Teaching Responsible Innovative Understanding Mindful Passionate Healthy Students

TRIUMPHS

North Dakota Society for Health and Physical Educators

(ND SHAPE)

State Conference 2019

Simle Middle School
1218 Simle Drive
Bismarck, North Dakota

November 1, 2019
# Teaching Responsible Innovative Understanding Mindful Passionate Healthy Students

(Conference at a glance)

Conference Hotel - Ramada Bismarck

**Friday, November 1, 2019**

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#NDSHAPE2019
2019 ND SHAPE TRIUMPHS State Conference
Simle Middle School
Bismarck, North Dakota
November 1, 2019
Conference Programming

7:00-7:45 am
Registration and Check-in
Commons

7:45-8:00 am
Opening Session
West Gym
Greetings from ND SHAPE PRESIDENT, Leah Wheeling

8:00-8:50 am Breakout Session I
OPEN PHYSED
West Gym
Jason Steele - OPEN Trainer Perkett Elementary, Minot, ND
Yoga and Self Regulation, A Management of the Mind and Body
New Gym
Nicole Benedict, Occupational Therapist, Mandan, ND
This will be a presentation on the positive effect of using Self-regulation that is brought in with occupation therapy as well as the benefits of Yoga. These are used weekly with student staff.

Indigenized Curriculum: Physical Activity Breaks in the Classroom
Classroom 220
Dan Ninham - Bemidji Middle School, Bemidji, MN
Indigenizing means to utilize the regional indigenous cultures in curriculum development. The interactive and engaging session will provide structure and strategies to include physical activity breaks with an indigenized scope in the regular classroom, physical education classroom and community recreation environment. The comprehensive program draws on research and knowledge about best practices in teaching indigenous languages and physical activities while reinforcing cultural values and traditions among the tribal people of North Dakota. Participants will receive printed curriculum materials.

High School PLC
Classroom 221
Randy Lamberth - Simle Middle School, Bismarck, ND
This session is designed for BPS Teachers opportunity continue work from the back to school PD sessions as well as to cover current or future needs for each school and the district. Other teachers are welcome to attend, however, the main focus is for BPS teachers to complete or express any PLC needs.
Disc Golf and the Art of the Long Drive  
Josh Tripp, YCC, Mandan ND  
We will do an in-depth analysis of what it takes to throw for distance, we will look at the Discs used and some info on them and then we will use an App to help us break down the throwing motion so that everyone can understand where they are in the process. In 1 session I will guarantee that you will have success and be throwing further that you thought you could.

Indigenized Curriculum: Individual and Dual Sports  
Dan Ninham - Bemidji Middle School, Bemidji, MN  
The session focuses on the indigenized skills and techniques of individual and dual sports of cultures throughout North America including running, Inuit games, and kickball.

Indoor Field Day!  
Leah Wheeling - Simle Middle School, Bismarck, ND  
Nervous about the weather for Field Day? Do you need a plan B? Or maybe you are just looking for some great team/culture/SEL building activities. Come learn 12 new activities to incorporate into a field day or a day of indoor recess!

Professionalism in HPE: Securing an Interview and Job  
Michael Kostick - Valley City State University  
This session is aimed towards future professionals and attaining a health and/or physical education teaching position. Topics that will be discussed include harnessing leadership potential, valuing student teaching experiences, preparing cover letters and résumés, and the interview process. Participants are asked to come ready to share experiences and ask questions!

Circuit Training  
Audrey Sifuentes - Minot State University  
Come learn about circuit training implemented with only body weight movements. These activities can be varied and used in a number of settings.

Obesity Crisis Not on My Watch  
Angie Williams - Valley City State University  
Today you will learn fun-interactive-instant activities that promote student engagement and fitness through active learning! Your “take-aways” from this presentation will make you the “STAR” of your physical fitness program as your students come alive through active learning and active play! With the rise in obesity in our country with our youth, it is imperative that Physical Education take a stronger stance on fitness now. Our student demographics have changed dramatically, and we need our students to “learn to love” physical activity again! We need to improve engagement, improve purposeful movement, and improve the “love of play” through active learning.
Indigenised Curriculum: Team Sports  
Dan Ninham - Bemidji Middle School, Bemidji, MN

The session focuses on the indigenized skills and techniques of team sports of cultures throughout North America including lacrosse, double ball, shinny and longball.

Peer to Peer PE  
Lisa Bauman - Horizon Middle School, Bismarck, ND

Peers are the best advocates for students with special needs physically, mentally and socially. 8th grade students will share their experiences mentoring in a Physical Education setting. Class standards and structure will also be shared as well as many inspiring stories of success and joy.

Interactive Health Technologies  
Lois Mauch

Empowering students to take control of their health! The IHT wrist based heart rate monitor gives you and your students real time feedback. IHT is the official PYFP software for AAU. The assessment package let’s you enter your own assessments and assess your students with a tap of your finger.

10:50-11:20 am  Exhibits and Snack Break - Commons

11:20-12:10 am Session IV

Physical Literacy  
Joe McCarthy

Participants will learn how to embed fluency, comprehension and spelling into movement games. Secondly they will learn how to addition, subtraction, multiplication & division into movement games. As well as identify when to schedule the LitPE/MathPE class for maximum benefits. Lastly participants will receive 70 FREE LitPE lessons and 35 MathPE lessons.

