

September 2017

Volume VI, Issue III



MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS



Loon Lines

Message from the President



We have come to the end of an exciting summer in the Health and Physical Education profession. The Minnesota Department of Education is submitting their Every Student Succeeds Act (ESSA) state plan to the US Department of Education on September 18, 2017. It was very refreshing to see that Health and Physical Education were mentioned in the Executive Summary document. The following is the official statement from the Minnesota Department of Education concerning Well-Rounded Education:

Well-Rounded Education

One change important to many Minnesota citizens is an increased emphasis on providing a well-rounded education to all students. Under No Child Left Behind, many districts and schools felt pressure to focus mostly on the subjects that were tested by the state. Under ESSA, Minnesota will do more to ensure each child in every community receives a well-rounded education, preparing them for career, college and life.

While ESSA leaves most of the responsibility for promoting a well-rounded education to states and communities, it does provide a starting-point definition of “well-rounded” education that includes subjects such as reading, math, science, social studies, physical education, world languages and the arts. The law also provides some specific funding for well-rounded education, and Minnesota will build on the law’s foundation to promote the use of many of the law’s other funds to help all students fully access and benefit from a well-rounded education.

Central to providing a well-rounded education is the need to establish and implement a quality standards-based education system. Minnesota undertakes periodic, comprehensive reviews of its academic standards in English language arts, mathematics, science, arts, social studies, and physical education to ensure that all students meeting those standards are career- and college-ready.

Minnesota Education Commissioner Brenda Cassellius hosted 6 regional ESSA public comment meetings during around the state in August 2017. MNSHAPE members were present at 4 of the meetings to make sure that everyone in attendance knew the importance of Health and Physical Education being included in the definition of Well-Rounded education in ESSA.

The Minnesota ESSA plan also describes the accountability system that will be used for schools. There are 5 indicators that will be used, but MNSHAPE will be focusing on Indicator 5 - School Quality/Student Success. Here are the indicators that will be used for the next 3 years.

Continued on page 2

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



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Indicator 5 - School Quality/Student Success

2018: Consistent attendance will be used to identify schools.

2019/2020: Consistent attendance will be used to identify schools. Well-rounded education and career and college readiness data will be separately reported as available.

2021: Consistent attendance, well-rounded education, and career and college readiness data will be used to identify schools.

The hope is that in the future the Minnesota Department of Education will collect data on a student's access to Health and Physical Education as part of the well-rounded education data in Indicator 5. We need to know how many of our students are given the chance to access Health and Physical Education in this state. They can't experience a quality Health and Physical Education class if they are not even given access to one.



It is also a very exciting time to be a Physical Education teacher in the state of Minnesota because of the release of the New Minnesota Physical Education Standards. Mary Thissen-Milder and her team of 28 people on the standards committee have been working very hard the last 8 months to create a document that will ensure that all of our students receive a quality Physical Education experience that follows an appropriate K-12 scope and sequence. You will learn a lot more about the new Minnesota Physical Education standards at the 2017 MNSHAPE Conference.

The 2017 MNSHAPE Conference will once again be held at Wayzata High School on November 9-10. Some of our featured speakers include 2017 Missouri Elementary Physical Education Teacher of the Year Sarah Gietschier-Hartman. She will be speaking on topics including Exploring the World Through Game Based Approaches, Creating The #PhysEd Playbook, and Brännboll. We also have the 2017 SHAPE America Central District Health Teacher of the Year Deanne Romero from Silver Hills Middle School in Westminster, Colorado. She will be speaking on Skills Based Health Education, Assessment Strategies in Health, and Keeping Students Engaged in Health Education. Victoria Otto from Highland Park High School in Highland Park, IL was the 2012 SHAPE America Midwest District Secondary PE Teacher of the Year. She will be doing titles Bend Don't Break Yoga For All and Have a Ball with Yoga. Finally we have Carly Wright the Senior Manager of Advocacy at SHAPE America who will be talking about ESSA and how it's a game changer for Health and Physical Education along with how to be an advocacy champion for your Health and Physical Education program.



I'm very happy to say that we have almost doubled the number of health sessions at the 2017 MNSHAPE Conference compared to years past. We will have one classroom dedicated to health sessions during the entire conference and a second classroom with more health sessions.

Don't forget about the Minnesota DAPE conference on September 28-19, 2017 and hopefully we will see you all on November 9-10, 2017 for the MNSHAPE Conference at Wayzata High School! More information is on pages 8-10.

