



*North Dakota Society for Health and Physical Educators*

(ND SHAPE)

**State Conference**

Fargo Davies High School

7150 25th St. S.  
Fargo, North Dakota

**February 21, 2022**



**#NDSHAPE2022**

**#ReEngage**

# To “Re-Engage”

***Re-Engaging Students in both Health & PE through an Active, Purposeful Curriculum emphasizing SEL, EDI, Skill-Based, & More!***

**(Conference at a glance)**

**Monday, Feb. 21, 2022**

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7:00-8:00 am	Registration	Fargo Davies HS - Commons
8:00-8:50 am	Opening Session/Keynote (Chg time)	Auditorium
9:00-9:50 am	Breakout Session I	Gyms/Classrooms
9:50-10:10am	Exhibits	
10:15-11:00am	Breakout Session II	Gyms/Classrooms
11:10 am-12:00pm	Breakout Session III	Gyms/Classrooms
12:00 -1:00	Lunch & Awards Ceremony	Lunch Provided
1:10- 2:00 pm	Breakout Session IV	Gyms/Classrooms
2:10- 3:00pm	Breakout Session V	Gyms/Classrooms
3:00- 3:30pm	Closing/Door Prizes/Credit Sign Up	Registration Area



**#NDSHAPE2022**

**2022 ND SHAPE RE-ENGAGE State Conference**  
**Fargo Davies High School**  
**Fargo, North Dakota**  
**Feb. 21, 2021**

**Conference Programming**

**7:00-7:45 am**

**Registration and Check-in**

**Fargo Davies HS - Commons**

**7:45-8:00 am**

**Conference Welcome**

**Davies Theater**

**Greetings from ND SHAPE Past President, Angie Williams, M.Ed/M.A. & Current President, Dr. Joe Deutsch**

**8:00-8:50 am**

**KeyNote Speaker**

**Andrew Milne**

**Moving Forward**

**Davies Theater**

In these challenging times, how do we as teachers ensure that we are best placed to serve our students and the community while taking our profession forward? Quality Physical Education and Health Education addresses the physical, mental, and social-emotional health needs of our students and is needed more than ever before. Drawing on 26 years of experience across 4 continents, Andy Milne shares how we can all play a part in ensuring a brighter future for Health and Physical Education.

**8:00-8:50 am**

**Breakout Session I**

**1. SEL Focused Movement.**

**Gym 2B**

- a. Participate in multiple activities addressing SEL competencies while meeting PE standards at the same time! This session incorporates materials purchased through the ND SHAPE 2020 Grant. (Noodles, bungies, Omnikin, tennis and reaction balls. Participants will leave with activities that can be used the next day in their class.

**Presenter: Leah Wheeling, Simle Middle School, Bismarck, ND**

**2. Teaching Students with Autism in Physical Education & Health Education. Rm H201**

- a. As prevalence rates continue to rise, it is essential that all educators are prepared to work with students with autism spectrum disorder (ASD). This presentation will include an introduction to ASD, barriers to and modifications for teaching and standard assessment procedures, as well as general strategies for successfully working with

students with ASD in physical and health education. **Presenter: Dr. Marty Douglas, NDSU**

**3. Introducing Thirdspace Mvmt in P.E. to Promote Inclusion & Social Justice. Gym 1A**

- a. This session is based on the Thirdspace Movement Concept (TMC) proposed by Block et al (2021). Through introducing integrated movement forms as the springboard for students to express, explore and engage, TMC expands teaching in Physical Education from traditional sports and physical education activities and Health Education from traditional didactics and classroom activities. Drawing from Eastern and Western movement forms, Thirdspace provides students a psychological space through integrated movements and critical dialogue that helps students connect with themselves, with others and with the world.

The Thirdspace experience starts with expressing body movements and dialogues through breathing and grounding i.e. the body-energy-earth connection that leads to self-awareness, acceptance and inner peace. Exploring movements and dialogues using the body to experiment with weight, space, time, flow, directions, poles and polarities expands the experience that leads to harmony with self and others. Finally, engaging integrates the experience in critical dialogue with self and others to give voice that leads to embodiment and somebodiness, understanding cultures and promoting social justice, humanization, and reconciliation. The TMC process integrates the body, the spirit and the mind, promotes mindfulness and enhances mental health.

This is a hands-on workshop where participants will be introduced to the Thirdspace movement experience: expressing, exploring and engaging. Participants will be asked to perform integrated movements, self-reflect and engage in critical dialogue in sample TMC activities that they can apply in teaching Health and Physical Education.

