



North Dakota Society for Health and Physical Educators State
(NDSHAPE)

2016 Conference

Carl Ben Eielson Middle School

1601 13th Ave S, Fargo, ND 58103

Fargo, North Dakota

August 2nd and 3rd, 2016

**Welcome to the 2016
ND SHAPE State Conference.
Gear Up for the Ride!
Keynote Speaker, Dr JoAnn Owens Nauslar
“Fit to Lead: Leadership, Wellness, & The RIDE”**



Dr. JoAnne Owens-Nauslar, Ed. D; FASHA, FNAS, LBWA
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Dr. JoAnne Owens-Nauslar has spent forty-five years promoting the benefits of healthy active living and is considered one of the nation’s most vocal personalities on issues of physical activity, fitness and the need for physical education in the critical core day.

She has been described as Past President of almost everything, including the National Association for Sport and Physical Education; S.H.A.P.E America; Nebraska and Central District SHAPE; the Society of State Directors of Health and Physical Education; and the Husker Athletic Fund.

Jo has taught at all levels and was the State Director for Comprehensive Health and Physical Education at the Nebraska Department of Education (19 years); Director of Professional Development for the American School Health Association for (9 years) and in 2004 joined corporate America. In 2010 she became a full time rancher, but continued her speaking training career motivating Americans to get healthier and more active.

You will have opportunities to laugh, learn, network, and share while being reminded of the necessary ingredients for a healthier/happier you and a healthy and more active America. Dr. Nauslar believes we must “move to improve!”

Don’t miss Dr. Jo’s
Keynote Address:
Tuesday August 2nd - 8:00-8:55 am
Carl Ben Elision Middle School Hanger

Fit to Lead: Leadership, Wellness, & The RIDE

Closing Keynote

Wednesday, August 3rd- 1:30-2:30 pm

“Practice, Practice, Practice”

Gear up for the Ride!

(Conference at a glance)

Tuesday, August 2rd, 2016

7:00-7:45am	Registration Open	Carl Ben Eielson Middle School
7:45-8:00am	Opening Session	CBE Hanger
8:00-8:55am	Keynote Speaker	CBE Hanger
9:00-9:50	Breakout Session I	CBE North Gym
10:00-10:50	Breakout Session II	CBE North Gym
11:00-11:50	Breakout Session III	CBE- Gyms/Multipurpose
11:55am-12:55pm	Working Lunch	CBE Hanger
1:00-1:50pm	Breakout Session IV	CBE- Gyms/Classrooms
2:00-2:50	Breakout Session V	CBE- Gyms/Classrooms
3:00-3:50	Breakout Session VI	CBE- Gyms/Classrooms
3:50-4:15	Travel	
4:15-5:30	Edgewood Chalet	
5:45-6:00	Social	
6:00-8:00	NDSHAPE Celebration	

Wednesday, August 3rd, 2016

7:45-8:00	Last Chance to register for credit	Carl Ben Eielson Middle School
8:00-8:30	Opening Session	CBE- Gyms/Classrooms
8:40-9:30	Breakout Session VII	CBE- Gyms/Classrooms
9:35- 10:25	Breakout Session VIII	CBE- Gyms/Classrooms
10:30-11:20	Breakout Session IX	CBE- Gyms/Classrooms
11:20-12:20	Lunch	CBE- Hanger
12:35-1:25	Breakout Session X	CBE-Gyms/Classrooms
1:30-2:30	Closing Keynote	CBE- Hanger

**2016 ND SHAPE State Conference- Gear Up for the RIDE!
Carl Ben Elision Middle School
Fargo, North Dakota
August 2nd and 3rd, 2016**

**Conference Programming DAY 1
Tuesday August 2nd, 2016**

7:00-7:45am

Registration

7:45-8:00am

Opening Session

Carl Ben Elision Hanger Area

**Greeting from ND SHAPE PRESIDENT, Lois Mauch
*Introduction of ND SHAPE board members**

8:00-8:55am

Carl Ben Elision Hanger Area

KEYNOTE SPEAKER

Dr. Jo Ann Owens Nauslar

Fit to Lead: Leadership, Wellness, & The RIDE

This session will focus on the information about (1) leadership characteristics, (2) ingredients to master your skills, and (3) strategies to MENTOR. When you learned to ride your bike you probably had training wheels, encouragement, show & tell, scrapes and bruises, and ultimate success. The same foundation skills are key for leadership.

