



“Educating ND to be Fitness SMART”

North Dakota Society for Health and Physical Educators

(ND SHAPE)

State Conference 2018

Simle Middle School
1218 Simle Drive
Bismarck, North Dakota

September 23rd - 24th, 2018



#NDSHAPE2018

**Welcome to the 2018
ND SHAPE State Conference
Educating ND to be Fitness Smart!**

Keynote Speaker



Linda L. Griffin, Ph. D.

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Website: <https://innovate.umass.edu/linda-griffin-professor-department-teacher-education-curriculum-studies/>

A graduate from Ohio State University with a PhD in 1991, is currently a professor in the College of Education at the University of Massachusetts Amherst. Her research and scholarly interest for over 25 years has been on the teaching and learning of sport related games through a games-centered approach grounded in constructivist learning. She has co-authored several books and articles and has co-edited two books with colleague Joy Butler from the University of British Columbia. Linda has been a speaker and presenter all over the world.

She has also received several honors and awards for her work in this area. In addition to the Keynote address, Dr. Griffin will also be presenting an activity session titled: ***“Teaching Invasion Games Using a Tactical Games Approach”***.

Don't miss Dr. Griffin's

Keynote Address:

“Teaching Sport Concepts and Skills: A Tactical Games Approach”.

Auditorium

Monday September 24th - 10:30-11:15 am

Presentation:

“Teaching Invasion Games Using a Tactical Games Approach-Activity Session”

West/East Gym

Monday September 24th - 2:00-2:50 pm

**Welcome to the 2018
ND SHAPE State Conference
Educating ND to be Fitness Smart!**

Featured Presenter



Brian Devore, MS.

**Email: briangahperd@comcast.net
Website: <https://coachbdevore.weebly.com/>**

One of few to be named Physical Education Teacher of the Year at the elementary and middle school levels and 2014 SHAPE America Southern District Elementary PE TOY, Coach Devore is ready to bring his engaging presentations to you! Brian's active and hands on learning approach for teachers has been a favorite part of his sessions. In addition to fast paced and all-inclusive lead up games, he incorporates standards, learning outcomes, and assessments into his presentations. His methods for delivering instruction make Brian's sessions easily adaptable for K-12 teachers! His work has been shared at many events including multiple local, state, district, and national conventions across 15 states!

Coach Devore has most recently been awarded with the OPEN PE Curriculum's Trainer of the Year award during SHAPE America's National Convention. He will be presenting a **3-hour Pre-Conference on Sunday**, highlighting the **OPEN PE Curriculum** activities, and on Monday he will be presenting **"Tech Tips for Health and Physical Education"**, and **"Fast Fitness First"**.

Don't miss Brian's
Presentations:

"Fast Fitness First"

West Gym

Monday September 24th - 9:00-9:50 am

Presentation:

"Tech Tips for Health and Physical Education"

Monday September 24th - 1:00-2:00 pm

Classroom 1

Educating ND to be Fitness Smart!

(Conference at a glance)

Sunday, September 23rd, 2018

3:15-3:30 pm	Registration Open	Simle Middle School – Commons
3:30-6:30 pm	Pre-conference	Gym
7:00-9:00 pm	Social	Conference Hotel - Ramada Bismarck

Monday, September 24th, 2018

7:00-7:45 am	Registration	Simle Middle School - Commons
7:45-8:00 am	Opening Session	West Gym
8:00-8:50 am	Breakout Session I	Gyms/Classrooms
9:00-9:50 am	Breakout Session II	Gyms/Classrooms
10:00-10:30 am	Exhibits	Commons
10:30-11:15 am	Keynote	Auditorium
11:15 am-1:00 pm	Lunch & Awards Ceremony	Cafeteria
1:00-1:50 pm	Breakout Session III	Gyms/Classrooms
2:00-2:50 pm	Breakout Session IV	Gyms/Classrooms
3:00-3:50 pm	Breakout Session V	Gyms/Classrooms
3:50-4:00 pm	Closing/Door Prizes	West Gym



#NDSHAPE2018

**2018 ND SHAPE State Conference - Educating ND to be Fitness SMART!
Simle Middle School
Bismarck, North Dakota
September 23rd and 24th**

**Pre-Conference Programming
Sunday September 23rd, 2018**

3:15-3:30 pm

Registration and Check-in

Simle Middle School - Commons

3:30-6:30 pm

OPEN Online PE Curriculum

Gym

Brian Devore - Fulton County Schools and OPEN (Online Physical Education Network)

3-Hours of free activities presented from the OPEN curriculum for elementary, middle and high school levels.

7:00-9:00 pm

Conference Social

Conference Hotel-Ramada Bismarck

**Conference Programming
Monday September 24th, 2018**

7:00-7:45 am

Registration and Check-in

Commons

7:45-8:00 am

Opening Session

West Gym

Greetings from ND SHAPE PRESIDENT, Mike Porter

8:00-8:50 am Breakout Session I

***ACTION!* Team Games with MVPA Assessment**

Gym

Jordan Stolp - Gopher Sports

Action packed non-traditional activities are sure to keep your students constantly moving, strategizing, and working together. These games are teacher friendly and all-inclusive with the best *Only from Gopher* equipment. Join us for these one of a kind activity ideas while tracking your activity using our FITstep Pro uploadable pedometers!

