



LOON LINES

May 2019

Volume VIII, Issue II

Message from the President

Sue Bremer



benchmarks, (hopefully you made it to one of the many trainings around the state) the end of the school year is a good time to start fresh in deciding how you are going to incorporate them into your curriculum.

SD. You can check out their website for more details. There are other workshops going on around the area too. We do hope that you have put October 17th and 18th on your calendar for next year's MN SHAPE Conference at Westonka H.S. We have some great speakers coming in!

The end of the year is also a time to reflect on your students and to think back on how you interacted with them. A card I received once said "Teachers make a difference in their students' lives long after the school year ends." I hope that you feel you made a positive influence in their lives, and if you can think of a few challenging ones, you may ask yourself, what could I have done differently.

I will leave you with one more reflective saying: "Watch your thoughts, for they become words. Choose your words, for they become actions. Understand your actions, for they become habits. Study your habits, for they will become your character. Develop your character, for it becomes your destiny."

Enjoy your summer.
Sue



If you are looking for professional development opportunities over the summer, SHAPE America is having a Social Emotional Learning Regional workshop in Sioux Falls,

As the school year comes to an end. Most of us are anxious for it to just get over. Many of the kids are checking out and anxious for it to be summer. As teachers we are anxious for summer too and to have vacations with our families and participate in our summer activities.

The end of the year is should also be a time to reflect back on our school year and think of the things we did well during the year and also to reflect on what we could improve. With the new Minnesota Standards and

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For more information about MNSHAPE, please visit our website at www.mnshape.org or the national site at www.shapeamerica.org.

JOIN TODAY AT WWW.MNSHAPE.ORG

It is time Minnesota! Implementing the I Can Do It! and PALA+ Programs

Lisa Smith, MNSHAPE President-Elect

As dedicated professionals who work tirelessly to improve the health and fitness of all students, we have been presented with an opportunity to implement the new I Can Do It! program (ICDI), a program released through the U.S. Department of Health and Human Services, (Administration for Community Living), in partnership with the U.S. Department of Education. This new program can and should be done alongside the The Presidential Active Lifestyle Award (PALA+) program so that ALL of our students have the opportunity to participate and be rewarded for their efforts!

[I Can Do It!](#) is an eight week school-based physical activity program designed to provide access, facilitate, and encourage opportunities for students with disabilities to be physically active for 60 minutes a day. ICDI is a customizable and inclusive health promotion model aimed at transforming the lives of individuals with disabilities. ICDI is centered on Mentor-Mentee relationships and weekly health-related goals. In ICDI programs around the country, ICDI Mentors (aged 16+, examples are peer students, education assistants, teachers, family members, guardians, etc.) and ICDI Mentees (participants with a disability aged five+) meet weekly to engage in physical activity, learn and practice healthy eating behaviors, and set health-related goals.

The [Presidential Active Lifestyle Award \(PALA+\)](#), is also an eight week program that promotes physical activity and good nutrition, because we all know it takes both to lead a healthy lifestyle! Students

need be age 6 and older to sign up for PALA+. Participation in PALA+ is one way to move our students toward the recommendations in the latest [Physical Activity Guidelines for Americans](#) and [Dietary Guidelines for Americans](#). PALA+ can help students develop a commitment to regular physical activity, move students toward a healthier eating pattern, and guide students to set realistic goals to encourage good physical activity and healthy eating habits for a lifetime. The PALA+ healthy eating goals have been refreshed to reflect new guidance from the 2015-2020 Dietary Guidelines for Americans. The program completion requirements have also been updated to allow users to make incremental progress at their own pace towards healthy eating goals that they select and the physical activity goals based on their age. For the first five weeks of PALA+ students log their food and physical activity to begin a routine and reach as many goals as they can. Beginning in week 6, students must reach their weekly physical activity goal and at least 6 of the 9 weekly healthy eating goals, including at least 1 of the dietary limit goals to complete the program and earn the award

Both programs can be run side by side and can be accomplished by accumulating the daily 60 minutes through physical education, adapted physical education, recess, classroom physical activity breaks, active transport to and from school, and extracurricular activities, including a variety of club and sport activities. Since we are already implementing great physical



education and adapted/inclusive physical education programs in our schools, this is a great way to get recognition for the work that you are already doing, while also providing recognition for your students.

