



# LOON LINES

September 2019

Volume VIII, Issue III



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

## Message from the President

*Sue Bremer*

Welcome to the new school year!! I hope you are all excited to see your students and start a fresh new year. This year I would like you to keep in mind this phrase: "Leave a Positive Lasting Impression!" I was lucky enough to attend SHAPE America's Social and Emotional Learning regional workshop in Sioux Falls SD, the presenters were amazing. What I took away was trying to work with kids by building trust with them and also for the students to build trust with each other. We all need to remember

kids don't always come to school ready to learn. They have many things going on in their life and at home. As teachers we can make a big difference in their life.

MNSHAPE is putting together a wonderful fall conference with dynamic presenters! We will be honoring a number of award winners and Teachers of the Year. I am hoping you will attend and at the end you will leave with a positive lasting impression.



Have a great school year and see you at our conference!

## MNSHAPE FALL CONFERENCE

**OCTOBER 17& 18, 2019**

**Mound-Westonka High School**

**See pages 9-11 for more information**

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

# Social-Emotional Health of PETE & HETE Students

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

Over the summer, I had the opportunity of attending the SHAPE America professional learning institute in Sioux Falls, South Dakota. The focus of the institute was exploring the mind-body connection related to social & emotional learning in health and physical education. It was great seeing sessions geared directly toward this pertinent issue as it relates to health and physical education since both physical education and school health are primary subjects which social and emotional learning can and should take place. It got me thinking about the social and emotional health of our future health and physical education undergrads enrolled in physical education and health education teacher education (PETE/HETE) programs. Little information was directly related to PETE/HETE students during the institute, yet, I couldn't help but become more aware of the social and emotional health of them and how that may further contribute to their overall growth or lack thereof as a future educator. I feel that it is our responsibility as higher education faculty to not only teach our PETE/HETE students about how to teach to social and emotional health in P-12 education but further we as faculty should be aware of and concerned with the social and emotional health of our students.

I have come across students in our health and physical education program who struggle

with their social and emotional health. Again, if we don't take the time as their faculty and mentors to attend to what is at times potentially serious issues, we cannot expect them to develop into strong educators. With the fall semester upon us, there are key steps we can take to hopefully ensure we are socially and emotionally aware of our PETE/HETE students and to minimize potentially serious issues that may arise if we do nothing.

First, we are more than likely the first line of defense as higher education faculty for our PETE/HETE students, and because of this, our mentorship proves to be extremely important. For example, I begin to see PETE/HETE students as early as their freshman year and will continue to see them through their senior year. Your program may be different, but my students see me, as an instructor probably more than anyone else, and because of this I can develop a strong relationship with them. Will I always develop a strong and positive relationship with every student, probably not, but one thing I do make sure my students are aware of is that I am here for them regardless of whether they have me in class or not. I want them to know that I am someone they can reach out to if need be. A recent study by Richards, Lynch & Sinelnikov (2017) looked at doctoral students as teaching mentors for

PETE undergraduate students. A key finding indicated that the mentor/mentee relationship was largely based off of trust. PETE students were more successful in both their methods courses and early field experiences when they had an emotionally positive and trusting relationship with their mentor. While a majority of us as higher education faculty will not have doctoral students to call upon, it is a further indication of how strong the mentor/mentee relationship is, and we should be consistently trying to build this with our students.

Second, as a department, it is important to collectively come together periodically to discuss PETE/HETE students and their progress from an academic, dispositional, and social and emotional standpoint. Speaking specifically, we have monthly meetings in our health and physical education program, and one of the common areas of comment is simply checking in on our students' progress. While this isn't time for faculty to share personal and or confidential information, it does allow faculty to ensure all are on the same page and keeping our students best interest at hand. Much like health and physical educators teaching in the P-12 setting reaching out to fellow teachers based upon a concern they may have about their students, higher education faculty should be doing the same.