OBJECTIVES:

As a result of attending this session, participants will be presented and engaged in:

- 1) The resources and research about leadership
- 2) The ingredients and skills for motivation
- 3) Strategies for mentoring
- 4) Laughing, learning, sharing, and being reminded to continue to make a difference

9:00-9:50 am Breakout Session I

CBE North Gym

Maria Corte- Rep and Rotate

Group Fitness North Gym- (K-12)

This tough workout uses a wide variety of equipment that rotates in a unique, never before seen way! Just when you thought you've seen every way possible to design a circuit, you will leave this session saying, "I never thought of doing it THAT way!" This is a super high-intense power circuit that runs itself...NO TIMER, NO INTERVALS. Each multi-muscle/cardio station will challenge your students using cutting-edge equipment and all while continuously moving through the circuit. You won't want to miss this brand new, easy-to-set-up circuit. Following the circuit, several cool down activities will be explored to leave you with some fast, easy ideas to take home.

10:00-10:50 am Breakout Session II

CBE North Gym

Maria Corte- Topples Tubes and Warm Up Activities (K-12)

It's a Game, It's Fitness, It's Fun!!! This session will show teachers a couple lead up/cool down games as well as several partner fitness activities using Topples Tubes. You will have the opportunity to incorporate these 1 piece rotomolded vinyl tubes in PE games and fitness activities. Use Topples Tubes™ for a wide variety of fitness activities, warm up/cool down games and agility exercises — your options are endless! These two toned colored durable tubes are the perfect tool to use for large groups, small groups, inside or outside. Your students will really like being active these tubes.....mine do!

11:00-11:50 am Breakout Session III

CBE South Gym Middle Level/High School

Bev Brown – Interactive Health Technologies (IHT)

Revolutionizing the Classroom; Student Self-Managing Fitness Program!

Experience the ground-breaking next generation heart rate technology by IHT and adidas by engaging students with *challenge, novelty, and increased MVPA* using software that will connect MVPA to all your lessons. This activity session is designed to increase MVPA and keep data for you to review with your students, parents and administrators. Participants will use wrist-base heart rate to provide challenges to students supported by the new SHAPE America National Standards and Outcomes. IHT has three components to its software system to help teacher collect data for their students and programs. This is a two-part session, this session will focus on HR and rubric

CBE North Gym Elementary

Kevin Sandness - Anne Carlson Center

iCan Bike Program

Over the last 3 years the iCan Bike Program here in the Fargo/Moorhead area has brought smiles to many children while helping them learn to ride a bike. Anne Carlsen Center has been the host for this camp the last 2 years and again this year. Our mission statement is: "The Anne Carlsen Center exists to make the world a more inclusive place where independence is a gift to all." We really feel that by helping individuals become independent through learning how to ride a bike it will open many new doors for them in the future.

CBE Multipurpose Room Health/FACS

Kristen Hahne- NDSU

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks, National Archery in the Schools Program (NASP)

Archery in Schools Certification (MUST ATTEND ALL 7 SESSIONS)

Improve student motivation, attention, behavior, attendance, and focus and meet state and national physical education standards through archery. National Archery in the Schools Program (NASP) training provides instructors with the skills and confidence to teach archery skills safely using established range procedures and the 11 steps to archery success.

Objectives:

1. Demonstrate the NASP 11 steps to archery success;
2. Facilitate the archery range according to NASP safety rules and range procedures'
3. Obtain a NASP Basic Archery Instructor Certification

11:55am-12:55pm - Working Lunch Provided by GOPHER

Carl Ben Elision Hanger Area- Visit Vendors

- **Jump Rope for Heart (10 min.)**
- **Jordan Stolp- GOPHER and door prizes (10 min.)**
- **Ryan Gellner-North Dakota Association of Counties Program Director (10 min.)**

1:00-1:50 Breakout Session IV

CBE North Gym- All Levels

Maria Corte- Fitness Super Shuttle and Team Building Activities (K-12)

These modified relay races are super-fast-paced cardio workouts that never stop! Your students or athletes will experience a high intensity, fat burning, strength and conditioning workout by shuttling a wide variety of fitness equipment in the most unique ways, to and from each other, all while having a blast! This indoor/outdoor workout will totally "disguise" running to make this a fun workout for your novice PE students to your competitive athletes. You will learn how to take a "traditional" relay race format and turn it into an action

packed workout with no waiting in lines or down time all while working in teams. This will be one of your students "favorite" lessons! Finally, this session will close with some team building activities to use with your students or athletes alike.

