



North Dakota SHAPE Conference:
Shaping Your Heart, Mind, and Soul
Carl Ben Eielson Middle School Fargo, ND

August 1st:

7:30 – 8:00 Registration

8:00 - 8:55 Welcome/Exhibits

9:00 - 9:50 Session 1

Joe McCarthy: #Physhed Favorites

South Gym

Each activity in this collection focuses on one standard and one strand of outcomes, typically fitness knowledge with an emphasis on physical literacy. The activity plan has been simplified to keep instruction concise yet effective, planting seeds of awareness that will grow throughout the entire school year. In this session, you will learn how to play my students favorite activities!

Jordan Stolp: GOPER SPORTS Heart Rate Monitors vs. Pedometers

North Gym

Heart Rate Monitors vs. Pedometers - Check out the Gopher Optic Heart Rate Monitoring System and the FITstep Pro Pedometers to see different ways you can assess your students. Both options allow you to collect data in order to assess your students' activity levels. Use technology to challenge and motivate your students to be more active. Come see whether heart rate monitors or pedometers are a better solution for you!

Donna Hardie: Health Instruction: Captivate, Educate, and Activate Behaviors Multipurpose

A growing body of research supports the development of health skills, defined in the National Health Education Standards, as critical components of both a healthy lifestyle and academic success. This interactive session will guide participants to compare and contrast health education, health promotion, and health activation followed by an overview of behavior change models, National Health Education Standards, and a practical instructional tool—Captivate-Educate-Activate—that extends health education and promotion to activate an individual to make simple, recurring, and beneficial lifestyle choices. Participants will reflect upon their own programs and pedagogy, and then apply the Captivate-Educate-Activate tool to enhance their instruction with health activation.

10:00 - 10:50 Session 2

Jordan Stolp: GOPHER SPORTS ACTION Team Games

North Gym

Get your classes moving with these fun and exciting ACTION Team Games from Gopher. We'll provide you with 3-4 activities for each game and then we can think outside the box on how to change the games! These all-inclusive, non-traditional, large group activities are fast paced and sure to be a hit with your students!

Cynthia Johnson: Crossminton or Speedminton

South Gym

Looking for a new racquet sport for your physical education curriculum? Crossminton or speedminton develops tactical skills used in net/wall games, doesn't require a lot of equipment and can be played indoors or outdoors.

Lois Mauch: Integrating MVPA and Common Core Standards to Enhance SEL. Wrestling

Experience ways to engage students with challenge, novelty and increased MVPA. Challenges integrate common core standards to enhance Social Emotional Learning (SEL). Students, staff, and parents can use heart rate technology to integrate common core standards, goal setting, improve learning outcomes which lead our students becoming self-efficient throughout their lifetime. Activities are designed with the SHAPE America standards and outcomes and support research based on Dr. John Ratey.

Tom Nitschke: I am Resilient

Multipurpose

"I Am Resilient" is true suicide prevention. Resiliency skills need to be taught to help students through tough times so they never become suicidal. This session will introduce the concept of resiliency. Participants will leave with skills and activities they can take back to their students as well as an overall idea of the importance of teaching resiliency.

11:00 - 11:30 General Session ND Beef Commission

11:30 - 12:50 Awards Lunch sponsored by the ND Beef Commission.

Fuel Up To Play 60 Success Panel

1:00 - 1:50 Session 4

Artie Kamiya: Fun & Fitness for Everyone

North Gym

Please consider joining Artie for an assortment of fun K-12 energizers, getting-to-know-you activities, non-traditional ways to introduce dance and fitness, and other “tricks-of-the-trade.”

Scott Parker How to make First aid, CPR and Halloween more fun!

Wrestling

During this presentation we will discuss different ways to invigorate First aid and CPR in the classroom using American Heart Association principles. Techniques will include using moulage and hands on activities.