Third, if it comes to the point of no return concerning advising HETE/PETE students to other majors due to their lack of productivity, all concerned faculty should have had multiple conversations concerning the student. We also owe it to that student to be completely upfront about the situation. The last thing that should happen is for that student to remain in a major they shouldn't be in and wasting their money. To help alleviate issues for the student consider talking to fellow programs that may be somewhat aligned to health and physical education in which you see potential success for the student. Speaking from experience last fall, one of our health and physical education major's who was struggling came to me, and we had a candid conversation about his progress in the program. While this student's heart may have been in the right place in wanting to become a teacher, the simple fact was that he continued to struggle in specific courses to the point of no return. I talked with faculty

from the interdisciplinary studies major, and am happy to say the student graduated this past spring with an emphasis on health, marketing, and sociology. I received a thank you email from that student at the end of the spring semester last year for working with him to find the best possible solution. While he didn't end up graduating with a degree in health and physical education, I was still very happy he found a major that did allow him to succeed and graduate. The fact that he went out of his way to send me an email further proves the power we as faculty have, even with students who may not pursue health and physical education degrees.

Finally, our ability to develop a positive rapport with our students is critical, just like it will be critical for them to build that rapport with their future students in health and physical education. Because I see my students often, I continuously try to get to know them and develop that strong relationship. It sounds cliché, but we can learn a lot about our students by simply

talking with them both inside and outside of class. If we practice what we preach, we should all be at least trying to develop that positive rapport.

I know I am more than likely preaching to the choir, but attending to these key areas can make an important and meaningful impact in the lives of our PETE/HETE students. Speaking personally, I know it did for me when I was an undergrad. If my students from a social standpoint still don't feel they can talk with me as their faculty during their upper-level years as a junior or senior, I haven't done my job as their instructor and or mentor. I wish all of you a successful 2019-2020 school year.

Richards, K. A., Lynch, S., & Sinelnikov, O. A. (2017). Doctoral students as teaching mentors for preservice physical education teachers. *The ICHPER-SD Journal of Research in Health, Physical Education, Recreation, Sport & Dance, 9(1), 15-23.*

## Top Tips and Activities to Kick off Your School Year

One of my go-to activities with younger students (K-2) during the first week of school is an oldie, but a goodie called Musical Hoops. Musical Hoops is similar to musical chairs, except there are no eliminations, but I do gradually remove hoops so students have to share a hoop. It is a great activity to practice moving safely in shared space

during the first week of physical education class. I hope you all have a great start to your school year and that we see many of you at the convention in October!

*Derek Picha, Physical Education Teacher at Sumner Elementary School in the Austin Public School District.*

My favorite way to start the school year: Adventure Education cooperative activities.

Adventure Education consists of 7 stages: 1) Acquaintances 2) De-inhibitizers/Ice Breakers 3) Communication 4) Problem Solving 5) Trust 6) Low Elements and 7) High Elements

*(Continued on page 4)*

(Continued from page 3)

Here's "**Partner Handshakes**"; a great go-to instant activity for Acquaintances:

Each person has different handshakes with different people.

- Normal Handshake
- High-five
- Low-five
- Wisconsin (milk udders)
- Lumber Jack
- Seal
- Frozen Fist bump
- Happy Salmon
- Helicopter

You can also introduce other partners to each other; keep them moving at all times. Use your imagination, make up your own, or invite the students to make up one for the class!

This activity allows for students to meet everyone, but also can act as an on-going go-to for efficient transitions throughout the school year. Example, "Please find your frozen fist-bump partner and volley back and forth".

*Lisa Rahkola, Instructor in Physical Education Teacher Education at the University of Minnesota Duluth*

Great beginning of year cooperative activity: group letter and number forming.

I have double classes so I have one class compete against the other. For a single class divide them into 2 groups. Each team must form the letter or number that is written on the whiteboard by instructor. For

example, if the number 4 was written on the whiteboard the team that formed a legible number 4 on the gym floor by lying down with everyone else on their team wins. The challenge is that everyone on your team must be a part of the number/letter. Be sure to allow enough space for teams to form letter or number.