The programs are easy and seamless to implement; all you need to do is visit the PALA+ and ICDI websites for all your information and log sheets, register to be an ICDI site (if you serve students with disabilities) and for ALL students; maintain a PALA+ log for each student and check off the boxes that they participate in an accumulation of 60 minutes a day of physical activity. At the end of the 8 week period, the students that achieve that goal will receive the PALA+ certificate that can be awarded at your end of year ceremony.

This will also be a great way to engage parents and community partners in the initiative to show how much we value your support. I am hopeful that you will join me and your colleagues in implementing the ICDI and PALA+ programs. For additional assistance or questions, please feel free to contact me, Lisa Smith, MN liaison for ICDI, at lisa.smith@mnshape.org.

SAVE THE DATE

SAME GREAT CONFERENCE, DIFFERENT SITE!!!

Thursday and Friday, October 17 & 18, 2019

50+ Sessions for Physical Education & Health

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

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

SHARE YOUR EXPERTISE SUBMIT A PROGRAM PROPOSAL

Go to our website - www.mnshape.org and click on 2019 Conference - It will be ready on March 15, 2019 to start submitting those program proposals.

Health Education News: How Do YOU Differentiate?

Mary Hanson

Health Education News: How Do YOU Differentiate?

Differentiation has become a key component to quality classroom education. Quite often we relegate that aspect of classroom management to SPED teachers or classroom paraprofessionals.

Differentiation is KEY to a quality inclusive education for all students. It is what YOU as a teacher will do to deliver individualized instruction to your class. Once you grasp how to design lessons that differentiate, the learning we expect increases greatly and benefits all students, regardless of ability.

A few suggestions that are easy to implement include:

- Provide students with guided notes--leave blanks so students can follow along and not have to take all the notes.
- For those students who struggle translating notes from the board to paper, give them a paper copy of your lecture/presentation. Have them highlight the terms or material you want them to know.
- Take into consideration students' prior knowledge. Use their schema and make connections to what they know. Add pictures for further

understanding.

- Record your presentation so students can go back and review
- Create a Word Wall; Add pictures to the words; Have students create the Word Wall
- Put a textbook into the freezer--the binding breaks easily and you can make copies (based on copyright issues); Highlight the important ideas and have the students read them first.

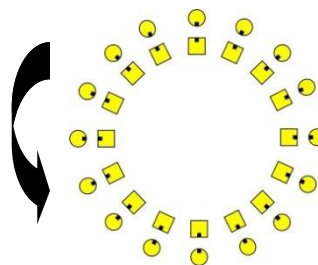
If you are interested in more ideas, please contact Mary at hansonm@willmar.k12.mn.us

Barn Dance

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

Barn Dance

- Music: Keith Urban - *Somebody like you*
- **Skills:** Step-touch, arch, and loop, skip, grapevine
- **Formation:** Double-circle, partners facing each other



- **Directions:**
 1. (1-4 beats) Step-touch 2 times movement is counterclockwise.
 2. (5-8 beats) Step-touch 2 times movement is clockwise.
 3. (9-12 beats) Arch – inside partner raises the left arm, outside partner moves forward under the arch in a turning counterclockwise direction (right, left, right, touch).
 4. (13-16 beats) Loop – outside partner moves forward back under the arch (which is called a loop) in a clockwise direction (left, right, left, touch).
 5. (17-24 beats) Partners side by side 4 skips (step-hop) moving counterclockwise.
 6. (25-28 beats) 1 grapevine— inside partner moves towards the center of the circle, outside partner moves towards the outside (step, behind, step, touch).
 7. (29-32 beats) 1 grapevine— inside partner moves back to the next partner, outside partner moves forward counterclockwise towards the next partner.
 8. With a new partner— Repeat dance

YouTube Videos:

<https://www.youtube.com/watch?v=SPiZPKrB8bQ>

<https://www.youtube.com/watch?v=5i1my0cY2zw>

Health Division

Mary Hanson & Lindsay Leko

Happy Spring/Summer from Lindsay Leko and Mary Hanson, your current Health representatives on the MN SHAPE Board.

May is Mental Health Awareness Month. Even though an entire month is devoted to this topic, it is a concern year-round. An excellent resource to assist in promoting Mental Health Awareness is Mental Health America. They have Toolkits available for free downloading.