Safe Spaces  
Danielle Halvorson - Fargo, ND

Safe Spaces is a workshop for teachers who want to expand their knowledge and skills in being an approachable, non-judgmental, and reliable resource for sexual health information. Participants will learn how to promote healthy sexuality while managing their own personal values. This workshop will highlight current trends in adolescent sexual development, teaching sexuality from a holistic perspective, exploring personal values, and tips for answering challenging questions.

Standards-based Grading and Development of Proficiency Scales  
Jenny Linker - North Dakota State University

This presentation will familiarize participants with standards-based grading and demonstrate processes to develop proficiency scales using Marzano’s approach. An overview of the approach will be provided, followed by simple steps to develop proficiency scales and score current assessments with these scales. Time to share approaches taken by local districts will be provided. Participants are encouraged to bring a copy of one current assessment.

12:10-1:20 Awards Lunch Cafeteria
1:30 -2:20 Session V

Academics in PE
Joe McCarthy
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.

Health Moves Minds
Joe Deutsch - North Dakota State University
Amy Heuer - Light of Christ Academy
The health. moves. minds. program teaches young people how to take care of their mind and body while developing important character traits such as kindness and empathy. It includes skills-based and standards-based classroom and event resources for teachers as well as a fundraising component. After being piloted this past spring by 21 schools, the program kicked off nationally this past fall. The supplied lessons, which align directly to both SHAPE America's National Standards for K-12 Physical Education and the National Health Education Standards, have a strong physical activity component and can be incorporated into each participating school's health or physical education program. There are three grade bands addressed: K-2 and 3-5 at the elementary level and 6-8 at the secondary level. Each grade band has four full standards-based lessons, which are easy to incorporate into teachers' existing curriculum, making the program easy to implement. Details about the fundraising will also be discussed including how easy it is to implement and the large percentages of money raised that gets returned to the school for equipment.

Behavioral Health Resources
Tyler Ward, Jason Mattheis - Dickinson, ND
EduTech will offer technology tools and learning opportunities for educators and communities as a part of the Governors Strategic Initiative on Behavioral Health. The Initiative, "You're Not Alone", will support students in making healthy choices. Choose from resources such as digital curriculum resources, digital storytelling, GIS as a crowdsourcing tool, community presenters, and lyceum interactions.

2:30 - 3:20 Session VI

Tennis For Anyone with Net Generation
Meredith Holt & Mya Smith-Dennis, Bloomington, MN
The USTA Net Generation is your solution for bringing tennis to your school. NO courts and NO experience are required! We will demonstrate how to play tennis using non-traditional space using the SHAPE America-approved K-12 curricula and youth-size tennis equipment. Net Generation provides the opportunity for every school to receive a FREE roller bag loaded with tennis equipment and easy to follow curricula.

#PhysEd Favorites
Jason Steel - Perkett Elementary, Minot, ND
Get ready to move and learn some of the most popular warm-up, fitness, instant, and game activities circulating through the Twitterverse today! With a little bit of equipment and a lot of enthusiasm, your students will enjoy all of these plug and play movement activities!
The Sport Education INstructional Model in a Nutshell
Jenny Linker - North Dakota State University
Do you need a fun strategy for focusing on PE Standard 4 and SEL skills in your classes? Have you wanted to try the Sport Educational model, but wasn’t sure where to start? This presentation will give an overview of the model, describe how to target these learning outcomes, and provide a suggested progression for implementing it in your classes. Participants will learn the model’s main characteristics and how to apply it to a variety of activities beyond team sports.

Meet Microsoft Teams
Tyler Ward, Ben Nelson, Dickinson, ND
Explore Microsoft Teams as a digital hub for communication, learning, conversations, content, and apps together in one place. Integrated file storage and editing, assignments, Skype, OneNote, Channels and so much more. EduTech – Information Tech Specialists will demonstrate Team functions. Microsoft Teams can be used for professional learning communities too. If you are a Google user, consider joining the Team as a Guest to experience this session. We encourage all participants to learn and do during this session.
*Please bring a laptop, tablet or mobile device to participate in a practice Teams. If using Teams on a tablet or mobile device please download the app beforehand.

The Great Body Shop
Pat Stewart
This interactive session will allow teachers to participate in activities which integrate critical thinking skills with social emotional learning (SEL) competencies and meet health education standards, too! Students need multiple opportunities to apply problem-solving skills across a variety of health issues relevant and meaningful to them. Erin’s Law related to sexual assault and abuse will be one of the health issues highlighted in this session. Participants will have opportunities to share ideas with each other and leave with strategies to purposefully integrate SEL within health topics and skills.

Identify the topics and skills that are included in a comprehensive health education curriculum using CDC’s HECAT and the National Health Education Standards as a framework.

Explore THE GREAT BODY SHOP as one model for a comprehensive approach to health education and social and emotional learning

Participate in skills-based activities which demonstrate integration of the National Health Education Skill Standards across all health topics, including Social and Emotional Learning

Analyze their current instructional framework at the district level, and create an action step toward advocating for a comprehensive, skills-based approach to health education utilizing ESSA funding

3:20 - 3:45 Closing & Door Prizes - Last Chance for Credit Information