2:00 - 2:50 Session 5

Artie Kamiya: Tick-Tock I’m a Catching Clock and Other Catchy Skill Cues

North Gym

Please consider joining Artie for a skill-based session designed to assist you in creating “No Fault Zones” for your students, an assortment of instant activities, and examples of different instructional formats for teaching basic sport skills in non-traditional ways.

Karen Cowan: Empowering Teachers and Engaging Students with Data

Multipurpose

To create and sustain a quality physical education program, teachers must be given the appropriate tools and resources. Likewise, to create and sustain healthy youth it takes an understanding of where they are and where they are going. By using data from fitness, cognitive, behavioral and motor skill domains teachers can validate their instruction and students can understand what it takes to be healthy, fit and active for life. In this session you’ll learn the importance of district wide data collection and how it will forever change the way physical education is viewed.

Lyndsi Engstrom, Sara Deutsch: Moving Our Profession Forward with Quality Mentoring – A Roundtable Discussion.

Hanger

Are you experienced in mentoring preservice/new teachers and have ideas to share? Do you simply have the passion and desire to see new teachers improve and succeed in our ever changing profession? This roundtable discussion, intended for health and physical education leaders serving as past, present or future cooperating/mentor teachers, university professors, and preservice teachers, will focus on providing feedback, establishing expectations, and promoting professionalism. Participants will work together to build a collective understanding of effective strategies for mentorship.

3:00 - 3:50 Session 6

Joe McCarthy: Academic Games in Physical Education

South Gym

Learn from National speaker Joe McCarthy from Farmington MN on how simple it is to add spelling and math activities into your Physical Education curriculum. You will leave with ideas that can be implemented into any program next week. Great advocacy tool! Activities will include, Soccer, Basketball, Football & Game of 3

Whitney Spah, Health Kramer: Pickleball

North Gym

Pickleball is a great racquet sport to keep active for all ages. This session will introduce the rules, drills and modifications. Be prepared to play.

Joe Deutsch: Mentoring in Sports for the Development of the Successful High School Coach

Hanger

How can you ensure that students are learning the academic knowledge to be healthy and fit for life? What can you do to improve the fitness of your classes or help them understand why teamwork is important? What are the critical skills that students need to be physically literate? The answer to all of these questions can be found in one place.....standards! Please join us to learn about the resources and strategies needed to build a framework for you standards-based, quality physical education program, improve the coaching job field as well as struggles they see mentoring bringing if a program were to be introduced.

3:50 - 4:30 Break/Exhibits/Travel

Evening Social Events

5:00-7:00 Edgewood Chalet

19 Golf Course Ave N Fargo, ND

Attendance Required for Credit. Lawn Games Tournament, Driving Range, Silent Auction



August 2nd:

7:15 - 7:45 Morning Energizer: Leah Wheeling: Drumming in PE

7:45-8:00 Breakfast Sponsored by Midwest Dairy Fuel Up To Play 60

8:00 - 8:50 Keynote Artie Kamiya

The Mission Beyond Your Job Description

Please join Artie as he brings a fun and uplifting message designed to provide laughter and inspiration centered on how the “little extras” can add to your enjoyment as a teacher. Have you ever seen a Ducheene Smile? Know the difference between a hand and a clap? If not, please join us and see how to add a bit more “zip” to your teaching and leadership style.

9:00 - 9:50 Session 7

Cynthia Johnson: Disguising Fitness Using Dice and Cards

South Gym

Tired of the same old warm ups in your physical education class, looking to spice up your introductory activities? This session will introduce you to activities that disguise fitness by using dice and cards.

Kriss McCleary: Lacrosse

North Gym

Lacrosse is an active team game that utilizes passing, catching, offensive, and defensive skills while using a long implement. Lead up games and activities will be covered to prepare students with the skills needed to effectively play the game of lacrosse. Passing, catching, cradling, and shooting on goal are the basic skills that will be used in the lead up games and activities. Cues for technique and safety will be discussed with possible variations that can be made to instruction.

