Highlights



Future Professionals who attended the National Convention



Minnesotan's for Healthy Kids Coalition Lobby Day

March 25, 2015

What a great day!!! Minnesotan's for Healthy Kids Coalition Lobby Day was held on Wednesday, March 25, 2015 with over 200 attendees in attendance at the Minnesota State Capitol.



This year's legislative priorities included:

- **Strengthen Physical Education** – Support strengthening Physical Education in Minnesota schools by requiring grade appropriate curriculum benchmarks, requiring 2 credits of Physical Education for graduation, and requiring Physical Education be taught by a licensed Physical Education teacher.
- **Active Transportation** – Support a statewide comprehensive multi-modal transportation package that includes significant new funding for active transportation.
- **Statewide Health Improvement Program Funding** – Maintain \$35 million in base funding for a statewide, long-term, sustainable SHIP program.

After introductions and welcomes from Ellie Beaver, ACS-CAN; Nancy Christensen, MN-SHAPE; Senator Scott Dibble; Representative Bob Dettmer; Matt Schafer, ACS-CAN; Rachel Callahan, AHA; Lt. Governor, Tina Smith; Eric Davis, Chief of Staff to MN Department of Transportation Commission; Dr. Ed Ehlinger, Commissioner of the MN Dept. of Health, attendees were placed in district groups to discuss the importance of the priorities listed above.

Then it was off to respective legislators to speak in a strong, unified voice about the importance of active living, physical activity and combating childhood obesity.



MN Health/Physical Education Majors of the Year



Sarah Wager & Haley Sprenger



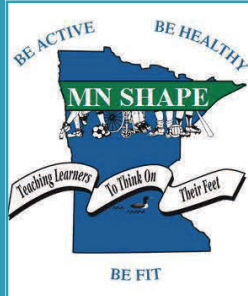
Call for Proposals is Open

SHAPE Minneapolis America 2016
national convention & expo

NATIONAL CONVENTION & EXPO APRIL 5-9

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

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



MN SHAPE

www.mnahperd.org

March 2015

LOON LINES

MAY 2015

MN SHAPE

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

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

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

MN SHAPE Executive Committee

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

The mission of the MN SHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email

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

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