*Tom Roberts, Physical Education Specialist at Aquila Elementary School in St. Louis Park School District*

First Week Activities:

1. Learning the names of classmates/students: Students and teacher stand in a circle. The students will clap the syllables of their name (for example clap twice for Albert [Al-ber]; clap once for Sue). Immediately the others will repeat the clap(s) and name. Continue around the circle until all have had a turn. A variation is for the students to create a movement and say their name; for example-stomp foot once, hip bump once for Albert (Al-ber).
2. Practice protocol such as freezing and getting into groups: Perform various locomotor patterns and practice freezing on signal/whistle. Whistle Mixer: add 'look at teacher to see how many fingers he/she has showing' or blow the whistle "x" number of times. If the teacher has three fingers showing, how quickly can you make a group of three; if five fingers are

showing, how quickly can you make a group of five. If the whistle was blown twice, find a partner.

3. Preparation for a substitute teacher: During the first week of school, teach and/or review some games with your students so that these games can be used when you have a sub..

Great blog or websites with other ideas for you:

1. <https://www.thepespecialist.com/firstweek/>
2. <https://thephysicaleducator.com/2017/09/28/first-lessons-of-the-school-year-part-one/>
3. <https://www.gophersport.com/blog/back-to-school-the-importance-of-first-day-fun/>
4. <https://www.elementarypeteacher.com/back-to-school-activities/>
5. <https://www.swww.com/blog/how-to-prepare-for-your-first-pe-class-of-the-year/>
6. <https://sites.google.com/site/classroommanagementpe/>
7. <https://classroom.synonym.com/pe-activities-first-day-5977866.html>
8. [https://www.effectiveteaching.com/userfiles/uploads/GoBe%2024/GoBe\\_024\\_Geiman.pdf](https://www.effectiveteaching.com/userfiles/uploads/GoBe%2024/GoBe_024_Geiman.pdf)

*Cyndee (CJ) Johnson  
Elementary/Adapted Physical Education Specialist  
Winterquist Elementary  
Esko Public Schools*



## Prepping for PE Standards Implementation, Year 2

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

Welcome back to school! I hope you all had a great summer and that you are ready to continue your journeys as professional with the best job in the world: teaching physical education! I can truly say that over my 20 years at MDE, I have met the most amazing physical educators... teachers who believe in the power of education and provide learning experiences so students will develop the ability to move with competence and confidence...i.e., with a focus on physical literacy.

During this school year (2019-2020) the Minnesota Department of Education (MDE) will continue its' partnership with leaders of MNSHAPE and MNDAPE and free offer our second year of regional trainings to assist schools in preparing for full implementation of the new [Minnesota Physical Education Standards](#) by the [2021-22 school year](#).

Don't worry if you missed the Year 1 trainings, we will be providing "catch up" sessions prior to the Year 2 trainings. We anticipate the "catch-up" trainings to occur in November; followed by the others December through March. Look for the dates and registration information on both the MDE and MNSHAPE websites in early September.

Last years' training focus was on personalizing the standards, academic language, learning progressions and deconstructing

and bundling benchmarks. This year we will build on that foundation and address

moving from bundling to performance objectives with a strong emphasis on best practices in assessment and grading practices.

I want to thank members if the MDE PE Leadership Team for continuing to assist in the training design. Members include MNSHAPE BOD members Sue Bremer, Lisa Smith, Megan McCollum, Nancy Christiansen; MDE Standards Committee Co-Chairs Sue Tarr and Cynthia Johnson; Higher education and MDE PE Standards Committee member Kristi Mally, and DAPE PE Leadership committee Rich Burke. These individuals have donated their time to ensure



these trainings are intentionally designed to help fellow teachers strengthen instruction, and hence, strengthen student learning.

Please also join us at the [MNDAPE Conference, September 26-27](#) and the [MNSHAPE Conference, October 16-18](#) where we will be offering sessions regarding standards implementation.

Special thanks also to MNSHAPE for serving as the host site for all standards training materials. All Year 1 training materials can be found [here](#).