Message from the President-Elect

Megan McCollum

As the summer comes to an end, there are many exciting things to look forward to as a professional in our field. The first important thing that we must do for our field is look at the Minnesota Department of Education's (MDE) State Plan for the Every Student Succeeds Act (ESSA). MDE has posted their ESSA State Plan Draft on the MDE website (<http://education.state.mn.us/MDE/dse/ESSA/StatePlanPublicComment/>) for public comment during the month of August. MDE is also holding public comment regional meetings with Minnesota's Education Commissioner, Brenda Cassellius, in six locations throughout the month of August. The meetings will be held in St. Paul, Rochester, Mankato, Moorhead, Sartell, and Duluth. MDE requests that you register for the meeting that you plan to attend at the following website: <http://www.surveygizmo.com/s3/3728223/ESSA-Regional-Meeting-Registration-August-2017>

Commissioner Cassellius is very supportive of health and physical education; MNSHAPE has sent representation to all of the

previous regional stakeholders meetings over the past year and Commissioner Cassellius made an appearance and spoke at our fall conference last November. Our job now is to show parents, students, school administrators, and other stakeholders how important quality physical education and health programs are for our students.

If you have not had the opportunity to renew your MNSHAPE membership, now is the time! Your membership is valid from September 1st to August 31st each year, so make sure to visit our website (<http://www.mnshape.org/membership-information.html>) to renew your membership. While you are on our website, check out our fall conference schedule (<http://www.mnshape.org/conference-schedule.html>) and register for the upcoming conference online as well (<http://www.mnshape.org/registration.html>).

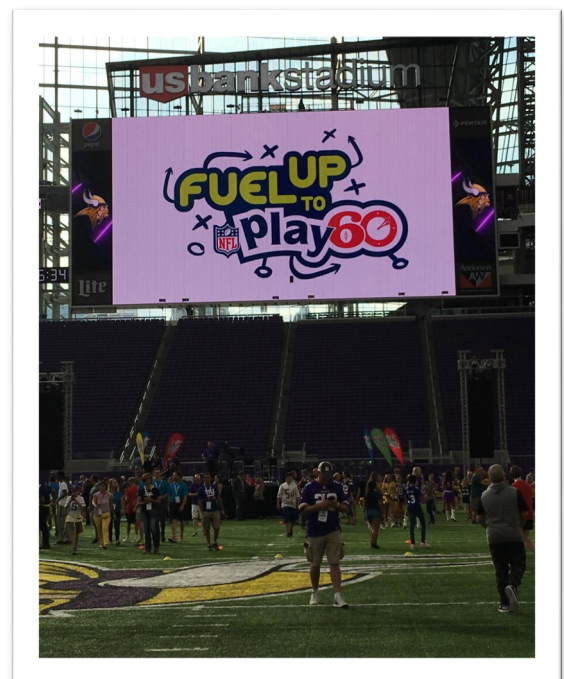
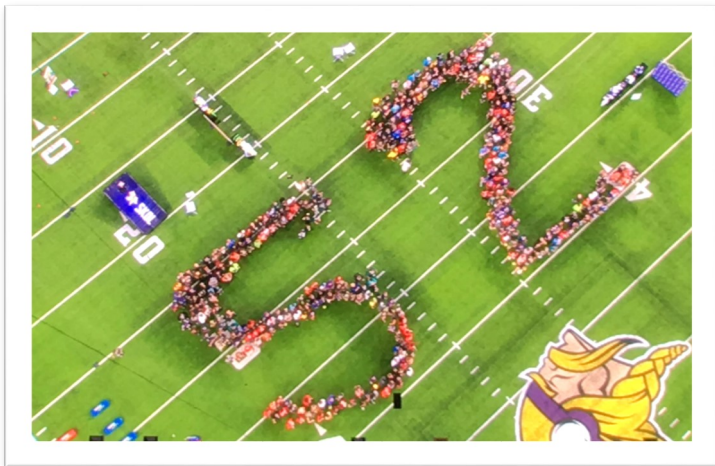
The MN DAPE Fall Conference registration is also open now; you can find the conference schedule, registration, and more information on their website (<http://www.mndape.org/fall-conference.html>).