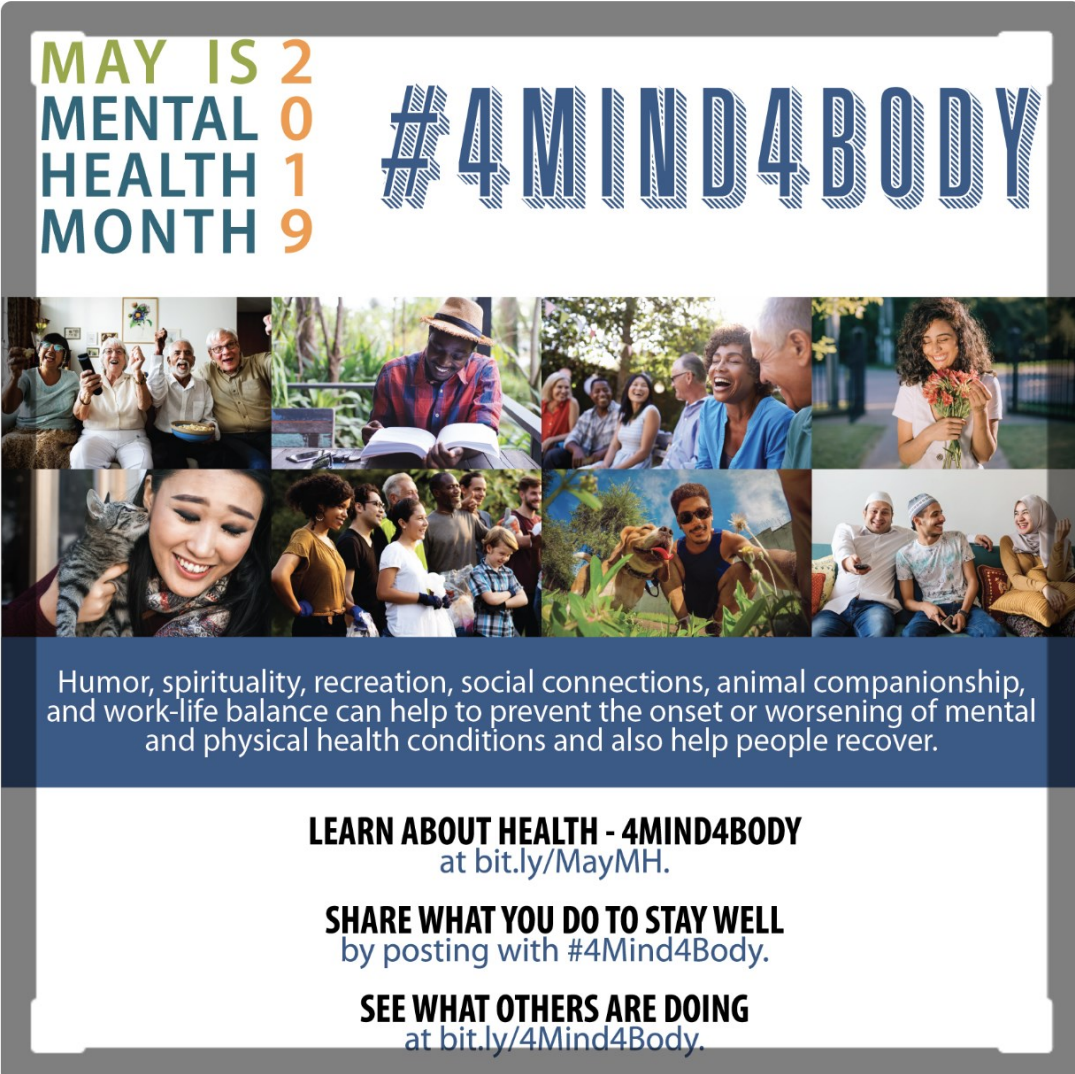
Last year's theme of #4Mind4Body is being expanding upon. Topics of animal companionship, spirituality, humor, work-life balance, and recreation and social connections are included in the 2019 Toolkit as way to boost overall mental health and wellness.

While we, as teachers, are so good at helping our students with their personal mental health journey, we often forget about our own needs.

With summer approaching, take time to rejuvenate, spend time with family, take that trip, enjoy the beautiful Minnesota outdoors; the end of August comes sooner than we think. People don't regret the memories they make, only the opportunities they missed.

Peace and Health to you all,

Lindsay and Mary



MAY IS 2019 MENTAL HEALTH MONTH

#4MIND4BODY

Humor, spirituality, recreation, social connections, animal companionship, and work-life balance can help to prevent the onset or worsening of mental and physical health conditions and also help people recover.