MDE PE Leadership Team: Rich Burke, Lisa Smith, Kristi Mally, Mary Thissen-Milder, Megan McCollum, Sue Tarr, Sue Bremer, and Cynthia Johnson (Not pictured: Nancy Christiansen))



## UNIFIED PHYSICAL EDUCATION PRE-CONFERENCE

OCTOBER 16 | 9:30AM - 3:00PM | MOUND WESTONKA HIGH SCHOOL

Special Olympics Minnesota is hosting a full-day session at the MNSHAPE Fall Conference on Unified Physical Education, a unique class where students with and without disabilities learn together and foster inclusion in a physical education setting.

At this session you will learn more about the Unified movement and how to make physical education more accessible and equitable in your school. **This session is for educators who are currently implementing Unified P.E. AND for educators interested in bringing this class to their school.**

**SPECIAL OLYMPICS MINNESOTA WILL PAY  
FOR YOUR SUBSTITUTE SO YOU CAN ATTEND!**

*This offer is available to the first 40 teachers who sign up.*

**EQUIPMENT GIVEAWAYS - PRIZE PACKAGE DRAWINGS - MNSHAPE ANNUAL MEMBERSHIPS GIVEAWAY**

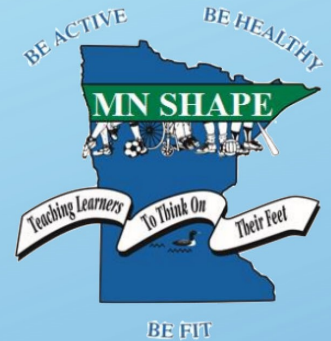
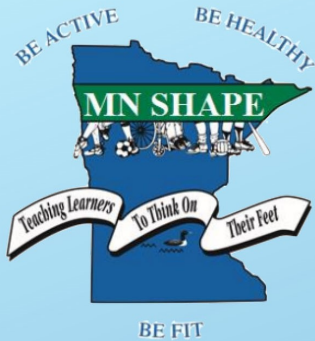
**REGISTER AT [MNSHAPE.ORG/REGISTRATION.HTML](https://mnsshape.org/registration.html)**

*Unified Physical Education provides an opportunity for students with and without disabilities to come together through ongoing educational and physical activities, using the power of Special Olympics. The Unified Physical Education course is structured around the national physical education standards and grade-level outcomes.*



**NEW**

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



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

Receive and KEEP American Ninja Warrior physical education equipment!

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

You receive 40% of all donations in CASH!

Maximize student participation and enjoyment!



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



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## Teachers of the Year

In honor of award recipients,  
US Games, OPEN, and BSN Sports  
are providing our recipients with:

- TOY 1/4 ZIP PULLOVERS
- \$200 GIFT CERTIFICATES
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- TOY TRAINING WEBINAR



**Tom Strenger**

Midwest Regional Manager

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# 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](http://www.mnshape.org)



**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 27<sup>th</sup>)       \$50 Early Bird Student (Due September 27<sup>th</sup>)  
 \$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](http://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 \_\_\_\_\_

## **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**



## 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](http://www.mnshape.org))

Name (first, middle, last) \_\_\_\_\_

Home Address \_\_\_\_\_

Home City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Telephone \_\_\_\_\_

School Where you Teach \_\_\_\_\_

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

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

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

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

Years in the Profession \_\_\_\_\_

**MEMBERSHIP CATEGORIES (Select One)**

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

**PAYMENT METHOD**

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

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

QUESTIONS: Call Nancy Christensen at 218-847-9769 or email [nancy1485@gmail.com](mailto:nancy1485@gmail.com)

# MNSHAPE

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



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

## Loon Lines

September 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](http://www.mnshape.org)

### MNSHAPE Executive Committee

<b>President</b>	Sue Bremer	(612) 414-7689	<a href="mailto:sue.bremer@mnshape.org">sue.bremer@mnshape.org</a>
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The mission of the MNSHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Amy Knopf at [aknopf@detlakes.k12.mn.us](mailto:aknopf@detlakes.k12.mn.us).

You can also access this newsletter in PDF format on the web at [www.mnshape.org](http://www.mnshape.org).