This summer I had the opportunity to attend and represent MNSHAPE at the Sally Scherrer Central District Leadership Summit in Medora, ND. This year we heard presentations on the importance of growing and maintaining state membership as well as how to communicate with our members and provide them with more resources that they may find useful. We also heard from Carly Wright who spoke to us about ESSA and state advocacy resources. Many advocacy resources can be found on the SHAPE America Website as well as the MNSHAPE Website. At the summit, we created action plans for membership, the 50 million strong initiative, advocacy, and professional development. Throughout this next school year and at our fall conference you will see the action plan items completed to allow us to better serve our members.

2017 Fuel Up to Play 60 National Student Ambassador Summit

Nancy Christensen, Mike Doyle and Joe McCarthy attended the Opening Night Reception at the U.S. Bank Stadium – Minneapolis – **2017 FUEL UP TO PLAY 60**. It was a very special evening that was hosted to kick off the 2017 Fuel Up to Play 60 National Student Ambassador Summit. It was so exciting to be a part of the flagship program in the beautiful, new U.S. Bank Stadium, home of **Super Bowl LII** this coming **February**. The very best students from across America convened in the Twin Cities for a week of important programming centered on healthy eating, physical activity and leadership fundamentals. The celebratory evening was hosted from 6:00 P.M. to 9:00 P.M. on Monday, July 24 giving us the opportunity to not only meet impressive students, but to also see the very best of their skills in action on the NFL's newest field. Many of the corporate partners and their most senior leadership were there to unfold the start of the Summit. The Minneapolis Vikings generously provided this next generation of future leaders with such an impressive venue to celebrate their arrival at the summit. In fact there were some very special appearances and surprises! Thank you Fuel Up to Play 60 for a GREAT evening!!!



Central District Leadership Summit Highlights

Joe McCarthy/Twitter @ Joe McCarthy09

Shape America Leadership Council/MNSHAPE Board Member

In July, Megan McCollom and I had the opportunity to represent MN at the SHAPE America Central District Leadership Summit in Medora, ND. This was an opportunity for us to learn valuable information from the 9 states in central district. Lynn Burrows from CO and myself presented on how to communicate, grow and retain memberships in your state. We also learned the latest information relating to ESSA from Carly Wright. Well-Rounded Education includes health and physical education in the 18 subjects.

Title 1 Opportunities – funding to support schoolwide programs, personnel & targeted assistance.

Title 2 Opportunities – professional development for all school employees.

Title 4, Part A Funding – funds can support well-rounded education, supporting safe & healthy students effective use of technology.

Communicate with your admin to see your district will receive any money. Completed state action plans.

Learned the latest updates with PYFP and LMAS. Learned the

latest on webcasts and podcasts
The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

As physical educators we also need to continue to be advocates for our students and profession. Please consider presenting at the next principals conference, school board conference, and the education MN conference. Besides presenting, you could write to your local paper and share your success stories, develop a program at your school that could be placed in social media.



Enhance Your Teaching With JRFH & HFH

Did you know the Jump Rope For Heart (JRFH) and Hoops For Heart (HFH) programs are designed to complement an effective physical education program?

To learn how JRFH and HFH can help strengthen your teaching, download SHAPE America's newest resource—a document that shows how JRFH/HFH event implementation aligns with teachers' professional responsibilities as defined by Charlotte Danielson's Framework for Teaching.

This free tool provides the examples needed to connect your JRFH/HFH event implementation to your teacher evaluation. And, although it is designed to work with the Danielson framework, the information can easily be adapted to use with alternative teacher assessment tools.

We hope you'll also check out our new JRFH/HFH infographic, which is perfect to download and share with administrators and colleagues!

Go to <http://www.shapeamerica.org> and click on the Resources & Publications tab.

15 Ways Jump Rope For Heart and Hoops For Heart Complement an Effective Physical Education Program

SUPPORT PLANNING AND PREPARATION

- Align with National Standards & Grade-Level Outcomes for K-12 PE
- Provide incentives designed to teach & promote healthy practices
- Offer customizable program planning timelines

CREATE A POSITIVE CLASSROOM ENVIRONMENT

- Utilize motivational tools to support instructional focus
- Encourage students to exhibit responsible personal & social behavior
- Build school spirit & a sense of goal-oriented teamwork
- Enhance school climate

ENHANCE STUDENT LEARNING

- Build authentic, adaptable connections to learning
- Improve healthy practices, nutrition & cardiovascular endurance through instructional focus
- Explore how aerobic exercise affects heart health & improves motor coordination & balance