LEARN ABOUT HEALTH - 4MIND4BODY
at bit.ly/MayMH.

SHARE WHAT YOU DO TO STAY WELL
by posting with #4Mind4Body.

SEE WHAT OTHERS ARE DOING
at bit.ly/4Mind4Body.

Physical Education Standards Workshops a Big Hit!

Mary Thissen-Milder, PhD

The Minnesota Physical Education Standards professional development offerings for the 2018-2019 school year are now complete. The Minnesota Department of Education, in partnership with MNSHAPE and MNDAPE, conducted 17 workshops across the state, serving close to 900 physical education teachers and curriculum directors.

The year 1 workshop design focused on developing a deeper understanding of the [2018 Minnesota K-12 Academic Standards in Physical Education](#). Participants experienced intentional conversations regarding the design of the standards, focus areas and benchmarks; reviewed academic language and learning progressions; and deconstructed and bundled benchmarks.

Participants reported that the design of the workshop provided them with a meaningful and real experience in learning how to interpret the new grade-level expectations. Special thanks to the MDE PE Leadership team who worked very hard to ensure the intentional design including MNSHAPE Executive Board members Nancy Christianson, Sue Bremer, Megan McCollom and Lisa Smith; MNDAPE Leadership Committee member Rich Burke; and MDE Standards Committee Sue Tarr, Cynthia Johnson and Kristi Mally.

Special thanks also to MNSHAPE for serving as the host website for the standards trainings. All Year 1 workshop materials can be found on the [MNSHAPE website](#).



The MDE Leadership Team will spend the summer months developing the workshop design for Year 2 of this 3 year training plan. The focus will include creating a master climate for student learning, designing appropriate assessments and grading practices.

Look for the release of the 2019-20 workshop schedule on the [MNSHAPE website](#) in early September, 2019. There are no costs for teachers to attend; however, registration is required and teachers are highly encouraged to sign up early as some sites have a maximum capacity of 50.

PE Standards Bundling Activity



Table talk about the standards



Track and Field Day *Tips and Tricks*

Lisa Rahkola

Are you planning for track and field day? Here are our best tips and tricks for making it a success:

Consider making videos of a demonstration/explanation of your events and sending them to staff ahead of time. Teachers and students can learn how to play beforehand to allow for maximum participation time during the event. Plus, it gets them even more excited about the big day!

Check out the link to get ideas:

<https://www.youtube.com/watch?v=EnLYB4Z7mB8&list=PLA5CH0doTnPtdU-Bxx4CrUJlgSVU-T380>



Try this out this activity from Tob Roberts: "WATER WIZARDS"

GAME DESCRIPTION:

1. STUDENTS COVER HOLE IN CUP AND FILL UP CUP WITH WATER FROM BARREL.
2. STUDENTS CAREFULLY TRANSFER CUP OF WATER TO ICE CREAM BUCKET. (TRYING NOT TO SPILL AS THEY TRANSFER).
3. STUDENT RETURNS TO LINE AND HANDS CUP TO NEXT PERSON IN LINE WHO REPEATS THE CYCLE.
4. 1 ST TEAM TO GET WATER LEVEL TO BLACK LINE ON THE ICE CREAM BUCKET WINS.

Wrap up the day with a final staff event for students to watch teachers/staff participate in a friendly competition! The children LOVE to watch and cheer on the adults in the school!

Try out these staff event ideas from Lisa Rahkola:

Marshmallow Drop:

Teachers/staff split into partners. Partner #1 sits in a chair facing away from partner, tilts head back and holds an ice cream cone in mouth. Partner #2 is blindfolded and stands 5-10 feet away behind a cone with a bowl of marshmallows. On "GO", partner #2 tosses as many marshmallows into the ice cream cone as possible in 1 minute. Race against other teams.

Cotton Ball Race:

Set two tables across from each other 25 feet apart, beginning table with plates of cotton balls, and the other table with an empty plate. Teachers/staff split into partners. On "GO", partner #1 put Vaseline on partner #2's nose and partner #2 transfers as many cotton balls to the empty plate as possible using only nose in 1 minute. Race against other teams.



SIGN UP for Health.Moves.Minds!

Kirsten Guentze

SHAPE America is piloting a new service learning program called "Health. Moves. Minds." It will be ready for your school to participate in during the 2019-2020 school year. You can register your school NOW. Talk to your principal about this educational fundraising opportunity NOW.

What is it?

Health.Moves.Minds. teaches kids to thrive physically and emotionally with this new, flexible service-learning program.