Safe Spaces

Classroom 1

Kathrine Christensen -

SAFE SPACES is a training for teachers who want to expand their knowledge and skills in being an approachable, non-judgmental, and reliable resource for sexual health information.

Twitter and Physical Education

Classroom

2

Jason Steele - Perkett Elementary School, Minot ND

Attendees will learn the value of the Twitter world and how it can impact their professional career. In this session, you will create or enhance your Twitter profile, learn how to connect with other educators around the world and have a little fun doing it!

9:00-9:50 am

Breakout Session II

Featured Presenter

Brian Devore

**Fulton County Schools and
OPEN (Online Physical Education Network)**

Fast Fitness

West Gym

Make fitness a part of every class period! These activities are designed to “focus on fitness” for 5-10 minutes of your class each day as an instant activity. They can be modified for K-12 and enable students to work towards their fitness goals at their own pace.

Health Education Activity Sampler

Classroom 1

Kristen Hahne - Simle Middle School, Bismarck ND

Attendee will experience hands-on activities to use for health education in both middle and high school.

Strategies for Students with Autism Spectrum Disorder in Physical and Health Education

Marty Douglas - North Dakota State University

Classroom 2

As prevalence rates continue to rise, it is critical that all educators be prepared to work with students with autism spectrum disorder (ASD). This presentation will include an introduction to ASD, barriers to standard assessment procedures and classroom tasks, specific modifications for assessments, as well as general strategies for successfully working with students with ASD in physical education and health education.

10:00-10:30 am Exhibits

Commons

10:30-11:15 am

KEYNOTE SPEAKER

Linda Griffin, Ph.D.

University of Massachusetts

Teaching Sport Concepts and Skills: A Tactical Games Approach
Auditorium

Games Teaching and learning is a substantial part of most physical education curricula, and games playing provides an exciting and interactive environment for learning in all domains. Given this emphasis, physical educators must try to teaching games effectively. Many people, particularly fitness advocates, have viewed sports and games negatively, labeling them as elitist, overly competitive, and not conducive to developing health and fitness. This negativity perhaps stems from an emphasis on large-sided, zero-sum games in which the winners and losers are obvious and active participation is minimal for many students. Sport and games can be fun, educative and challenging and can enhance self-esteem. Many physical educators teach both skills and tactics of games however, have problems linking these components. Skills are usually taught in isolation, out of their tactical context. In this presentation, I will provide an overview of a Tactical Games Approach, which aims to improve students' game performance by combining tactical awareness and skill execution.

11:15 am-1:00 pm **Lunch and Awards Ceremony**

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

Cafeteria

1:00-1:50 pm **Breakout Session III**

An Introduction to Disc Golf

West Gym

Josh Tripp - Marmot High School, Mandan ND

The presentation will be a lesson on throwing and the different styles of throws that are available as well as some ways to use throws and disc golf as a means for exercise and competition. as well as small segment on putting games that can be played all year round. Learn proper technique for introducing disc golf to students. Also receive resources for students to become involved in the disc golf community in Bismarck and Mandan area.

Meeting The Needs Of Students Through An After School Yoga Club

East Gym

Sara Deutsch - Jim Hill Middle School, Minot ND

It is no secret that our students today are stressed. Increased academic pressure, family problems, social media, and in some instances traumatic events are just a few of the factors that increase the likelihood that our students will battle depression and/or anxiety at some point during their school years. Join ChildLight Yoga certified yoga instructor, Sara Deutsch, to see how the implementation of an after school yoga club has given middle school students tools to handle stressors in their lives. You will have the opportunity to hear student testimonials and view and/or participate in a short sample yoga lesson. Are you thinking..."No way... I am NOT a yogi"? Don't worry...neither was Sara!!

Tech Tips for Health and Physical Education

Classroom 1

Brian Devore - Fulton County Schools and OPEN (Online Physical Education Network)

This “rapid fire” session takes attendees through multiple web based and app based tools to enhance their teaching and productivity! Whether your teaching space is a gym or traditional classroom, you will walk out the door with multiple tools to try tomorrow!

Effects of the Elementary Physical Best Curriculum on Student Activity Levels Classroom 2

Joe Deutsch - North Dakota State University

Sean Mahoney - North Dakota State University

The objective of the study was to see what effect the infusion of the Physical Best curriculum had on the total number of steps students took during class. Physical Education has two main objectives in 2018; to get students more physically active and to teach them health-related fitness concepts in the hopes of motivating them to be physically active outside of school and throughout their entire life. With the time spent focusing on the fitness-related concepts, is the amount of activity they get during class being affected positively or negatively by the infusion of the curriculum? This was the questions we attempted to answer. Students recorded the number of steps they take for a week during class with the traditional curriculum and then again for a week with the Physical Best curriculum infused into the fitness component of the traditional curriculum. Parental consent and child assent forms were obtained upon IRB approval. Does the teaching of health-related fitness competencies take away from the level of activity during class? Do to NDSHAPE's Grant Program, students at Eagles Elementary were able to have movement counting watches purchased for them to collect data and then use for everyday use. Results will be presented and discussed with conference attendees.