ESTABLISH LEADERSHIP & COMMUNITY IMPACT

- Provide resources for community & family engagement & outreach
- Offer opportunities to connect with national professional organizations
- Deliver professional development and support through district & state associations
- Model leadership & volunteerism
- Empower students to contribute to their community's welfare & learn the value of community service

Visit shapeamerica.org/jump for more information on SHAPE America's JRFH/HFH Program Alignment with Charlotte Danielson's Framework for Teaching

SHAPE America SOCIETY OF HEALTH AND PHYSICAL EDUCATION health. moves. minds. JUMP ROPE FOR HEART HOOPS FOR HEART American Heart Association life is why™ 50 MILLION STRONG 2029

**Remember to Register for the 2017 MNSHAPE Conference
Wayzata High School • November 9 & 10, 2017**

**Pre-conference registration deadline is October 13, 2017
Awards Celebration is Thursday, November 9 • Plymouth Green Mill • Plymouth, MN**

More information on pages 8-10



It Takes Heart to be a Hero



HEART HERO

Bran, Age 11

Although he was born with a serious heart defect, Bran has still jumped his way to raising more than \$80,000 through Jump Rope For Heart, including \$25,000 this year.

Within an hour of his birth, he was diagnosed with the most extreme form of Tetralogy of Fallot, called Pulmonary Atresia. Since he had no pulmonary valve, blood couldn't flow from the right ventricle into the pulmonary artery and onto the lungs.

At 18 months, a team of surgeons operated for eight hours to fix Bran's complex set of heart problems. Doctors had cautioned the family that Bran would likely need multiple surgeries by the age of 16. He is due for his annual visit to the cardiologist to see what lies ahead in the coming year. So, when Bran asks friends and family to donate to Jump Rope For Heart to help the American Heart Association fund research to learn more about the heart and how to fix it, he's speaking from his own heart.

Jump Rope For Heart and Hoops For Heart are national education and fundraising events created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students in these programs have fun jumping rope and playing basketball — while becoming empowered to improve their health and raise funds for research and programs to fight heart disease and stroke.

Funds raised through Jump Rope For Heart and Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- **Ongoing discovery of new treatments through research**
- **Advocating at federal and state levels for physical education and nutrition wellness in schools**
- **CPR training courses for middle and high school students**

Millions of students have joined us in being physically active and in fighting heart disease and stroke by funding research and educational programs. Be a part of these great events and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.

Call 1-800-AHA-USA1 or visit heart.org/jump or heart.org/hoops to get your school involved.



SHAPE America is a proud program partner of Jump Rope For Heart and Hoops For Heart.

NEW MEMBERSHIP BENEFIT

MEMBERSHIP FORM IS ON PAGE 11

Effective with your membership this year you will receive a GREAT BENEFIT. MNSHAPE enrolled our state association and our members in a general liability plan that covers each member during work related activities including classroom coverage. This is effective for the calendar year August 2017 thru August 2018.

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

Policy Limits: General Aggregate	\$1,000,000 (per member)
Products/Completed Operations	\$1,000,000
Personal & Advertising Injury	\$1,000,000
Each Occurrence	\$1,000,000
Damage to Premises Rented to You	\$300,000
Medical Expense	Excluded
Sexual Abuse/Occurrence	\$50,000
Sexual Abuse Aggregate	\$100,000 (per member)

We hope that you as teachers, retired teachers, and students will spread the word to non-members that we are very excited to provide this great benefit to all who are MNSHAPE Members.

REGISTRATION IS NOW OPEN FOR THE 2017 MNSHAPE CONFERENCE

MINNESOTA SHAPE 2017 State Conference & Expo November 9 & 10, 2017

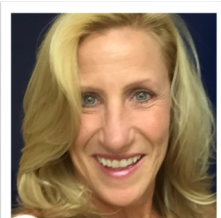
MNSHAPE will be hosting the State Conference for the fourth year at Wayzata High School – a great facility for a great conference!

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:

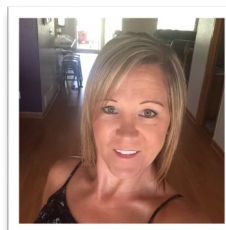


Sarah Gietschier-Hartman teaches physical education at Wydown Middle School in Clayton, Missouri, and a suburb of St. Louis. She advocates for planned, progressive learning in #PhysEd, and her interests lie in standards-based instruction, formative assessment, physical literacy and outcomes-based learning.