Students, parents, staff and community will easily buy into this social-emotional learning opportunity. Minnesota had 1 of 20 schools nationwide to participate in the program. The program was piloted at Sibley East Elementary School by Kirsten Guentzel. Gopher Sport brought a film crew and made a promotional rap video which was released nationwide in April. Here's the link!

<https://youtu.be/egZNZ5jp4do>.

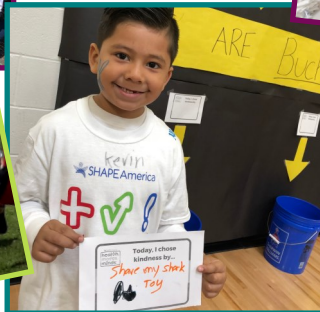
Feel free to reach out to me with any questions!

Top 10 Reasons to participate in Health. Moves. Minds.:

1. You can choose your own physical activity theme like jumping, dance, obstacle course, or 5K to name only a few, and participants can earn a t-shirt for school spirit days.
2. It's a program that starts in physical education but is geared for the whole child, whole school, and whole community.
3. This program has social emotional learning embedded in SHAPE America's national standards-based lessons, activities, and community-building ideas that can help kids live their best lives.
4. SHAPE America provides teacher-friendly, student-friendly, pre-made or editable, and professional looking teacher resources.
5. Program materials are complete for teachers and students in grade bands K-2, 3-5, and 6-8, including 4 lessons each. Bill Casey of Naperville,
6. Your entire district can participate because materials for high school are being developed. High schools still may participate by modifying the K-8 materials or by using the same themes in a spirit week format.
7. Up to 50% of the money raised comes back to your school in the form of a Gopher Sport Gift Card that does not expire. A charity-of-your-choice option is being piloted and more information will be available this summer.
8. You are helping your state and national professional organizations. MNSHAPE can receive 15% back for their state organization
9. It is PE Teacher tested and approved! Over 20 schools piloted this program, including myself this spring.
10. Wouldn't you like to set the tone of your classes with these four words?
**KINDNESS
MINDFULNESS
EMPOWERMENT
WELLNESS**



Sibley East Color Run Photos





MINNESOTA SHAPE 2019

State Conference & Expo

October 17 & 18, 2019

80+ Sessions for Health and Physical Educators

Developmental Adapted Physical Education
Curriculum, Instruction and Assessment
Health Education
Physical Education
Technology in the Classroom
Professional Preparation
Dance
Minnesota State
And more!

NEW LOCATION!!

Mound Westonka High School – 5905 Sunnyfield Rd E, Minnetrista, MN

NEW DATES!!

Not November, But October 17 & 18, 2019

SAME GREAT CONFERENCE!!

Book your hotel reservations on our reserved block at AmericInn, Waconia.
550 Cherry Drive, Waconia, MN 55384 – Call 1-952-442-8787
Cut-off date for MNSHAPE block is September 16, 2019
Price: \$99.90 plus tax which includes breakfast

Register at www.mnshape.org

REGISTRATION IS NOW OPEN FOR THE 2019 MNSHAPE CONFERENCE Thursday and Friday, October 17 & 18, 2019

MNSHAPE will be hosting the State Conference for the first time at Mound Westonka High School in Minnetrista, MN – a great facility for a great conference!

Thursday evening will again be the **Awards Celebration**, a night to congratulate and honor fellow teachers and professionals for their outstanding service.

Meet Our GREAT Line-up of Award Winning Presenters:

Judy LoBianco SHAPE America Past-President

Judy LoBianco is a supervisor of health and physical education for 5,960 students in the Livingston School District in New Jersey, responsible for curriculum development, equipment and program purchases as well as staff development. She was recently featured in Education Week's annual "Leaders To Learn From" report. The report recognizes 12 exceptional leaders working to enact and inspire transformational change in the nation's school districts.

A SHAPE America member since 1988, Judy has held leadership positions in the organization, including president of Eastern District and most recently as an at-large member of the Board of Directors. At the state level, she has served as president of the New Jersey Association for Health, Physical Education, Recreation and Dance (NJAPERD). She is the recipient of both the Everett L. Hebel Award and Channing Mann Award, which recognize excellence in administration and supervision in physical education. She also received a 2017 SHAPE America Honor Award.

