



2021 ND SHAPE

Health and Physical Education Conference

February 19-20, 2021

#NDSHAPE2021

Friday, Feb. 19th

7:00 - 9:30 PM

Opening Keynote
Melanie Lynch (PA)

Award Presentations
Members ZOOM Social

Saturday, Feb. 20th

8:15 AM - 3:00 PM

Conference Sessions

Elementary Physical Education

Secondary Physical Education

SEL/Health Education/EDI

Technology & Future Professionals

8:15 - 8:50 AM

KEYNOTE PRESENTATION (ZOOM)
Mike Martinez (NY)

9:00-9:50 AM

Dr. Kelsey Higginson (ND)
&
Dr. Yung-Ju "Ruth" Chen (ND)

Adventure-Based Learning: A Great Way To Build Community

Dr. Jenny Linker (ND)
Physical Education - A Premier MTSS Tier 1 Support

Nicole Benedict (ND)
Yoga for Social and Emotional Learning

Mike Martinez (NY)
Keeping the EDUCATION in Physical Education: Tech Tips for Remote PE and Beyond!

10:00-10:50 AM

Dr. Yung-Ju "Ruth" Chen (ND)
&
Dr. Kelsey Higginson (ND)

Developing Standard-Based Assessments: Do NOT Reinvent the Wheel

Holly Alperin (NH)
&
Dr. Sarah Benes (MA)
Skills-Based Health Education 101

Sarah Gietschier-Hartman (MO)
&
Lisa Smith (MN)
#HealthEd Students Love Activities

Brian Devore (GA)
"Spec-tech-ular" Teaching Tools for Health and Physical Literacy!

11:00-11:50 AM

Mike Morris (NC)

Remote Learning &
Physical Education!
Engaging Students in an
Online Learning
Environment

**Dr. Sarah Benes (MA)
&
Holly Alperin (NH)**

Mental Health the Skills-
Based Way

**Deb Van Klei (MN)
&
Jessica Matheson (MN)**

Instruction Strategies for
Teaching Health Online

**Mark & Becky
Foellmer (IL)**

Flippity in HPE

12:00-12:50 PM

**Kelly Zerby, Cindie
Cortinas Vogt, and Bo
Phillips (IL)**

Let's Play! Total
Engagement for In-
Person and Remote
Learners

Kymm Ballard (NC)

Tips for New Teachers

Bill Casey (IL)

SEL and
Health.Moves.Minds
High School Version

VIRTUAL EXHIBITORS

Sanford FIT
&
AHA

1:00-1:50 PM

**Tanner Roos (IA) &
Kyle Bragg (AZ)**

Maximize Physical
Education: Engaging
Students Bell-To-Bell

Shannon Maly (WI)

Making It Official:
Teaching Sports
Officiating in Your School

Taylon Sad (ND)

Mental Health During
Covid-19

**Gustave Karagrozis (NY)
&
Kevin Lau (NY)**

Thrive with GIFS and
Visual Appealing Google
Slides

2:00-2:50 PM

Kelly Zerby (IL)

Teaching Dance to Your
Own Beat

Dr. Kanae Haneishi (ND)

Teaching Games for
Understanding During a
Pandemic

**Dr. Joe Deutsch (ND)
&
Megan McCollom (MN)**

Incorporating the HMM
Curriculum and Fundraiser
Into Your School

Judy LoBianco (NJ)

Interviewing with
Confidence

3:00-3:50 PM

Eric Larson

Increase Moderate to
Vigorous Physical
Activity

Dr. Penny Veit-Hetletved

Mental Management
System

Brandon Wolff (KS)

Remote-Hybrid-On-Site
IHT Heart Rate Solutions
For You

ND SHAPE would like to thank the following organizations, groups,
and individuals for helping make this virtual conference possible:

Melanie Lynch

Mike Martinez

Megan McCollom

All Conference Presenters



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