Pat Stewart: Integrating Social Emotional Learning Within Your Health
Education Program

Multipurpose

This workshop will demonstrate how easy it is to integrate self-awareness, self-management, social awareness, relationship skills, and responsible decision-making within a health education program from Pre-K through middle school. Students need regular opportunities to practice these concepts to develop SEL competencies. Using The Great Body Shop Comprehensive Health Education Program as an example, participants will leave this workshop with ideas on how to integrate concepts of character education including parents in this process

while also addressing key health issues that put children and youth at risk. Participants will: know the five competencies of social emotional learning (SEL); engage in interactive lessons which demonstrate integration of SEL across health topics; articulate two SEL strategies they could replicate using their current health education program.

10:00 - 10:50 Session 8

Joe McCarthy: LitPE

South Gym

Literacy Physical Education (LitPE) is a program designed to help a specific grade level that is behind, based on the statewide reading assessment to each grade level standards. Our data shows that students who are in our 12 week class will more than double their peers and up to five the national average on the winter assessment. Students come to the gym every day, fifteen minutes for 12 weeks. Every class embeds fluency, comprehension and spelling into movement activities. Students in this class learn how to combat “learned helplessness” by the end of the 12 weeks. Students will use whiteboards, markers and towels as their learning tools. Paper and pencil is another option for you to use. This program will cost the school less than \$100.

David Benson: Small Sided Games

North Gym

The use of Small-Sided Games, or SSGs for short, has given my program the biggest bang for my buck in terms of maximizing participation, inclusion, skill development, and assessment opportunities while keeping the learning environment enjoyable.

Karen Cowan: A Road Map for Physical Education

Multipurpose

How can you ensure that students are learning the academic knowledge to be healthy and fit for life? What can you do to improve the fitness of your classes or help them understand why teamwork is important? What are the critical skills that students need to be physically literate? The answer to all of these questions can be found in one place.....standards! Please join us to learn about the resources and strategies needed to build a framework for you standards-based, quality physical education program.

11:00 - 11:50 Session 9

Cynthia Johnson: Simple Ways to Incorporate Dance into Your PE Curriculum South Gym

Don't teach dance because you aren't a proficient dancer yourself? This session will introduce you some simple ways in which you will be able to incorporate dance into your physical education curriculum throughout the school year.

Sheila Peterson: Games From Around the World

North Gym

As a PE teacher for the past 16 years I am always looking for new games to play. The same old games each year in and out can get very boring. I try to keep my kids constantly asking me, "What are we going to do today?" This past year I have looked into incorporating some games from around the world. This session will introduce some new games to your repertoire. These games include Ki-o-rahi, Seven Stones, Ringo, and Angle Ball.

Jenny Linker: Addressing Social and Emotional Learning Through
Adventure Education

Hanger

Has Social Emotional Learning (SEL) become a pressing topic in your school? SEL promotes the development of students' self-awareness, self-management, social awareness, relationship skills, and responsible decision making (Collaborative for Academic, Social, and Emotional Learning, 2017). This session introduces K-12 physical educators to the Adventure Education instructional model so they may play key roles in SEL initiatives while simultaneously addressing North Dakota Physical Education Content Standard #4. Participants will learn about the characteristics of Adventure Education, appropriate progressions for activities, and debriefing tactics. Numerous teaching resources will be available on-site for participants to review.

12:00 - 1:30 Lunch/Exhibit Time

1:30 - 2:30 Session 10 Keynote Sponsored by SEEC

Michelle Hiller: Start grooving...you can't get it wrong!

Start grooving...you can't get it wrong! Groove EDGEducation's Michelle Hillier will take us through her movement-based teaching approach that engages the BODY, BRAIN and BEING while learning. Students learn through equal engagement of the physical, cognitive, social and emotional self.

2:30 – 2:45 Closing