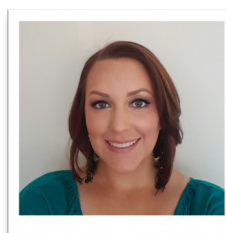
Victoria Otto is the 2011 IAHPERD Secondary Physical Education Teacher of the Year and the 2012 Midwest District Secondary PE TOY. Currently at Highland Park High School in Illinois, she creates a classroom for students to focus on developing conscious living skills. Blending pure science with fun, giving the students a great workout and inspiring individual empowerment, each student leaves feeling uplifted and with an “I can do it” attitude.

Deanne Romero started teaching physical education and health in 2002. After seven years she made the switch from high school to middle school. Deanne comes to us from Colorado where she received the honor of SHAPE Colorado Health Teacher of the Year in 2015 and then honored to be awarded SHAPE America Central District Health TOY in 2017. You will not want to miss her exciting presentations.



Mary Thissen-Milder, PhD serves as the state Physical Education and Active Schools Coordinator at the Minnesota Department of Education. She has been a strong advocate for the importance of physical education and physical activity in Minnesota schools through the Active Schools Minnesota initiative supported by both MED and MDH. This past year she has facilitated the state physical education review process for the adoption of new state physical education standards.

Carly Wright is the Senior Manager of Advocacy for SHAPE America – the Society of Health and Physical Educators. Carly works on federal, state, and local initiatives related to improving, implementing, and assessing school health education and physical education programs and policies in schools. She also represents SHAPE America before the U. S. Congress, federal agencies, and participates in national coalitions which work to elevate and promote health and physical education policies across the country.



Don't miss this professional development opportunity – great exhibits and over 75 sessions for health and physical educators

75+ 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
- And more!

Register at www.mnshape.org or complete the form on following page.





**MNSHAPE FALL CONFERENCE
REGISTRATION FORM**
November 9 & 10, 2017 ♦ Wayzata High School
4955 Peony Lane, Plymouth, MN 55446

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

School Email _____ School Where you Teach _____

Are you a member of MNSHAPE? YES NO

(Must be a member of MNSHAPE or another state organization to attend the conference)

Conference Registration:

- \$125 Early Bird Professional (Due October 13th) \$50 Early Bird Student (Due October 13th)
 \$150 Onsite Professional \$65 Onsite Student \$50 Retired

Early Registration & Social – Wednesday, November 8th at Ramada Plymouth Hotel

Awards Celebration:

Thursday, November 9, 2017 ♦ Crowne Plaza ♦ 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 October 13, \$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

Due to a conflict with Crowne Plaza we are only reserving rooms for Thursday night. Pre-registration will be held at the Ramada Plymouth Hotel, which is located right across the highway from the Crowne Plaza at 2705 Annapolis Lane No., Plymouth, MN. Call 888-347-2319 to make a reservation there for Wednesday. A block of rooms have been reserved at the Crowne Plaza in Plymouth, MN at a rate of \$109 with 2 complimentary breakfasts for Thursday. Please contact the hotel directly to reserve your room before **October 10, 2017**. Crowne Plaza Minneapolis West, 3131 Campus Drive, Plymouth, MN 55441, 763-559-6600. Pre-registration (Wednesday) is at the Ramada Plymouth Hotel; Awards Celebration (Thursday) is at the Crowne Plaza. We apologize for any inconvenience. If you are reserving a room your option is to book two nights at the Ramada Plymouth Hotel, or one night at the Ramada and one night at the Crowne Plaza.

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 Friday, October 31, 2017. A \$5.00 processing fee is assessed to all cancellations. No refunds will be made after Friday, October 31, 2017

FOR OFFICE USE ONLY:

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



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
- JRFH/HFH Coordinator \$30.00 (\$10.00 discount off professional membership for coordinators)
- Student Member \$25.00
- Retired Member \$25.00 Year Retired _____
- Associate Member \$40.00
- Lifetime Member \$800

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

Proposed Physical Education Standards Enter Rulemaking

Mary Thissen-Milder, PhD

The Minnesota Academic Review Committee for K-12 Physical Education unanimously approved the proposed Physical Education Standards and Grade-Level Benchmarks, Draft three, and sent them to Brenda Cassellius, Commissioner of the Minnesota Department of Education, for her approval in early June, 2017. The Commissioner approved the proposed standards, and by this action initiated the formal rule-making process. Draft four of the Minnesota K-12 Physical Education Standards can be found on the [MDE Health and Physical Education Page](#).