2:00 – 2:50 Breakout Session V

CBE South Gym High School/Middle Level

Bev Brown- IHT

Connecting ALL Data: Fitness Assessments, National/State Outcomes and HR

No more pencils and clipboards! Experience technology in data collection that connects daily to any measurement. Preview how to instantly collect, store and report all fitness assessments, automate cardio tests, daily grading and effortlessly send reports with the touch of a finger. This revolutionary new technology empowers students, parents, and schools to easily generate reports, and track daily activity while connecting ALL data to academic success, K-12. Get ready to transform your PE program

CBE North Gym High School/Middle Level

Brian Gunderson

Skatetime School Program

Skatetime is a comprehensive, curriculum based skating unit designed to engage students of all ages with no cost to your school. With programs crafted for a variety of wellness and fitness requirements, your students will experience fun fitness while learning a lifetime activity!

CBE Multipurpose Room Health/FACS

Jason Markeson & Chris Kelsow- Legacy Elementary- West Fargo, ND

Healthy School Initiatives: Good to Great: A Vision to Create a Model Wellness School

Student wellness affects attention, behavior, performance and classroom environment. Markusen has a bold vision for creating and leading a model wellness school and will share best practices to bring your school from good to great.

Objectives:

- 1) Understand the importance of having a vision for creating and leading a model wellness school.
- 2) Recognize the significance of addressing the health of the whole child (e.g. social, mental, and physical) to instill healthy habits for a lifetime.
- 3) Learn model strategies to increase healthy eating and physical activity in your school.
- 4) Realize the impact of empowering students as leaders within their schools.

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks- NASP Archery in Schools Certification- Continued

3:00 – 3:50 Breakout Session VI

CBE South Gym Elementary

Jason Edwards- Fargo Public Schools

Triathlon Training: Intro to Ironman

The swim, bike, and run components are a perfect platform for a lifelong dedication to physical activity and a healthy lifestyle. Many triathletes are triathletes for life! Triathlon as a sport places a high value on both participation and individual achievement. Just completing a triathlon can be considered a victory, which is very powerful for young athletes. The confidence a finisher gains is immeasurable! Learn how to incorporate some tips from a local triathlete into your Health, FACS and Physical Education setting!

CBE North Gym Elementary

Dr. Tracy Nelson and Dr. Scott Klungseth

Thinking Outside the Box Thinking Outside-the-Box for Standards: Creative Ideas, Common Equipment

Session is designed to help elementary/middle school classroom and PE teachers, and recreation professionals to experience “Out of the Box” activities to integrate hula hoops, scooters, and bean bags in meeting national/state standards. This equipment is common in programs – but many lack experience on how versatile this equipment is. Each activity is designed to help students succeed in all three learning domains. Each lesson has the potential for math, science, or language arts interaction.

CBE Multipurpose Room Health/FACS

Dr. JoAnne Owens Nauslar

Health Instruction Engagement Ideas

This session will focus on:

- 1.). Ideas & teaching strategies to actively engage student in health enhancing decisions;
- 2.). Teaching & technology;
- 3.). A variety of topics from Fooducate to Poster Sessions for "The Stall Street Journals."

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks- NASP Archery in Schools Certification- Continued



**Awards Celebration
Tuesday August 2nd, 2016
Edgewood Golf Course-Chalet
19 Gold Course Road
Chalet - 19 Golf Course Avenue N, Fargo, ND
Social/Awards Celebration
6:00-9:00 pm**

3:50 – 4:15 Travel time to the Edgewood Chalet - 19 Golf Course Avenue N, Fargo, ND

4:15 – 5:30 at the Edgewood Chalet These sessions are required for credit.

Edgewood Chalet

Becky Gunderson- Mayville State University

Something New! Dry Land Canoeing

Jeff Long- Game Fish and Parks

National Fishing in Schools- NFSP Introduction

5:45 – 6:00 Social

Edgewood Chalet

Frisbee, Driving Range, Bean Bags, Spike Ball and SILENT AUCTION!!!