**Presenter: Dr. Kanae Haneishi, VCSU**

**4. Engaging Methodology to Personalize Learning in the Health Classroom. Rm H101**

- a. Quality health education is engaging and experiential, providing students with the opportunity to engage with the materials. In this session, Andy Milne, SHAPE America's 2017 Health Teacher of the Year, will share ways in which you can place students at the center of the learning experience, increase their engagement, and develop their sense of ownership for their health behaviors. Ideas shared are proven to work and will be easily adapted to work in your classroom. **Presenter: Andrew Milne**

**5. Get Active with Fitness Games Featuring IHT Wrist Heart Monitors. Gym 2A**

- a. Getting your heart rate up through moderate-to-vigorous physical activity has proven to increase higher cognitive function. This session will show you how to connect the body, brain and emotions through innovative fitness games and data that increase MVPA, maximize SEL and empower students to reach and understand their target heart rate zone with the IHT ZONE heart rate monitor. See how easy it is to add heart rate technology to your program, the data you'll harness, & how to find funding. **Presenters: Lois Mauch & Tyler Hetland**

10:15-11:00 am Breakout Session II

1. Home Fun in Physical Education.

Rm H201

- a. While homework may often be dreaded, "home fun" is a way to incorporate positive physical activity experiences at home through components of the comprehensive school's physical activity program (CSPAP) such as physical activity before and after school and family and community involvement. This presentation will go through the basics of creating fun and effective "home fun" assignments including technology, universal design for learning, and social and emotional learning. Overall, helping students to increase daily physical activity, and gain the knowledge, skills, and confidence to live active and healthy lives. **Presenter: Alaina Driscoll**

2. Inclusive PE for EveryBODY.

Gym 1A

- a. As Physical Educators, it is our job to teach everyBODY! Come and learn first hand how to implement totally inclusive lessons and activities for students with and without cognitive and physical disabilities in your physical education classes. All lessons and activities tie directly into the SHAPE America standards. Come ready to move, collaborate and have a blast! Attendees will leave energized and full of inclusive ideas! **Presenter: Lisa Smith**

3. A Positive Approach to Abstinence Education.

Conf Rm B127

- a. A Positive Approach to Abstinence Education, *Abstinence & Marriage Education Resources* is a leading provider of high quality abstinence education programs through classroom workbooks and online learning courses, reaching over 2,000,000 students across all 50 states. (Curricula: *A.C. Green's Game Plan, Quest, Aspire, and Navigator.*) Author Scott Phelps provides professional development workshops for educators around the country. This interactive workshop explains how to reach teens with a positive presentation of abstinence until marriage as the safest, healthiest lifestyle and instruction on preparing for a healthy future marriage. Scott Phelps is a cofounder and former chairman of the National Abstinence Education Association (Now Ascend) in Washington D.C. **Presenter: Scott Phelps**

4. Tips for Success for ALL Students.

Rm H101

- a. This session will provide you with tips to help your students with disabilities be successful in your general or adapted physical education classes. Ideas for students between the ages of 3 and 21 will be provided, including ideas for technology integration. These tips will benefit all your students regardless of their ability levels. One of the technology integration techniques explained in this session will be Video Modeling. **Presenter: Megan McCollom**

5. LU Interactive system.

Gym 2A

- a. **Presenter: Wayne Lusthoff II**

11:10-12:00 pm Session III

1. Gamification.

Gym 2B

- a. In this session you will learn how to engage your students, help them retain information, and motivate them to want to learn through the use of video game elements. Whether or not you consider yourself a gamer, gamification can be easily implemented into your current curriculum. Gamification can be used for all grade levels and all content areas.

**Presenter: Megan McCollom**

**2. Teaching Sport Concepts & Skills (TGFU): A tactical games approach. Gym 1A**

- a. Tactical games teaching is an engaging and exciting teaching approach for both students and teachers. Students love to engage in small-sided game play where they learn the how's and why's of physical activities we enjoy to keep us healthy. This model will help you target standards 2 & 4 in particular, and bring a comprehensive teaching approach to your classroom. Join us as we 'play' our way through important learning concepts and ways to implement this approach in your class next week. **Presenter:**

**Chris Mahoney UJ**

**3. Incorporating Health.Moves.Minds.**

**Gym 2A**

- a. This session is about incorporating the health.moves.minds curriculum into the physical education class. NDSU students will reflect on their experiences teaching SEL activities, including the new mini lessons, to elementary students in Fargo/Moorhead public schools as well as helping two of these schools register for the fundraising component.