The first step in the rulemaking process was for the Department to publish a *Request for Comments* notice in the *State Register* on June 5, 2017. The notice provided information on how to submit a comment on the proposed rules. The notice, along with the draft K-12 physical education academic standards rules, are posted to the [MDE Physical Education Rulemaking page](#). The initial open comment period ended on August 11, 2017, with more opportunities to come throughout the process. The proposed standards may be changed as part of the rulemaking process.

It is anticipated that rulemaking will continue throughout the 2017-2018 school year; however, due to the complexity of the steps in the process, it could take anywhere from 12-18 months for final approval. The final step is to publish a notice of adoption in the *State Register*. Rules go into effect five working days following the publication. The implementation timeline will then also be determined. In the past, districts typically have had up to 2 years to conduct curriculum revisions to align to the new standards and grade-level outcomes.

For any questions about the rulemaking process, go to the [MDE Physical Education Rulemaking page](#), or contact Mary.Thissen-Milder@state.mn.us.



What Teachers Should Know About the Proposed 2017 Physical Education Standards and Grade-Level Outcomes

Mary Thissen-Milder, PhD

The Minnesota Academic Standard Review Committee for K-12 Physical Education has completed their assigned task to “modify and adapt the [National Standards & Grade-Level Outcomes for K-12 Physical Education](#) to accommodate state interest, yet maintain the purpose and integrity of the original standards”. The Physical Education Standards Committee determined the changes that were needed to ensure that the national standards address state statutory requirements and best practices in physical education. The new standards, if adopted into rule, will replace the state’s current standards, the National Standards for Physical Education, which were developed by the National Association for Sport and Physical Education, adopted by Minnesota in 2010, and implemented in all schools in the 2012-2013 school year. The date by which all schools must implement the proposed standards will be determined during the rulemaking process.

The proposed Minnesota Physical Education Standards and Grade-Level Benchmarks, Draft Three, was approved by Commissioner Cassellius in June, 2017 and the rulemaking process has begun. It's important to note that the proposed standards may change during the rulemaking process. In fact, draft four of the newly revised Minnesota K-12 physical education standards (dated 8-10-2017) is now available for review on the [MDE Health and Physical Education webpage](#). Compared to the previous draft, this version reflects edits to the appendices, especially Appendix C, and minor edits to the benchmarks.

Although the rulemaking process could take from 12-18 months, with potentially several implementation years to follow, there are things physical educators can be doing throughout this time period for preparation for implementation.

Go to the [MDE Health and Physical Education webpage](#) and download the latest Draft (Draft Four to date) of the Minnesota K-12 Physical Education Standards. In reviewing the document, note the following:

- The number of standards have changed from six in our current standards, to five. The major change was combining the old physical activity and physical fitness standards.
- The term “physical literacy” is used to define the goal of physical education rather than a “physically educated person, as in the national 2004 standards.
- There are identified benchmarks for each grade-level (they are called outcomes in the national document). Understand in your review that schools must offer and students must achieve all benchmarks for a standard to satisfactorily meet that state standard. Grade-level benchmarks in physical education are new for Minnesota.
- There are some nutrition and health benchmarks at all grade levels, as well as stress management at the high school level, to augment the typical physical education focus areas.
- It was the intent of the Committee to design the Minnesota document similar to the layout of the national one; however, due the Minnesota coding system, the document differs in how each benchmark is numbered. See page 4 of the document on how to read the standards.
- The standard document includes an appendix with three sections. This is the first time a Minnesota standard document has had an appendix; however, the Committee determine there was a need for teacher to better understand the standards. Appendix A is a Glossary of terms; Appendix B describes Activity Categories; and Appendix C defines Critical Elements for elementary skill acquisition.
- An additional potential Appendix may be the Scope and Sequence developed by SHAPE America; however it is to be determined if it will be included with this document, or as part of additional supporting materials to be developed.

Review the document from K-12 first so you have a full understanding of the age and skill progressions identified. Next review the emphasis at each level: Elementary: fundamental skills; Middle School: application of skills and knowledge in game categories (practice tasks and small-sided games); and High School: personal fitness and physical activity lifetime options.

This review should initiate conversations with all your colleagues about where you are now and where you should be going to meet these state standards.