6:00-8:00 ND SHAPE Celebration

Edgewood Chalet

Teacher of the Year (TOY) Awards and Jump Rope/Hoops for Heart Awards

2016 ND SHAPE State Conference- Gear Up for the RIDE!

Carl Ben Elision Middle School
Fargo, North Dakota
August 2nd and 3rd, 2016

Conference Programming DAY 2 Wednesday August 3rd, 2016

7:45-8:00am **Last chance to register for Credit!**

8:00 – 8:30 am **Opening Session**

CBE North Gym All Levels

Leah Wheeling- Simle Middle School, Bismarck, North Dakota

Power Up with Drumming and Dancing

Drumming is a great way to explore rhythmic movements and increase the skill related fitness components of coordination, agility, and reaction time and the health related fitness components of aerobic capacity and muscular endurance. Learn about how to create routines, music selection, and fun ideas to incorporate into drumming. Leave this session ready to drum at your own school!

8:40 - 9:30am Breakout session VII

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks- NASP

Archery in Schools Certification- Continued

CBE South Gym High School/Middle Level

Dr. Brad Strand and Heather Burd- North Dakota State University

Concepts Based Sport Education and Cultural Studies Curriculum Model

This presentation will describe the Concepts Based Sport Education and Cultural Studies Curriculum Model as developed and implemented by the presenters. In addition, Heather will describe the implementation of the model and how it worked with her middle school students.

CBE North Gym Elementary

Zach Bosch- North Dakota State University Lacrosse

Lacrosse in the Schools

Lacrosse has been around for hundreds of years. This session will discuss not only the success NDSU lacrosse has had over the recent years, but more importantly, how teachers can introduce a

unique game that offers an “even playing field” that engages students who might not participate in organized sports or tend to shy away from participating in Physical Education classes.

CBE Multipurpose Room Health/FACS

Katie Christianson

Reach One Teach One

Reach One Teach One is a comprehensive, peer education program sponsored by North Dakota State University that gives young people an opportunity to learn about real-life issues related to sexuality and then share their knowledge with others. Content of the lesson plans, taught by Planned Parenthood educators, is always comprehensive, medically accurate, and age-appropriate. Participants at this session will get to take part in real lessons from a comprehensive sexual health education class.

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks- NASP

Archery in Schools Certification- Continued

9:35 - 10:25am Breakout session VIII

CBE South Gym High School/Middle Level

Dr. Marty Douglas- Adaptive PE

CBE North Gym Elementary

Dr. Joe Deutsch and Michelle Crary

Project Fit America Team Building Activities for the Gymnasium

Under the Project Fit America umbrella, we address self-esteem, fitness and exercise as fun, understanding their body, as well as, leadership, sportsmanship and character development. The program goal is to reverse the lack of fitness in youth to give teachers the tools they need to teach children to take responsibility for their health and embrace healthy lifestyle choices with enthusiasm. Our mission is to get kids fit and to create programs that assure every child will find something at which they are very good at and inspire them to participate in more fitness activities. We create the opportunity for all kids, not just the already gifted athletes, to discover, explore, improve and be recognized for their physical, mental and fitness efforts and performance.

CBE Multipurpose Room Health/FACS

Donna Hardie- F.I.T. Free Program- Sanford Health

Educating the Whole Child: Activating Health and Well-being

This presentation will provide an introduction to the foundation of health activation as a collaborative approach for learning and health. Topics include 1) behavior change theory, 2) an in-depth look at a

comprehensive behavior change model encompassing sleep, mood, food, and exercise, and 3) methods and tools for school personnel to use as a means to collaborate with families and the community to form and sustain healthy behaviors that lead to positive academic achievement and health outcomes.

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks- NASP

Archery in Schools Certification- Continued

10:30 - 11:20am Breakout session IX

CBE South Gym High School/Middle Level

Carolyn Kramer & Jay Spooner- National Tennis Association and Fargo Handball

Play tennis, indoors or out----no courts required!

Don't wait until 5th grade or older to introduce your students to tennis and handball in the physical education class. This interactive session will show you how your students can be exposed to tennis and handball in a fun and safe environment, starting in kindergarten. This can be done in non-traditional spaces like gymnasiums, activity rooms, playgrounds, parking lots and grass fields.