2:00 – 2:50 pm Breakout Session IV

Teaching Invasion Games Using a Tactical Games Approach

West Gym

Linda Griffin - University of Massachusetts

Invasion games, with their numerous simple and complex decision-making challenges, provide the learner with more freedom of movement than other game types. They also offer opportunities to interact with peers in a socially oriented team environment. These features make invasion games wonderful vehicles for high levels of activity and for the achievement of psychomotor, cognitive, and affective learning outcomes. In this practical session, participants will have the opportunity to experience a tactical games approach through several soccer and ultimate game mini-lessons.

New State K-12 Health Standards

Classroom 1

Members of the State Health Standards Writing Team

North Dakota is adopting NEW health standards! Come enjoy a read through and explanation of the new K-12 standards. A emphasis on the skills based approach to learning important health content. Ask questions to the members of the writing team and learn a variety of activities that can be used to implement the new standards.

Plickers/Plagnets and Their Many Uses

Classroom 2

Tami Doppler - Liberty Elementary, Bismarck ND

Looking for simple assessment strategies you can use to guide instruction and support student growth across all grade levels within different subject areas? Wondering how you might utilize technology to maximize efficiency when assessing and grading in an active environment? Join us for a hands-on, practical session designed to help you step up your assessments in a quick and easy way. Begin by constructing a few plagnets, of your set, to get you started!

3:00 – 3:50 pm Breakout Session V

Curling in the Gym

West Gym

Rebecca Gunderson - Retired Mayville State University
Tami Doppler - Liberty Elementary School, Bismarck ND
Nicole Lindgren - Minot High School- Minot ND

Curling is a deeply Canadian sport with Scottish roots. It was founded by the Scottish in 1541 with the first organized Curling club in Canada coming in 1807 in Montreal. Curling has become a very popular sport because of the Winter Olympics.

Some fun facts about Curling:

- Curling has been an official Olympic sport since 1998, although it was played in the 1924, 1932, 1988, and 1992 Olympic games.
- Curling stones are mostly manufactured in Scotland with granite from Wales.
- The hog line gets its name from Scottish farmers calling the weakest sheep in their flock 'hogs'. Hogs were often left for predators and therefore a stone that cannot make it to the hog line is removed from the rest.
- The first time someone turned a curling stone on delivery it was deemed an illegal move and it sparked vicious debates about delivering the stones.
- In order to perfect the slide on delivery, early curlers used solder, leather, milk cartons, and later Teflon on the bottom of their shoes.

The goal of using the Curling in the Classroom sets would be to expand knowledge of and access to the sport of curling by teaching the basic curling skills and rules of game without the need for access to an ice arena.

Invasion Mania

East Gym

Jason Steele - Perkett Elementary, Minot ND

Attendees will participate in and take home various ideas for new and exciting invasion activities that they can easily implement into their own classroom.

Increasing Skill Competencies in Health Education: Practice Makes Perfect Classroom 1

Pat Stewart - Children's Health Market

This interactive session focuses on the essential need to address the National Health Education Skill Standards of analyzing influences, accessing information, communication, decision-making, goal-setting, self-management & advocacy. Moving beyond information to demonstration of health

skill competency is our goal for students! Participants will practice building critical Social and Emotional Learning (SEL) skills across the 10 health topics comprising a comprehensive health education program. Come participate and brainstorm strategies for helping kids show what they know!

Participants will....

- Review the five competencies of social emotional learning (SEL)
- Explore strategies to integrate more skill-building within other health topics/issues which meets 21st Century Learning goals
- Analyze the current instructional framework at the district level, and create an action step toward implementing a skills-based approach to address social and emotional learning

Running Your First 5K

Classroom 2

Whitney Spah - Bismarck High School, Bismarck ND

Training for a 5K is a great way to get students motivated and improve cardiovascular fitness. Students take charge and track personal run times, make their own training plan and complete workouts in class. You will guide students as they train and give them the tools to be successful. A checklist will be provided to set up a 5k event, along with different ideas on how to track progress and organizing lesson plans.

3:50 – 4:00 pm **Closing & Door Prizes - West Gym**



#NDSHAPE2018

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Exhibitors/Door Prizes

PaddleZlam

#itWEetPE

The Great Body Shop

Interactive Health Technology (IHT)

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

American Heart Association

United States Tennis Association USTA

Speed Stacks

SHAPE America

Fuel Up to Play 60

SCHEELS

PATH

SEEC

MDEC



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