Stay tuned to the next issue of Loon Lines for further information! Any questions contact me at mary.thissen-milder@state.mn.us.

Components of a Quality Physical Education Lesson

Dr. Jane A.K. Carlson

Vice-President of Dance

Teachers want to improve, to learn, to develop, to change—to become better teachers than they were the year before (Graham, 2008). To have an effective school year, focus on maximizing student learning by teaching quality physical education lessons. The following list identifies key components of a quality physical education lesson that could be used to increase the likelihood of completing all necessary practices essential for effective teaching to aid in student learning. The desired goal of this list is to guide, remind, and develop best practices during all stages of teaching. Effective teaching translates into greater student learning.

Components of a Quality Physical Education Lesson:

1. **Safety:** Safety considerations are apparent, explained and will be applied in the lesson---Safety First!
2. **Equipment:** Distribution, collection and use of equipment is appropriate. Equipment used is developmentally appropriate, quantity allows each student to have a piece of equipment, and will be inspected before class to be in safe working order.
3. **Content Development:** Content standards and grade-level outcomes are in the lesson, clarifying what students are expected to know and be able to do as a result of the learning activities. All activities show thoughtful progression, are developmentally appropriate and demonstrate knowledge of the subject area.
4. **Critical Elements and Cue Words:** Include in instruction three to six critical elements that are necessary for the skill to be performed correctly, and accompanying cue words that are meaningful, action oriented, and age appropriate for each task.
5. **Explanation & Demonstration:** Explanations will be given simultaneously with demonstrations. Demonstrations will be used to show the critical elements of the skills and organization of the activities. They are accurate, clear and are shown in context.
6. **Checking for Understanding:** Check for learners' understanding will take place at appropriate times in the lesson with effective questions (avoiding yes/no responses).
7. **Feedback:** Variety of feedback is given to students during the lesson. Specific, prescriptive feedback emphasized.
8. **Differentiated Instruction:** Provide differentiated instruction to increase students learning by modifying and/or creating challenges in the lesson.
9. **Deliberate practice:** Design student practice with the goal to improve performance. The teacher will monitor and provide cues so each students can improve further.
10. **Assessment:** (Informal and formal) Assessments will be used effectively throughout the lesson. The teacher consistently monitors student performance and provides effective feedback.
11. **Classroom management:** Materials/equipment will be ready; activities will be effectively and efficiently organized; strategies will be used to promote positive relationships; consideration for diversity in all aspects of the lesson; and efforts to create a positive and productive learning environment.

12. **Transitions:** Smooth and effective transitions between activities will occur. Well thought out formations and activities for effectively moving the learners and/or equipment.
13. **Culturally Responsive Teaching and Inclusive Practices:** Provide a safe learning environment which is responsive to the culture, needs, interests, learning preferences, and abilities of each student.
14. **Integration of other Subject Areas:** There will be an integration of other subject areas to enhance student learning and to increase the effectiveness of the lesson.
15. **Use of Technology:** Technology will be used effectively during the lesson to enhance students learning.
16. **Vocabulary:** Use professional and age appropriate terminology and language. Projection and voice tone will be appropriate for the learning environment; correct grammar will be used and talk free of slang.
17. **Names:** The teacher will call students' by their name throughout the lesson.
18. **Teacher Movement:** Actively monitor student learning during the activity by moving around to all learners. The teacher's back will be to the wall allowing continuous scanning of the entire area for safety purposes.
19. **Professional Appearance:** The teacher will be well-groomed and appropriately dressed.
20. **Enthusiasm:** Enthusiasm will be shown throughout the lesson by way of body language, facial expressions and voice.
21. **Closure:** End the lesson with a closure that reviews and reinforces key points/critical elements/learner outcomes.
22. **Maintaining Accurate Records:** Monitor student learning progress through an effective recordkeeping system to accurately document student attendance, achievements and dispositions displayed during the lesson.
23. **Reflection:** Constantly reflect—before, during, and after the lesson. Determine the effect the lesson had on students and devise successful alternatives to use in present and future teachings. Examine a teaching moment in the lesson that did not work as well as you planned and why? What would you do differently if you taught this lesson again? What was the most important thing you learned from teaching the lesson?

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WWW.MNSHAPE.ORG

Loon Lines

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

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.

MNSHAPE Executive Committee

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The mission of the MNSHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Amy Knopf at aknopf@detlakes.k12.mn.us.

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