CBE North Gym Elementary

Dr. Tracey Nelsen-South Dakota State University & Dr. Scott Klungseth- Dakota State University

Minimal Space; Minimal Equipment

This session is designed to help elementary/middle school classroom teachers, physical educators, before/after school and recess supervisors develop/learn fun, exciting, and standards-based minimal equipment/minimal space activities. We often lose gym space to concerts, assemblies and we lose playground/outdoor space due to weather and other events (indoor recess, classroom physical activity, etc.). This session presents a variety of activities that can be created using minimal equipment/minimal space for those times when we lose traditional activity spaces.

CBE Multipurpose Room Health/FACS

Dr. Sherri Stastny- North Dakota State University

Sports Nutrition

Maintaining a strong and healthy athletic performance is more than just a matter of training, practice, and "keeping in shape." Your body needs support in the form of proper nutrition, hydration, and rest in order to keep performing and responding at peak levels. This presentation will teachers identify areas where students can improve their eating habits to perform better both in the classroom and on the field.

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks- NASP - Archery in Schools Certification- Continued

**11:20am-12:20pm - Working Lunch Provided by Subway - Visit the Booths
Carl Ben Elision Hanger Area**

- **11:25-11:35- Amy Heuer 50 Million Strong 10 Minutes**
- **11:40-11:50- Justin Kristin ND Transportation Alliance 10 minutes**
- **11:50- 12:10- Becky Gunderson Central District Honor Award Winner for 2016**

12:35-1:25pm Breakout Session X

CBE South Gym High School/Middle Level

Shannon Tjaden- Dell Rapids School District, South Dakota

Crazy Cricket

- Exciting Indoor/Outdoor Activity * 3rd-12th Grade * 10 to 40 Players
- Covers State and National Standard 1-Indicator 1-3 and Standard 2-Indicator 1-3 (Movement patterns, Correct Technique, Applying Concepts and Strategy)
- The “Basics” of the Game (very similar to baseball/softball)
- Batters protect their wickets with the paddle/bat, Hit the ball, run exchanges, and steal bases.
- Fielders pitch/catch the ball and knock the ball from the wicket.

CBE North Gym Elementary

Sara Deutsch & Chris Mahoney PYFP: Supporting the Fitness Education Process

The Presidential Youth Fitness Program helps schools achieve excellence in physical education through quality fitness education and assessment practices by providing tools to: teach fitness concepts, assess fitness and understand results, plan for improvement or maintenance of fitness levels, and empower students to be fit and active for life. Come join us as we turn our focus to some of these tools in this activity based session. We will be focusing on activities that teach fitness knowledge, goal setting, student exploration and choice.

CBE Multipurpose Room Health/FACS

Dr. Kristen Ford- 'Engagement Party'

Have you ever thought that you are teaching an amazing lesson, but you look around the room it is clear that your students don't feel the same way? This session will show you a variety of different ways to engage your students in content not only in the classroom, but also in the gym. These techniques have been proven to increase retention, motivation, self-efficacy, and ultimately test scores. Participants will leave with over 20 different strategies that could be used in class 'tomorrow!' Please consider joining me!

CBE Wrestling Room- Special Session

Jeff Long- Game Fish and Parks- NASP - Archery in Schools Certification- Continued



Closing Keynote!
Wednesday August 3rd, 2016
1:30-2:30pm

1:30 – 2:30 pm Closing Keynote

Carl Ben Elision Hanger Area

Dr. JoAnn Owens Nauslar

Practice, Practice, Practice

Moving from Good to Great takes practice! The conference has been filled with ideas, teaching strategies, & leadership techniques.

Participants can expect:

- 1). To laugh, learn, & share;
- 2). Refresh, refuel, and strategize about ways to use "stuff" from your two- day investment;
- 3). Receive additional encouragement & motivational ideas to help you stay energized from start to finish.

THANK YOU TO OUR SPONSORS:

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Bean's Coffee Bar



PLEASE VISIT AND THANK OUR 2016 EXHIBITORS

Exhibitors/Door Prizes

Interactive Health Technology (IHT)

Jump Rope for Heart

F.I.T. – Children's Health & Fitness Initiative at Sanford Health

Midwest Dairy Council

American Heart Association

United States Tennis Association USTA

Skating in School/Streets Alive!

Everlast Climbing

Speed Stacks

South East Education Cooperative

Central District SHAPE

SHAPE America

Fuel Up to Play 60

I Can Bike

Ryan Gallner

Streets Alive!

SCHEELS

PATH