Nicole Peterson, 2019 SHAPE America National Dance Educator of the Year

Nicole teaches Physical Education and Dance at West Fargo High School in North Dakota. Before that, she taught K-10 Physical Education and Health at Henning Public School in Minnesota. She earned a Bachelor's degree at Concordia College in Moorhead and her Masters of Education at NDSU, specializing in Curriculum and Instruction. Nicole was named the North Dakota SHAPE Dance Teacher of the Year and SHAPE America Central District Dance Teacher of the year in 2018-19. She was also given the honor of the West Fargo Public School Teacher of the Year in 2018. She is a Zumba instructor and a member and instructor of many social dance groups in Fargo. She and her husband Trevor, along with their twin 8 year old daughters reside in West Fargo.

Leah Swedberg, 2019 SHAPE America Central District Health Teacher of the Year

Leah Swedberg teaches Health and Physical Education at West Fargo High School in West Fargo, North Dakota. Leah earned a Bachelor's degree in School Health Education and Physical Education from Minnesota State University Moorhead and her Masters of Education in Curriculum and Instruction from North Dakota State University. She is a National Board Certified Teacher in Adolescent Health, author of "5-Minute Physical Activities that Teach" and the 2019 SHAPE America Central District Teacher of the Year. Her passion lies in creating engaging standards-based lessons and authentic assessments that connect students to life outside of the classroom. Leah is married to Rollie Swedberg, a physical education teacher at Sheyenne High School in West Fargo. They have four children who have been doing push-ups, curl-ups and the PACER since they took their first steps.

Don't miss this professional development opportunity – great exhibits and over 80 sessions for health and physical educators



**MNSHAPE FALL CONFERENCE
REGISTRATION FORM**

October 16, 17 & 18, 2019 ♦ Mound-Westonka High School
5905 Sunnyfield Rd. E., Minnetrista, MN 55364

Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____ Phone _____
 School Email _____ School Where you Teach _____

Is your MNSHAPE Membership Current, if not be sure to renew? **All memberships expired August of this year.** YES NO
(Must be a member of MNSHAPE or another state organization to attend the conference)

Conference Registration:

- \$125 Early Bird Professional (Due September 27th) \$50 Early Bird Student (Due September 27th)
- \$150 Onsite Professional \$65 Onsite Student \$50 Retired
- \$200 NON MNSHAPE Member (Or other state member)

Early Registration & Social – Wednesday, October 16 at the – 6:00-10:00

Awards Celebration:

Thursday, October 17, 2019 ♦ Vandy's Grill, Waconia, MN ♦ 6:00pm

FREE TO ALL CONFERENCE ATTENDEES:

- Yes, I will attend. No, I will not attend.

*Award winners are provided with 2 tickets, all other non-member guests the cost is \$10 prior to September 27, \$15 at the door.

PAYMENT

- Check Enclosed (Check # _____) *Please make checks payable to MNSHAPE.*
- Cash

LUNCH

Please check your preference Ham Turkey Veggie

Do you have any special dietary needs?

- Vegetarian Gluten free Other _____

We cannot guarantee accommodations for dietary needs or for lunch for onsite registration.

T-SHIRT SIZE: (unisex sizing) Small Medium Large Extra Large Double Ex Triple Ex

LODGING

A block of rooms have been reserved at AmericInn under MNSHAPE for \$99.90 plus tax which does include breakfast. The group cut-off is September 16, 2019. For reservations please call 1-952-442-8787. Remember rooms will only be held until 9-16-2019.

Please return form with payment to: Nancy Christensen, 25673 Muskrat Lake Dr., Detroit Lakes, MN 56501 or register on line at www.mnshape.org

Cancellation Policy: All pre-registration cancellations must be requested in writing before Sunday, October 13, 2019. A \$5.00 processing fee is assessed to all cancellations. No refunds will be made after Monday, October 14, 2019.

FOR OFFICE USE ONLY:

DATE REC'D _____ AMT REC'D _____ REC'D BY _____

MNSHAPE Opportunities

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

If you are interested in serving on the next MNSHAPE Board of Professionals and want to see behind the scenes of how PE and

Health works in Minnesota, please submit your name for our 2019 Ballot. We would love to have your bright young mind help make MNSHAPE the best that it can be. We are still accepting recommendations for the next MNSHAPE Board of Directors Future Professional Vice-President Elect. For more information feel free to contact either Jacob Morelli at jacob.morelli@mnshape.org, or Annika Culver at Annika.culver@mnshape.org.