**Presenters: NDSU Pre-Professional teacher candidates.**

**4. Engaging Tech Tools in the Health Classroom.**

**Rm H101**

- a. Join Andy Milne, SHAPE America's 2017 Health Teacher of the Year, as he shares ways in which he utilizes technology in his classroom to improve the experience for his students. He will share ways in which tech tools can improve teaching and allow students to create resources to demonstrate understanding of health-related content and skills. Attendees will be able to adapt the methods shared in this session and use them in their classrooms immediately. **Presenter: Andrew Milne**

**5. SEL/Mental HLTH is real! A solution for improving Mental HLTH for your students. Rm H201**

- a. Social and Emotional Learning connected to PE Standards is easily assessed with the IHT software, and the ZONE heart rate monitor provides real-time feedback to students to help them self-manage their physical and emotional health. This session highlights districts across the state; their outcomes and impact as they interlink SEL with PE to drive their programs forward with data and student growth. **Presenter: Lois Mauch**

**12:00-1:00 Awards Ceremony & Lunch**

**Davies Commons**

- **Health.Moves.Minds Presenters: Dr. Joe Deutsch & Amy Heuer**

**1:10-2:00 pm Session IV**

**1. Inclusive, Innovative, & FUN activities for Elem PE.**

**Gym 1A**

- a. Undergraduate students in the Physical Education program at Valley City State University will be demonstrating inclusive, innovative and fun activities that are targeting

Elementary students. Four groups of students are presenting on 1) creative and fun activities, 2) innovative and fun games, 3) adaptive physical education, and 4) virtual reality (VR) in physical education. **Presenters: VCSU Pre-Professional teacher candidates**

**2. Charger Warrior Challenge.**

**Gym 2A**

- a. This session is on using the army combat fitness test in your PE classroom as well as in your S&C setting. **Presenter: Amanda Berg**

**3. Health is Wealth.**

**Rm H201**

- a. This session will visit the 15 Characteristics of Effective Health Education Curriculum and HECAT; using HECAT ToT to support scope and sequence curriculum in K-12 and higher ed. As time permits, we will share data from a Minnesota Health Education Project that is currently working with 8 districts since this past spring. Looking to know if Higher Education attendees would be interested in going through a training to implement HECAT ToT within their professional circles? We will explore what a collective next step might look like. Wellness Check: Attendees can share progress; issues; challenges, etc... of their Higher Education Teacher Preparation programs. This session is targeting the Higher Education audience. **Presenters: Dr. Kristen Ford and Dr. Knutson**

**4. Health Education for Today's Students.**

**Rm H101**

- a. Is your health classroom and/or content in need of a refresh? This session will share unique resources and exciting strategies that are sure to leave you ready to foster an engaging, relevant and memorable learning environment for today's students!  
**Presenter: Lisa Smith**

**5. ACTION! Team Games by Gopher.**

**Gym 2B**

- a. 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. **Presenter: Lincoln Monroe**

**2:10-3:00 Session V**

**1. Teaching SCCM and Assessments.**

**Gym 2A**

- a. This presentation will give its attendees an example of how Physical Educator teaches Social and Emotional Learning through the platform of sport. We would go through the building blocks of SCCM (Socio-Cultural Curriculum Model), and demonstrate a lesson in this curriculum, along with receiving an assessment rubric for the demonstrated lesson. **Presenter: Heather Burd**

**2. Hying Up HS PE.**

**Gym 1A**

- a. Stuck in the same old rut for teaching High School PE required and elective classes? You are not alone! Come and get ideas from 2017 Minnesota High School Phy Ed TOY on how to spice up activities, fitness and sports that will get the students talking and excited for class each day! **Presenter: Lisa Smith**

**3. Standards-based Grading Made Easy.**

**Rm H101**

- a. Participants will become familiar with the overall concept of standards-based grading and its advantages over other grading practices. This presentation aims "to keep it simple" and focus on the basics so all participants walk (or skip) away with increased confidence to adopt this approach in their own HE/PE programs. **Presenter: Dr. Jenny Linker**

**4. What The Tech?**

**Rm H201**

- a. Come learn some technology tips and tricks! You'll learn how to organize your Google Drive, make sure you're creating accessible documents/presentations, and learn a few helpful shortcuts. Come with any technology questions that you have. **Presenter: Megan McCollom**

**5. Teambuildr.**

**Conf. Rm B127**

- a. A platform for any coach in any setting. Every day, thousands of coaches log into TeamBuildr to write training programs, build questionnaires and access athlete and client performance data. **Presenter: Amanda Berg**

**\*\*\*Health.Moves.Minds (During Lunch)**

**Commons**

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. 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. Directions on how to sign up for the program will be discussed. **Presenters: Dr. Deutsch, North Dakota State University & Amy Heuer, St. Mary's Academy.**

**3:00 - 3:30 Closing & Door Prizes - Last Chance for Credit Information**

**Davies Commons**