We are looking forward to seeing you at the annual conference this year, the same opportunities to learn and develop as a professional

has a new home; the 2019 conference will be held at Mound Westonka High School, on October 17 and 18th. Looking forward to seeing you all there and participating in the 4th annual College Cup as well as networking with the great leaders in our profession.

One last note, MNSHAPE is still accepting proposals for the conference, so if you or a group of your peers would like to present one of the wonderful things that you have learned from your great universities, feel free to fill out a form on our website <http://www.mnshape.org/proposal-forms.html>.

Got Water??

Dr. Bonnie Reimann (Higher Education, Gustavus Adolphus College, St. Peter)

Dr. Ben Schwamberger (Higher Education, MSU, Mankato)

Rene Moriarty (Aquatics/Recreation, Sibley East Public Schools)

Ahhh summer in Minnesota...land of 10,000+ lakes! By the time this article is published, families will be making their regular or annual trips to pools and lakes throughout the MNSHAPE region. It's time to think about swimming instruction and safety in and around our waters. An estimated 1 in 5 people who die from drowning are children 14 and younger (Laosee, Gilchrist, & Rudd, 2012). Providing opportunities for youth to learn to swim, whether that is within the

physical education setting or through summer swim programs is crucial. Not only do "learn to swim" programs decrease the rate of drowning, but provide individuals with health-enhancing skill high in moderate to vigorous physical activity (Schwamberger & Wahl-Alexander, 2016).

A fairly recent (2015) survey of PETE (physical education teacher education) programs in Minnesota showed that swim instruction requirements for future physical

educators varied greatly, with approximately 54% having no swim-related requirement, 23% requiring either American Red Cross (ARC) lifeguard or water safety instruction certification, and the remaining 23% having some requirement other than ARC (such as a methods course). Of public schools that offer a swimming curriculum, most (70-75%) of these lessons are taught by a physical education teacher (Hanover Research, 2016). The

(Continued on page 13)

(Continued from page 12)

most common certification requirements for swimming instructors are ARC lifeguard training (69 percent) and ARC water safety instructor (69 percent) (Hanover Research, 2016).

Why, you might ask, does the preparation with regard to aquatics for future professionals seem so skimpy? We'll address some of the possibilities here but it's complicated and often depends on factors specific to the institution's PETE program. Like most teacher education programs (of any discipline), the amount of content that can be reasonably included is limited. Students are often overworked and overscheduled, and graduating in 4 years is an understandable priority. In addition, the 2008 NASPE standards for PETE did not include anything regarding the inclusion of aquatics for future professionals (NASPE, 2009). The new 2017 SHAPE standards has an optional inclusion, specifically stating that students must "demonstrate competency in all fundamental motor skills, as well as skillful performance in a minimum of four physical education content areas (e.g., games and sports, **aquatics**, dance and rhythmic activities, fitness activities outdoor pursuits, individual-performance activities) (SHAPE, 2018, pg. 6)."

Furthermore, an *available swimming pool is an obvious necessity, as well as an aquatics curriculum. While the ARC "learn to swim" program is excellent, it has its limitations in the school system. The "learn to swim" program has multiple levels with competencies assigned to each level. With a class of 30+ students*

of varying levels of ability, and one teacher, utilizing the "learn to swim" curriculum in public schools becomes next to impossible. And, unless the future professional is teaching ARC swimming lessons outside of school, her certification will lapse (oftentimes before she graduates and starts her job search).

Rene Moriarty, physical education teacher at Sibley East and MNSHAPE board member, notes that there have been significant changes that have occurred since she started teaching in 1999. Her district went from delivering a 7-day ARC curriculum in 1999, to the current situation which consists of 3 days of non-ARC swimming for elementary students, and triathlon training, synchronized swimming, and scuba diving for high school students. Rene stated that transportation costs associated with getting bused to the local pool, as well as the unavailability of WSI instructors and lifeguards, have been barriers to providing more swimming instruction to students in her district.

If you are a future professional or an educator looking to get certified in WSI or Lifeguarding, going to the American Red Cross website (<https://www.redcross.org/take-a-class>) and searching for a class near you is your best bet. There appears to be ample ARC Lifeguarding classes available throughout Minnesota. Taking an ARC WSI course might prove to be more difficult. A quick search for upcoming classes within 100 miles of St. Paul and Duluth found 5 available classes, with costs starting at \$215, and class structure consisting of both blended (online + classroom) and classroom only. The total classroom hours ranged

from 27 (blended approach) and 32 (classroom approach).

Hanover Research, 2016. *Swimming Instruction Inventory Analysis. Prepared for Minnesota Department of Education. Arlington, VA: Hanover Research.*

Laosee, O., Gilchrist, J., & Rudd, R. (2012). Drowning 2005–2009. *Morbidity and Mortality Weekly Report, 61(19), 344–347.*

National Association for Sport and Physical Education (2009).

National standards & guidelines for physical education teacher education. Reston, VA.

Schwamberger, B., & Wahl-Alexander, Z. (2016). Children's activity levels and lesson context during summer swim instruction. *The Physical Educator, 73 (4), 733 – 744.*

Society for Health and Physical Educators (2018). *National Standards and Guidelines for Physical Education Teacher Education (4th edition). Reston, VA*

2019 SPEAK OUT! Day

March 6, 2019

Washington D.C.

Minnesota Meeting Participants:

Sue Bremer (MNShape President)
Nancy Christensen (MNShape ED)
Michael Doyle (Minnesota Teacher)
Matt Ginskey (Gopher Representative)
Vicki Johnson (MNShape Secretary)
Megan McCollom (MNShape Past President)
Lisa Rahkola (MNShape Board Member)

We were fortunate to have the opportunity to advocate with most states aligned with SHAPE America on March 6, 2019 in Washington D.C. meeting with members of congress to promote the full funding of Every Student Succeeds Act (ESSA) by including physical education and health in a student's well-rounded education.

We were able to share information regarding the impact of Physical Education and Health on student success in Minnesota and across the nation. Please find the information provided to the United States Legislative Representatives at Speak Out Day on the MNShape web site to share with your advocacy efforts.

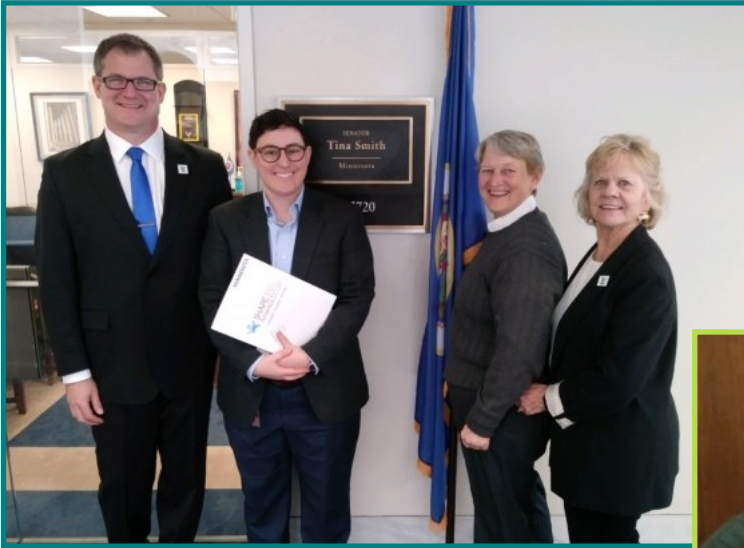
We discussed this with the following office representatives:

Representatives:

Collin Peterson
Jim Hegedorn
Pete Stauber
Dean Phillips
Iihan Omar

Senators:

Tina Smith
Amy Klobuchar



Liability Insurance Was Added to Member Benefits!

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

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

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

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

DID YOU KNOW?

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

Share this information with a potential student

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

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



MNSHAPE Membership Form
 (or register online at www.mnshape.org)

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School Where you Teach _____

Work Address _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

Years in the Profession _____

MEMBERSHIP CATEGORIES (Select One)

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

PAYMENT METHOD

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

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

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

MNSHAPE

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



WWW.MNSHAPE.ORG

Loon Lines

May 2019

MNSHAPE

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

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

Contact information for MNSHAPE Board of Directors is posted on www.mnshape.org

MNSHAPE Executive Committee

President	Sue Bremer	(612) 414-7689	sue.bremer@mnshape.org
President Elect	Lisa Smith		lisa.smith@mnshape.org
Past President	Megan McCollom	(612) 325-6186	megan.mccollom@mnshape.org
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088	jeremiah.hinkemeyer@mnshape.org
Secretary	Vicki Johnson	(218) 847-5212	vicki.johnson@mnshape.org
Executive Director	Nancy Christensen	(218) 847-9769	nancy.christensen@mnshape.org nancy1485@gmail.com

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.

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